

# **SWIMMERS' HANDBOOK**

**2011-2012**



**Swimming Southland gratefully acknowledge the  
generous support  
of the Invercargill Licensing Trust, the ILT  
Foundation and the Community Trust of Southland,**

**[www.swimsouthland.org.nz](http://www.swimsouthland.org.nz)**

<b><a href="http://www.swimsouthland.org.nz">www.swimsouthland.org.nz</a></b>
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Swimming Southlands' website has been set up to be the main vehicle for the distribution of information. The following information will be posted on [www.swimsouthland.org.nz](http://www.swimsouthland.org.nz) throughout the season as it becomes available:

- Year Calendar
- Meet programmes
- Psych sheets
- Meet results
- Southland records
- National meet qualifiers
- Swimming Southland press releases
- Southland Teams
- New Zealand Records
- Swimming Southland Minutes

[www.swimsouthland.org.nz](http://www.swimsouthland.org.nz) also has a wide range of other up to date information such as:

- FINA Swimming Rules
- World records
- Drugs in sport rules
- Swimming links

Swimming Southland is keen to get feedback on what else members would like to see on the [www.swimsouthland.org.nz](http://www.swimsouthland.org.nz) after all it is YOUR website.

**Other swimming sites of interest are:**

[www.swimmingnz.org.nz](http://www.swimmingnz.org.nz) (Swimming New Zealand)

[www.swiminfo.co.nz](http://www.swiminfo.co.nz)

[www.takeyourmarks.com](http://www.takeyourmarks.com) (Meet results)

[www.swimming.org.au](http://www.swimming.org.au) (Australian Swimming)

[www.nzstda.org](http://www.nzstda.org) (New Zealand Sports Drug Agency)

[www.fina.org](http://www.fina.org) (International Governing Body)

<b>INDEX</b>
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	Page
Swimming Southland Officers 2011/12	3 to 4
Regional & National Calendar	5 to 8
Management & Delegates Meeting Dates	9
Swimming Clubs - contact information	10 to 13
General Information – including uniform	14 to 19
How to become a qualified Official	19 to 20
<b>National and South Island Meets:</b>	
South Island Champs Qualifying Times 2010	22 - 23
NZ Age Group Short Course Champs Qualifying Times 2010	24 - 25
NZ Open Short Course Champs Qualifying Times 2010	26
NZ Open Water Champs 2011	27
NZ Junior Champs Qualifying Times 2011	28 - 29
Sth Island Country & Town Qualifying Times 2011	30 - 31
NZ Age Group Qualifying Times 2011	32 - 33
NZ Division II Competition Qualifying Times 2011	34 - 35
NZ Open Champ Qualifying Times 2011	36
Australian Age Groups Qualifying Times 2011	37 – 38
NZ 5KM Pool Championships 2011	39
Swimming NZ Conversion Table	40

**SOUTHLAND REGIONAL ASSOCIATION:****SWIMMING SOUTHLAND INC. OFFICERS 2011/2012**

Patron: Mr John Sutton

President: Mr Nigel Soper Ph 03 2304955  
E-mail: [nigels@alliance.co.nz](mailto:nigels@alliance.co.nz)

Honorary Vice Presidents: Mr John Sutton  
Mrs Ethel Naylor

**MANAGEMENT COMMITTEE**

Mrs Joka Wiegersma Ph 03 2313434  
Email – [wiegersma@woosh.co.nz](mailto:wiegersma@woosh.co.nz)

Mrs Yvonne McDonald Ph 03 2184917  
Email – [yvonmcdonald@xtra.co.nz](mailto:yvonmcdonald@xtra.co.nz)

Mrs Barbara Grant Ph 03 2304343  
Email – [barbarag@ic.govt.nz](mailto:barbarag@ic.govt.nz)

Mrs Jane Fisher Ph 03 2183218  
Email – [pjfishers@xtra.co.nz](mailto:pjfishers@xtra.co.nz)

Mr Geoff Finnerty Ph 03 2144933  
Email – [gfinnerty@southport.co.nz](mailto:gfinnerty@southport.co.nz)

Mr Paul Harrington Ph 03 2171116  
Email – [paul.harrington@mccallums.biz](mailto:paul.harrington@mccallums.biz)

Mr Warren Joyce Ph 03 2179540  
Email – [wg\\_sajoyce@xtra.co.nz](mailto:wg_sajoyce@xtra.co.nz)

**STAFF**

Executive Officer: Mr David Prattley Ph 03 2088414, 027 2088414  
PO Box 13 Gore  
Email: [admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)

Head Coach: Mr Jeremy Duncan Ph 027 4940852  
PO Box 6008 Invercargill  
Email: [h2odreams@xtra.co.nz](mailto:h2odreams@xtra.co.nz)

Development Officer: Mr Oscar van Stekelenborg Ph 03 2178899,  
027 2539463  
214 Lindisfarne St Invercargill  
Email: [development@swimsouthland.org.nz](mailto:development@swimsouthland.org.nz)

<b>Southland Technical Committee</b>
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Mrs Barbara Grant – Ph 03 2304343	Mrs Jane Fisher – Ph 03 2183218
Mrs Lyn Sutherland Ph 03 2174961	Mr Warren Joyce – Ph 03 2179540
Mr Paul Harrington – Ph 03 2171116	Mrs Shona Tomlins Ph 03 2131036
Mrs Joka Wieggersma Ph 03 2313434	Mrs Vicki Finlay Ph 03 2177159

<b>Selectors</b>
------------------

Convenor -	Mrs Jane Morgan – Ph 03 2172417
	Mrs Vicki Finlay - Ph 03 2177159
	Mr Paul Harrington – Ph 03 2171116

<b>Other</b>
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<b>Blazer Committee</b>	Mr John Sutton - Ph 03 2159852
	Mr Graeme Mulligan - Ph 03 2166524
	Mrs Ethel Naylor - Ph 03 2183510
<b>Hon. Auditors:</b>	Cook Adam & Co.
<b>Hon. Solicitors:</b>	Preston Russell Law
	Eagles Eagles and Redpath
<b>Hon. Medical Practitioner:</b>	Dr Robert Bester

<b>Life Members</b>
---------------------

Mrs Joy McVicar (1990)	Mrs Ethel Naylor (1990)
Mr John Sutton (1991)	Mr Graeme Mulligan (1993)
Mrs Robin Jackson (1994)	Mr Alan Matheson (1997)
Mrs Elizabeth Tapper (2000)	Mrs Annette Flewellen (2004)
Mrs Joan Hodges (2004)	Mrs Margaret Sutton (2006)
Mrs Lyn Sutherland (2007)	Mrs Judi Devine (2008)
Mrs Jan Douglas (2009)	Mrs Fiona Dooley (2010)

<b>SWIMMING SOUTHLAND REGIONAL &amp; NATIONAL CALENDAR 2011/2012</b>
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	Warmup	Venue
<b>MAY 2011</b>		
<b>Term 2 starts 2<sup>nd</sup> May 2011</b>		
15 Sun	Sthld Junior School Champs Session 1 8:30am Session 2 1.30pm	Splash Palace Splash Palace
13-15	SNZ TAG Camp (lc)	Auckland
17 Tue	Swimming Southland Prizegiving	Ascot Park Hotel
27-29	SNZ Youth Camp	Auckland
<b>JUNE 2011</b>		
4-5	Neptune Meet	Moana Pool
<b>Queens Birthday 6/6/2011</b>		
18 Sat	Southland Winter Meet # 1(sc) 4:00pm	Splash Palace
24-26	SNZ RAGD Camp	Dunedin
<b>JULY 2011</b>		
1-3	Auckland Winters	Auckland
9 Sat	Southland Winter Meet # 2 (sc) 4:00pm	Splash Palace
15-16	South Island Secondary School Champs	Dunedin
<b>School Holidays start 16th July 2011 to 31st July 2011.</b>		
20-23	NZ Age Groups Div 2 (sc)	Rotorua
24-31	FINA World Champs	Beijing China
<b>AUGUST 2011</b>		
<b>Term 3 starts 1<sup>st</sup> August 2011</b>		
6-9	NZ Short Course Champs	Wellington
14-19	World University Games	Shenzen China
20	Southland Winter Meet # 3 (sc) 6.00pm	Splash Palace
27-28	2011 NZ Secondary School Champs	Hamilton
<b>SEPTEMBER 2011</b>		
4 Sun	Southland Winters (sc) session 1 8:00am session 2 1:00pm	Splash Palace Splash Palace
7-13	Youth Commonwealth Games	Isle of Man
17 Sat	Hokonui Sprints (sc)	Gore Multi Sports
23-25	South Island Champs (sc)	Splash Palace
<b>OCTOBER 2011</b>		
<b>School Holidays start 7th October 2011 to 23rd October 2011</b>		
<b>Labour Day 24<sup>th</sup> October 2011</b>		
<b>Term 4 starts 25<sup>th</sup> October 2011</b>		
2 Sun	Waverley Widths Meet	Splash Palace
21-23	Orca Labour Weekend Meet (lc)	Splash Palace
29-30	Aquagym Challenge Meet (lc)	Dunedin

**NOVEMBER 2011**

5		Collegiate School Relays (sc)		Splash Palace
12	Sat	Murihiku Anniversary Meet (lc)	4.00pm	Splash Palace
13	Sun	Central Southland Ribbon Meet (sc)		Winton Pool
27	Sun	SBS Open Water Swim #1	11.30am	Lake Dunstan (Clyde Rowing Club)

**DECEMBER 2011**

1	Thu	Southland Championships (lc dist)	6.00pm	Splash Palace
2	Fri	Southland Championships (lc)	8.00am	Splash Palace
2	Fri	Southland Championships (lc)	5:00pm	Splash Palace
3	Sat	Southland Championships (lc)	8:00am	Splash Palace
3	Sat	Southland Championships (lc)	4:30pm	Splash Palace
4	Sun	Southland Championships (lc)	8:30am	Splash Palace
4	Sun	Southland Championships (lc)	3:30pm	Splash Palace
11	Sun	Duel Meet		
		Fiordland Interclub Meet and Southland Country Club Championships	10.30am	Te Anau
11	Sun	SBS Open Water Swim #2	2.00pm	Riverton
11-16		Queensland Champs		Brisbane
17	Sat	Lake Hood Open Water Swim	7.45am	Ashburton

**School Holidays:****Secondary Schools: finish no later than 13th December 2011****Primary Schools: finish no later than 20th December 2011****JANUARY 2012**

8	Sun	Foveaux Masters Open Water Swim	9.00am	Lake Te Anau
14-15		NZ Open Water Championships		Taupo
15	Sun	Foveaux Masters Open Water Swim	11.00am	Lake Hayes
26	Thu	Otago Champ Distance (lc)		Moana Pool
27-29		Otago Champs (lc)		Moana Pool

**School Holidays:****Secondary Schools: start between 30/1/12 and 7/2/12****Primary Schools: start between 30/1/12 and 7/2/12****FEBRUARY 2012**

5	Sun	SBS Open Water Swim #3	12.30pm	Awarua Bay
11	Sat	Age Group/Open Meet (lc)	4pm	Splash Palace
18-19		2012 New Zealand Junior Championships		Wellington/Hamilton
25-26		South Island Country & Town Competition		Cromwell
26	Sun	SBS Open Water Swim # 4	11.30am	Lake Gore

**MARCH 2012**

6-10		2012 New Zealand Age Group Championships		Wellington
17	Sat	Ribbon Day (sc)	4pm	Splash Palace

25-30	2012 NZ Open Championships	Auckland
<b>APRIL 2011</b>		
1	Sun Sthld Junior School Champs Session 1 8:30am Session 2 1.30pm	Splash Palace Splash Palace
<b>School Holidays start 6th April 2011 to 22<sup>nd</sup> April 2011</b>		
<b>Good Friday 6th April 2011</b>		
<b>Easter Monday, Monday 9<sup>th</sup> April</b>		
11-14	2012 NZ Division II Age Group Competition	Dunedin
9-14	Australian Age Groups	Brisbane
<b>Easter Monday/Anzac Day 25<sup>th</sup> April 2011</b>		

<b>SWIMMING SOUTHLAND MANAGEMENT MEETINGS</b>
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The venue for Management meetings will be Splash Palace.

**2011**

August	Tue	9	Management	6.30pm
September	Tue	13	Management	6.30pm
October	Tue	11	Management	6.30pm
November	Tue	8	Management	6.30pm
December	Tue	13	Management	6.30pm

**2012**

February	Tue	14	Management	6.30pm
March	Tue	13	Management	6.30pm
April	Tue	11	Management	6.30pm
May	Tue	8	Management	6.30pm
June	Tue	12	Management	6.30pm
July	Tue	10	Management	6.30pm
	Sun	15	Annual General Meeting	1.00pm

### **JOINING A SWIMMING CLUB**

For a warm welcome contact any of the clubs listed below:

#### **COLLEGIATE - INVERCARGILL**

President: Yvonne McDonald  
 Ph 03 2184917 E-mail [yvon.mcdonald@xtra.co.nz](mailto:yvon.mcdonald@xtra.co.nz)  
 Secretary and Entry Secretary: Sheryll Joyce  
 Correspondence to: 287 Herbert St Invercargill  
 Ph 03 2179540 E-mail [wg\\_sajoyce@xtra.co.nz](mailto:wg_sajoyce@xtra.co.nz)  
 Treasurer and Membership Secretary: Tracy Tyler  
 Ph 03 2033388 E-mail [humpptt@woosh.co.nz](mailto:humpptt@woosh.co.nz)  
 Head Coaches:  
 Adrienne Pope – Learners Pool  
 Ph 03 2358536 Email [Adrienne.pope@sdbh.govt.nz](mailto:Adrienne.pope@sdbh.govt.nz)  
 Cameron Murphy – Main Pool  
 Ph 03 2179869 Email [murphyr@clear.net.nz](mailto:murphyr@clear.net.nz)  
 Club Hours: Wednesday, 6 - 7.30pm, Aquatic Centre

#### **MURIHIKU – INVERCARGILL**

President: Jane Morgan  
 Ph 03 2172417 E-mail – [morganfamilynz@me.com](mailto:morganfamilynz@me.com)  
 Secretary: Hilary Strang  
 Correspondence to: 284 Pomona Road East 6RD Invercargill  
 Ph 03 2358985 Email – [mkusecretary@gmail.com](mailto:mkusecretary@gmail.com)  
 Entries Secretary: Jane Fisher  
 Ph 03 2183128 E-mail – [murihikuentries@gmail.com](mailto:murihikuentries@gmail.com)  
 Membership Secretary: Lee Tommei  
 Ph 03 2177589 Email – [jandltommei@xtra.co.nz](mailto:jandltommei@xtra.co.nz)  
 Treasurer: Fiona McClelland  
 Ph 03 2177544 E-mail – [febee@xtra.co.nz](mailto:febee@xtra.co.nz)  
 Head Coach: Phil Tomlins  
 Ph 03 2131036 Email [tomlins5@xtra.co.nz](mailto:tomlins5@xtra.co.nz)  
 Club Hours: Friday, 6 – 7.30pm Aquatic Centre

#### **ORCA – INVERCARGILL**

President: Fenton Herrick,  
 Ph 03 2158214 E-mail [fendeb@xtra.co.nz](mailto:fendeb@xtra.co.nz)  
 Secretary: Suzie Harrington  
 Correspondence to: PO Box 634 Invercargill  
 Ph 03 2171116 E-mail [the.harrys77@gmail.com](mailto:the.harrys77@gmail.com)

Entries Secretary: Jane Bester  
 Ph 03 2186021 E-mail – [bester@southnet.co.nz](mailto:bester@southnet.co.nz)  
 Treasurer: Barbara Grant  
 Ph 03 2304343 Email – [barbarag@ic.govt.nz](mailto:barbarag@ic.govt.nz)  
 New Member enquiries : Philippa Marshall  
 Ph 03 2217446 E-mail [kirk.pierce@xtra.co.nz](mailto:kirk.pierce@xtra.co.nz)  
 Head Coach: Daniel Hayes  
 Club Hours: Tues, 6 – 7:30pm, Aquatic Centre

#### **WAVERLEY – INVERCARGILL**

President: Joka Wiegersma  
 Ph 03 2313434 Email: [wiegersma@woosh.co.nz](mailto:wiegersma@woosh.co.nz)  
 Secretary: Elizabeth Tapper  
 Correspondence to: 26 Ariki Ave, RD 9, In-gill  
 Ph 03 2131166 E-mail [ehtapp@xtra.co.nz](mailto:ehtapp@xtra.co.nz)  
 Entries Secretary: Diane Cullen  
 Ph 03 2178755 E-mail [bobdi@xtra.co.nz](mailto:bobdi@xtra.co.nz)  
 Treasurer: Margaret Sutton  
 Ph 03 215 9852  
 Club Hours: Monday, 6 - 7.30pm, Aquatic Centre

#### **HOKONUI – GORE**

Chairperson:  
 Secretary/Treasurer: Bev Catto  
 Correspondence to: PO Box 47, Gore  
 Ph 03 2042281 E mail [bevcatto@esi.co.nz](mailto:bevcatto@esi.co.nz)  
 Entries Secretary: Sarah McKinley  
 Ph 03 2085758 E mail [thomasfamily@slingshot.co.nz](mailto:thomasfamily@slingshot.co.nz)  
 Club Hours: Thursdays 6pm – 7.30pm

#### **FIORDLAND – TE ANAU**

President: Fee Macdonald  
 Ph 03 2495838 E-mail [f.macdonald@xtra.co.nz](mailto:f.macdonald@xtra.co.nz)  
 Secretary: Leigh Schuck  
 Correspondence to: 55 Mokonui St Te Anau  
 Ph 03 2499313 E-mail [leighschuck@gmail.com](mailto:leighschuck@gmail.com)  
 Treasurer: Nicky Harrison  
 Ph 03 2498686 Email [nicky@hprojects.co.nz](mailto:nicky@hprojects.co.nz)  
 Entry Secretary: Sue Carruthers  
 Ph 03 2499366 E-mail [paulsue.carruthers@xtra.co.nz](mailto:paulsue.carruthers@xtra.co.nz)  
 Head Coach: Tracey Braven  
 Ph 03 2496884 Email [jtbraven@xtra.co.nz](mailto:jtbraven@xtra.co.nz)  
 Club nights: Wednesday Term 1 & 4 3.30pm – 7pm

**CENTRAL SOUTHLAND – WINTON**

President: Jason Unahi  
Ph 03 2360584 Email [theunahis@xtra.co.nz](mailto:theunahis@xtra.co.nz)  
Secretary: Judi Devine  
Correspondence to: 81 Retreat Rd 2RD Invercargill  
Ph 03 2157953 Email [judi@thedevines.co.nz](mailto:judi@thedevines.co.nz)  
Entries Secretary: Caroline Stewart  
Ph 03 2360680 Email [caroline.stewart@woosh.co.nz](mailto:caroline.stewart@woosh.co.nz)  
Treasurer: Joan Hodges  
Ph 03 2368669 Email [contact via secretary](#)

**WAIAMU – TUATAPERE**

President: Dale Egerton  
Ph 03 2266865 Email: [daleegerton@xtra.co.nz](mailto:daleegerton@xtra.co.nz)  
Secretary: Fiona Addenbrooke  
Ph 03 2255655 Email: [addenbrooke@woosh.co.nz](mailto:addenbrooke@woosh.co.nz)  
Entries Secretary: Jan Laurie  
Ph 03 2266398 Email: [lauries@woosh.co.nz](mailto:lauries@woosh.co.nz)  
Treasurer: Helen Ogle  
Ph 03 2266017 Email: [andrewhelen@xtra.co.nz](mailto:andrewhelen@xtra.co.nz)  
Head Coach: Raewyn Minty  
Ph 03 2258628 Email: [arminty@xtra.co.nz](mailto:arminty@xtra.co.nz)

**RIVERTON**

President: Paula Watson  
Ph 03 2348030 Email: [knowlerwatties@xtra.co.nz](mailto:knowlerwatties@xtra.co.nz)  
Secretary: Janine Hodgkinson  
Email: [janine.linny@xtra.co.nz](mailto:janine.linny@xtra.co.nz)  
Treasurer: Karen Fleck  
Ph 03 2348671 Email [grassyflats@xtra.co.nz](mailto:grassyflats@xtra.co.nz)  
Coach Convenor: Debbie Warrander  
Ph 03 2362567 Email: [craig.deb@woosh.co.nz](mailto:craig.deb@woosh.co.nz)

**MATAURA**

President: Barbara Oliver  
Email: [cobra@woosh.co.nz](mailto:cobra@woosh.co.nz)  
Secretary: Meredith Moncur  
Treasurer: Cherie McMullen

**BLUFF**

No information supplied

**ORETI**

No information supplied

**MASTERS CONTACT**

Secretary/Treasurer: Jenny Pascoe

Email: [jenny.pascoe@xtra.co.nz](mailto:jenny.pascoe@xtra.co.nz)

President: Wayne Evans Ph 021 365 669

E-mail [Wayne@financenow.co.nz](mailto:Wayne@financenow.co.nz)

### **GENERAL INFORMATION**

All Swimming Southland Correspondence MUST be addressed to:

PO Box 13,  
Gore

All Swimming Southland Electronic correspondence MUST be addressed to:  
[admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)

Clubs **MAY NOT** deal directly with Swimming New Zealand (SNZ).  
Contact MUST be made through the Swimming Southland Executive Officer.

### **AFFILIATION FEES 2011/12**

Competitive	\$82.50
Learner	\$0
Officials/Administrators/Coach	\$0

### **CLUB TRANSFER PROCEDURE**

- Swimmers changing clubs, **MUST** complete a "Swimmers Transfer" form. A transfer form confirms the change of club.
- Two forms available on Swimming Southland website
- swimmers transferring within Southland
- swimmers transferring outside Southland
- All transfers **MUST** be approved by Management.

### **COMPETING OUTSIDE THE SOUTHLAND REGION**

As an affiliated member of SNZ you are entitled to swim outside your region with other affiliated clubs.

**Your Club Secretary is required to apply in writing to the Swimming Southland Executive Officer for permission to compete outside Southland. If permission is granted your Entries Secretary is required to send a copy of entries to the Swimming Southland Executive Officer one week prior to departure.**

**Southland records may not be recognised if prior permission to compete is not applied for.**

### **SOUTHLAND TEAMS**

Should your swimmer be selected for a Southland team and you require further information, contact the Swimming Southland Executive Officer or the team manager.

Prior to the Southland teams departure to a National Meet or South Island Championships the team manager will advise the swimmer of the travel and accommodation arrangements and the date of the team meeting. Attendance at the meeting is compulsory for the swimmer and a parent/guardian.

All Swimmers must agree to and sign a Swimming Southland Swimmers Agreement which is binding for the entire season before traveling with a Swimming Southland team

**Uniform requirements** (all meets excl those below)

Travelling:	White tee Black Dress Pants Swimming Southland tracksuit top
Poolside	Maroon tee Black Shorts Full Swimming Southland tracksuit.

**South Island Country & Town, Otago vs Southland**

Travelling	White tee Full Swimming Southland tracksuit
Poolside	Maroon tee Black Shorts Full Swimming Southland tracksuit.

**UNIFORMS**

Enquiries contact: Mrs Yvonne McDonald ph 03 218 4917

**HOW TO ORDER A SWIM SOUTHLAND UNIFORM**

Tracksuit 10/12/14	= \$100.70
Tracksuit S - 3XL	= \$108.60
Maroon Polo Shirts Kids	= \$28.70
Maroon Polo Shirts Adults	= \$30.95
White Polo Shirts Kids	= \$24.20
White Polo Shirts Adults	= \$28.70
Long Shorts Kids	= \$13.90
Long Shorts Adults	= \$14.95
Lined Shorts Kids	= \$16.90
Lined Shorts Adults	= \$19.15
Polar Fleece Jackets 4-14	= \$32.65
Polar Fleece Jackets XS - 3XL	= \$38.25
Hoodies 6-14	= \$31.50
Hoodies XS - 3XL	= \$36.00

Prices include GST, screen printing and embroidery  
Prices are subject to change without notice

Below is a link to the ordering page for Swim Southland.  
You can use this page as a measuring guide and as a way of ordering your uniforms.

The link: <http://swimsouthland.uniformnz.com>

A username and password is required: (PLEASE MAKE SURE YOU USE ONLY LOWER CASE)

Username: swim

Password: southland

When you enter the site

Step 1

Go to - **Measuring Guide** to find the correct fit for your uniforms.

Step 2

Got to - **Uniforms** - and from there you can select the uniform items you require.

You can then go to the uniforms page and add the required items to your order and send it through to UniformNZ. Make sure to read any information on the pages to help make the process easier.

To confirm order – you will be asked to type – **swimsouth** – and click – **confirm order**.

**Your order will be displayed.**

**You will be asked to enter the following:**

- **Club ID – This is your Swimming New Zealand registration number i.e. My registration number is – OCADJA07/01/60 (club, first letter surname and then initials, and birthdate)  
Refer to page 14 of this Handbook 'Permanent Registration Format'  
For Club abbreviation see club information on pages 9 to 12 of this Handbook. The first three letters only are required.**

**If you are unsure of your registration details, please just enter your swimmers name and club. It is very IMPORTANT that Swimming Southland is able to easily identify you to enable correct invoicing (through your club) & delivery of your uniform.**

- **Your name and your email contact.**
- **Comments – if you are uncertain or have any questions, please type it in here.**
- **You MUST get confirmation of your order. This will be in the form of a reference number.**

**NOTE – Prices listed on the Website include GST and the embroidery/screen printing cost.**

## **SWIM MEET INFORMATION**

### **MEET SCHEDULES**

Meet Schedules will be available from your club Entries Secretary, early in the new season. The date for close of entries, and with whom they close, will be advised on the meet schedule. **Club members'** entries close with the club Entries Secretary.

### **MEET ENTRIES**

Entries to be completed by Club Entries Secretary and be submitted as a Team Manager generated c-file, or Entries file, or on the official entry form available from the Swimming Southland Executive Officer.

### **ENTRY FEES**

An account for entry fees will be sent to clubs after each meet.

### **SWIM MEET PROCEDURE**

Swimmers are to sit with their club team and Team Manager.

Listen for special instructions over the sound system.

Report to the Marshal, in the Marshalling area, four races in advance of your race. The Marshal will assign a lane to you. This lane may differ from the one on the programme as withdrawals from the event may result in re-seeding .

If you are unsure ask your Team Manager, or an Official for help.

### **CLUB TEAM MANAGER**

Clubs are to appoint a Team Manager to all Swimming Southland regional meets. Managers name to be submitted with entries.

Team Managers Duties:

- ⇒ Advise the meet Recorder of late withdrawals at the meet
- ⇒ Supervise your club swimmers during warm up. See page 23 for the warm up procedure.
- ⇒ Have your swimmer report to the marshal at least 4 heats prior to their race
- ⇒ Have relay teams organized and ready to swim without delay
- ⇒ Parent or swimmers queries or concerns are to be directed through the team manager to the meet director or Referee
- ⇒ Team managers have a responsibility to check with the selectors that they (the selectors) are aware of a swimmer having achieved a new qualifying time/s for National meets

### **TIME TRIALS**

For Southland Championships time trials will be accepted. The resulting time must be presented on an official time slip ratified and signed by two timekeepers.

Time Trials for national meets and South Island Championships require a regionally qualified Starter and Referee. **Prior permission is required from Swimming Southland.** All other squad coaches to be advised of the time trial.

Resultant times to be sent to the Swimming Southland Executive Officer

#### **SCRATCHINGS/WITHDRAWALS**

All scratchings must be submitted by the club Entries Secretary to the Swimming Southland Executive Officer prior to the meet.

CLUB ENTRIES SECRETARIES please notify the parents of swimmers that their children are entered in a carnival.

#### **PROTESTS FOR ALL SOUTHLAND MEETS**

Swimmers, coaches and club officials should be aware of their rights to lodge a protest. If in doubt, seek advice from Swimming Southland officials and the rulebook. Protest forms available from the meet recorder.

1. Must be made in writing to the Referee within 30 minutes of the incident.
2. Deposit of \$50 to be lodged with the protest. (Refunded if protest is upheld.)
3. Protest to be made before the start of the race, if point being argued is known at that stage.
4. All results are withheld until result of protest is settled.

#### **SELECTION FOR NATIONAL MEETS**

The swimmer must meet the qualifying standard set by Swimming New Zealand.

It is necessary for a swimmer who has qualified for a national meet to discuss with his/her coach as to which events he/she should enter under the entry criteria set out for the meet.

#### **SOUTHLAND CHAMPIONSHIPS**

**NB** All events are held as Timed Finals.

For qualifying standards and conditions refer to pages 29 to 31 of this handbook.

- Competitors must be financial competitive members of both Club and Swimming Southland.
- NO entries will be accepted after the official closing date.
- Entries to be submitted by Team Manager c-file or on the official entry form.
- Medals will be presented for 1st, 2nd & 3rd placings of finals, with ribbons for 4th to 8th.
- Trophies will be presented to the winner and runner-up of each age group on aggregate points, at the Swim Southland Awards Ceremony.
- Late scratching fee shall be \$15.00.
- Age is at the day of the first session of the championships.
- For further information refer to the Swimming Southland rule book.

ENTRY FEE & ADMISSION to be advised.

#### **SCRATCHING RULES FOR SOUTHLAND CHAMPIONSHIPS**

Entrants wishing to withdraw from events shall do so on official scratching forms. Forms to be signed by the coach or club Entries Secretary and lodged with the Swimming Southland

Administrator at least the day before the event. Failing to scratch in the above manner may result in a \$15 fine.  
If a medical certificate is produced then that competitor may not swim for a 12 hour period.

### **HOW TO BECOME A QUALIFIED SWIMMING OFFICIAL**

#### **SWIMMING SOUTHLAND REQUIREMENTS:**

1. Assist at club and Regional level Swim Meets by Timekeeping, Starting, Recording and acting as an Inspector of Turns.
2. Minimum age 16 years.
3. Apply through your club to become qualified by filling out an examination form (obtainable from your club secretary) to be submitted to the Swim Southland Executive officer.
4. You will be required to attend a seminar.
5. To act as a Recorder you must have experience as a Timekeeper.
6. To become a Regional Referee, you must be over the age of 21 years and hold the previous qualifications for a period of not less than one year.
7. Officials seminar dates are included in the calendar in this handbook.

#### **NATIONAL REQUIREMENTS:**

To be eligible to sit a national exam the following criteria must be met:

1. Applications must be certified by the Regional Examiner and forwarded to the Swim Southland Executive Officer.
2. Minimum age - Inspector of Turns 16 years  
Starter, Recorder and Referee 21 years
3. Regional qualifications required and officiated at:  
INSPECTOR OF TURNS – 5 Regional meets as an IOT  
STARTER – 5 Regional meets as a starter and have obtained approval from NZ Technical Committee..  
REFEREE - 5 Regional meets as a referee and have obtained approval from NZ Technical Committee.

To sit the national Referees exam the candidate must have passed the national Inspector of Turns and Starters (theory only) examinations and held the most recent one for a minimum of six months.

FEE: There is no fee.

Applicants for both Regional and National exams must be affiliated to Swimming Southland.

**To follow is the qualifying times for South Island and National Meets. Please verify the National Meet qualifying times on the Swimming New Zealand Web page [www.swimmingnz.org.nz](http://www.swimmingnz.org.nz), in the 'Qualifying Criteria and Programmes' booklet.**

<b>NEW ZEALAND OPEN WATER CHAMPIONSHIPS</b> <b>LAKE TAUPO 14 January 2012 – 15 January 2012</b>
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**There are no qualifying times for the 2012 NZ Open Water Championships**

**Saturday 14/1/2012 – 10km**

**Sunday 15/1/2012 – 5km**

**Meet Conditions and Criteria:**

- ⇒ Age is as on 14 January 2012
- ⇒ The age groups to be swum for both male and female are 13-15, 16-17, and Open
- ⇒ Entries close Friday 23<sup>rd</sup> December, 2011 at 5pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ Entry Fees \$30.00 per Event

<b>NEW ZEALAND JUNIOR CHAMPIONSHIPS</b> <b>WELLINGTON 18 February – 29 February 2012</b>
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**Long course (50m) qualifying times.****MALE**

FREESTYLE	10 & U	11yrs	12yrs	12 & U
50m	36.75	34.00	32.20	
100m	1:20.50	1:14.00	1:10.00	
200m	2:56.20	2:42.00	2:33.00	
400m				5:25.00
<b>BACKSTROKE</b>				
50m	42.50	39.60	37.30	
100m	1:31.60	1:26.00	1:20.50	
200m	3:15.00	3:02.50	2:50.75	
<b>BREASTSTROKE</b>				
50m	48.50	44.65	41.20	
100m	1:45.40	1:37.00	1:31.50	
200m	3:49.00	3:30.00	3:18.00	
<b>BUTTERFLY</b>				
50m	41.70	39.10	36.35	
100m	1:35.00	1:28.10	1:20.50	
200m				3:10.00
<b>MEDLEY</b>				
200m	3:20.00	3:06.00	2:54.00	
400m				6:18.00

**Meet Conditions and Criteria:**

- ⇒ Age is as at 18th February 2012
- ⇒ Qualifying period is from 1<sup>st</sup> January 2011, 2010 until 5<sup>th</sup> February 2012.
- ⇒ The qualifying times are all 50m times. Times swum in pools other than 50m must be converted using the SNZ Conversions.
- ⇒ All swimmers shall only enter qualified events
- ⇒ The age groups to be swum for male are 10 & U, 11 and 12.
- ⇒ Entries close Monday 6<sup>th</sup> February, 2012 at 8pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ Entry Fees \$15.00 Individual
- ⇒ Regional Relay Entry Fees shall be paid by Swimming Southland

<b>NEW ZEALAND JUNIOR CHAMPIONSHIPS</b> <b>WELLINGTON 18 February – 19 February 2012</b>
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**Long course (50m) qualifying times.****FEMALE**

FREESTYLE	10yrs	11yrs	12yrs	12 & U
50m	36.80	34.00	32.20	
100m	1:20.00	1:14.00	1:10.00	
200m	2:56.20	2:42.00	2:33.00	
400m				5.25.00
<b>BACKSTROKE</b>				
50m	42.30	39.60	37.70	
100m	1:31.00	1:25.50	1:21.55	
200m	3:16.60	3:04.30	2:54.50	
<b>BREASTSTROKE</b>				
50m	48.00	44.25	41.85	
100m	1:45.00	1:36.70	1:31.70	
200m	3:50.00	3:28.50	3:18.00	
<b>BUTTERFLY</b>				
50m	42.40	39.25	36.50	
100m	1:38.00	1:29.00	1:21.85	
200m				3.15.00
<b>MEDLEY</b>				
200m	3:20.45	3:06.00	2:54.00	
400m				6.18.00

**Meet Conditions and Criteria:**

- ⇒ Age is as at 18th February 2012
- ⇒ Qualifying period is from 1<sup>st</sup> January 2011, 2010 until 5<sup>th</sup> February 2012.
- ⇒ The qualifying times are all 50m times. Times swum in pools other than 50m must be converted using the SNZ Conversions.
- ⇒ All swimmers shall only enter qualified events
- ⇒ The age groups to be swum for male are 10 & U, 11 and 12.
- ⇒ Entries close Monday 6<sup>th</sup> February, 2012 at 8pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ Entry Fees \$15.00 Individual
- ⇒ Regional Relay Entry Fees shall be paid by Swimming Southland

<b>SOUTH ISLAND COUNTRY AND TOWN COMPETITION</b> <b>CROMWELL, 25<sup>th</sup> February 2012 &amp; 26th February 2012</b>
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NB. Swimmers who have qualified for 2012 South Island Championships, 2012 NZ Junior Championships, 2012 NZ Age Groups, 2012 NZ Division II Competition 2012 NZ Open Championships and the 2012 NZ Short Course Championships are not permitted to compete at the South Island Country and Town Competition.

**Short course (25m) qualifying times.**

**Male**

	10yrs & U	11&12yrs	12yrs & U	13&14yrs	15yrs & O
<b>Freestyle</b>					
50m	44.00	39.00		34.00	32.00
100m	1:35.00	1:27.00		1:17.00	1:11.00
200m			3:05.00	2:46.00	2:34.00
<b>Backstroke</b>					
50m	49.00	44.00		41.00	38.00
100m	1:46.00	1:40.00		1:32.00	1:24.00
200m			3:31.00	3:12.00	2:56.00
<b>Breaststroke</b>					
50m	56.00	49.00		45.00	43.00
100m	2:00.00	1:50.00		1:41.00	1:33.00
200m			3:51.00	3:36.00	3:22.00
<b>Butterfly</b>					
50m	53.00	47.00		41.00	38.00
100m	2:00.00	1:47.00		1:33.00	1:24.00
200m	Open Event	3:20.00			
<b>Medley</b>					
100m	1:55.00	1:38.00		1:27.00	1:26.00
200m			3:21.00	3:10.00	3:02.00

**Meet Conditions and Criteria:**

- ⇒ Age is as at 25th February 2012
- ⇒ Qualifying period is from 26th February, 2011 until 12th February 2012.
- ⇒ The qualifying times are all 25m times. Times swum in pools other than 25m must be converted using the SNZ Conversions.
- ⇒ Swimmers may enter one unqualified event.
- ⇒ The age groups to be swum for male are 10 & U, 11-12, 13-14, and 15 & O
- ⇒ Entries close Sunday 12th February, 2012 at 8pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ Entry Fees \$7.50 Individual
- ⇒ Regional Relay Entry Fees shall be paid by Swimming Southland

<b>SOUTH ISLAND COUNTRY AND TOWN COMPETITION</b> <b>CROMWELL, 25th February 2011 &amp; 26th February 2012</b>
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**NB. Swimmers who have qualified for 2012 South Island Championships, 2012 NZ Junior Championships, 2012 NZ Age Groups, 2012 NZ Division II Competition 2012 NZ Open Championships and the 2012 NZ Short Course Championships are not permitted to compete at the South Island Country and Town Competition.**

**Short course (25m) qualifying times.**

**Female**

	<b>10yrs &amp; U</b>	<b>11&amp;12yrs</b>	<b>12yrs &amp; U</b>	<b>13&amp;14yrs</b>	<b>15yrs &amp; O</b>
<b>Freestyle</b>					
50m	44.00	39.00		36.00	35.00
100m	1:35.00	1:27.00		1:20.00	1:17.00
200m			3:05.00	2:51.00	2:45.00
<b>Backstroke</b>					
50m	49.00	44.00		42.00	42.00
100m	1:46.00	1:40.00		1:33.00	1:30.00
200m			3:31.00	3:14.00	3:09.00
<b>Breaststroke</b>					
50m	56.00	49.00		46.00	46.00
100m	2:00.00	1:50.00		1:44.00	1:40.00
200m			3:51.00	3:37.00	3:35.00
<b>Butterfly</b>					
50m	53.00	47.00		42.00	40.00
100m	2:00.00	1:47.00		1:34.00	1:29.00
200m	Open Event 3:20.00				
<b>Medley</b>					
100m	1:55.00	1:38.00		1:32.00	1:32.00
200m			3:21.00	3:16.00	3:14.00

**Meet Conditions and Criteria:**

- ⇒ Age is as at 25th February 2012
- ⇒ Qualifying period is from 26th February, 2011 until 12th February 2012.
- ⇒ The qualifying times are all 25m times. Times swum in pools other than 25m must be converted using the SNZ Conversions.
- ⇒ Swimmers may enter one unqualified event.
- ⇒ The age groups to be swum for male are 10 & U, 11-12, 13-14, and 15 & O
- ⇒ Entries close Sunday 12th February, 2012 at 8pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ Entry Fees \$7.50 Individual
- ⇒ Regional Relay Entry Fees shall be paid by Swimming Southland

<b>NEW ZEALAND AGE GROUP CHAMPIONSHIPS</b>
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<b>WELLINGTON 6 – 10 March, 2012</b>
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Long course (50m) qualifying times

**MALE**

<b>FREESTYLE</b>	<b>12-13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17/18yrs</b>
50m	28.84	27.70	27.10	26.80	26.30
100m	1:03.70	1:01.00	59.00	58.50	57.50
200m	2:18.50	2:12.00	2:09.50	2:09.00	2:07.00
400m	4:52.00	4:40.50	4:37.00	4:35.00	4:33.00
1500m	19:15.00	18:33.00	18:00.00	17:55.00	17:45.00

<b>BACKSTROKE</b>	<b>12-13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17/18yrs</b>
50m	33.40	31.90	31.10	31.05	30.85
100m	1:11.78	1:08.87	1:07.58	1:07.27	1:06.79
200m	2:33.00	2:29.00	2:26.49	2:25.67	2:24.53

<b>BREASTSTROKE</b>	<b>12-13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17/18yrs</b>
50m	36.97	35.87	34.91	34.83	34.64
100m	1:20.75	1:17.72	1:15.82	1:15.32	1:14.76
200m	2:55.29	2:49.38	2:47.40	2:45.44	2:44.44

<b>BUTTERFLY</b>	<b>12-13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17/18yrs</b>
50m	31.47	30.27	29.65	29.45	28.80
100m	1:10.70	1:07.25	1:06.07	1:05.78	1:03.81
200m	2:40.29	2:33.41	2:29.44	2:28.49	2:27.50

<b>MEDLEY</b>	<b>12-13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17/18yrs</b>
200m	2:37.00	2:30.67	2:27.00	2:25.33	2:24.00
400m	5:33.50	5:20.00	5:15.00	5:13.50	5:09.96

**Meet Conditions and Criteria:**

- ⇒ Age is as at 6th March 2012
- ⇒ The qualifying period is from 1<sup>st</sup> January 2011 to 19<sup>th</sup> February, 2012
- ⇒ The qualifying times shown are 50m times. Qualifying times swum in pools other than 50m must be converted using the SNZ conversions.
- ⇒ All swimmers shall only enter qualified events
- ⇒ The age groups for male are 12-13 years, 14 years, 15 years, 16 years, 17/18 years
- ⇒ Entries close on Sunday 19<sup>th</sup> February 2011 at 8pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ Entry Fees Individual \$15.00
- ⇒ Club Relays \$30.00
- ⇒ Regional Relay Entry Fees shall be paid by Swimming Southland

<b>NEW ZEALAND AGE GROUP CHAMPIONSHIPS</b> <b>WELLINGTON 6 – 10 March, 2012</b>
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**Long course (50m) qualifying times**
**FEMALE**

<b>FREESTYLE</b>	<b>12-13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17/18yrs</b>
50m	30.25	29.92	29.60	29.50	29.20
100m	1.05.50	1.04.75	1.04.50	1.04.00	1.04.00
200m	2.24.00	2.22.00	2:19.80	2.19.25	2.19.00
400m	4:58.00	4.54.00	4.52.00	4.50.00	4.48.00
800m	10:15.00	10:05.0	10:00.00	9.55.00	9.50.00

<b>BACKSTROKE</b>	<b>12-13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17/18yrs</b>
50m	34.50	34.13	33.90	33.80	33.70
100m	1.14.50	1.13.30	1.12.80	1.12.30	1.12.10
200m	2.39.50	2.36.00	2.35.70	2.35.39	2.34.84

<b>BREASTSTROKE</b>	<b>12-13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17/18yrs</b>
50m	38.87	38.38	37.90	37.71	37.45
100m	1.24.82	1.23.73	1.23.24	1.22.75	1.22.24
200m	3.01.42	2.58.76	2.56.96	2.55.36	2.54.65

<b>BUTTERFLY</b>	<b>12-13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17/18yrs</b>
50m	32.99	32.55	32.30	32.13	32.00
100m	1.13.95	1.12.86	1.12.27	1.12.07	1.11.96
200m	2.46.37	2.42.43	2.38.97	2.38.00	2.37.50

<b>MEDLEY</b>	<b>12-13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17/18yrs</b>
200m	2:41.33	2.38.67	2.38.30	2.38.00	2.37.50
400m	5.44.61	5.38.00	5.35.92	5.34.70	5.33.89

**Meet Conditions and Criteria:**

- ⇒ Age is as at 6th March 2012
- ⇒ The qualifying period is from 1<sup>st</sup> January 2011 to 19<sup>th</sup> February, 2012
- ⇒ The qualifying times shown are 50m times. Qualifying times swum in pools other than 50m must be converted using the SNZ conversions.
- ⇒ All swimmers shall only enter qualified events
- ⇒ The age groups for male are 12-13 years, 14 years, 15 years, 16 years, 17/18 years
- ⇒ Entries close on Sunday 19<sup>th</sup> February 2011 at 8pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ Entry Fees Individual \$15.00
- ⇒ Club Relays \$30.00
- ⇒ Regional Relay Entry Fees shall be paid by Swimming Southland

<b>NEW ZEALAND OPEN CHAMPIONSHIPS &amp; OLYMPIC TRIALS</b> <b>AUCKLAND, 25 - 30 March, 2012</b>
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**50M Qualifying Times**

	<b>Male</b>	<b>Female</b>
<b>FREESTYLE</b>		
50m	25.48	28.71
100m	55.50	1.01.80
200m	2.00.00	2.13.00
400m	4.19.00	4.40.00
800m	9.04.65	9.40.00
1500m	17.20.00	18.34.40
<b>BACKSTROKE</b>		
50m	29.00	32.90
100m	1.02.83	1.10.00
200m	2.16.71	2.30.55
<b>BREASTSTROKE</b>		
50m	32.51	36.36
100m	1.10.68	1.18.71
200m	2.32.75	2.49.28
<b>BUTTERFLY</b>		
50m	27.66	30.66
100m	1.00.51	1.07.84
200m	2.14.95	2.29.00
<b>MEDLEY</b>		
200m	2.16.50	2.33.00
400m	4.55.00	5.23.75

**Meet Conditions and Criteria:**

- ⇒ The qualifying period is from 1<sup>st</sup> January 2011 to 11 March, 2012
- ⇒ The qualifying times shown are 50m times. Qualifying times swum in pools other than 50m must be converted using the SNZ conversions.
- ⇒ All swimmers shall only enter qualified events
- ⇒ Entries close on Sunday 11th March 2012 at 8pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ For 50m, 100m, 200m, 400m, 800m and 1500m there will be A & B finals. B Finals will be swum when there are 20 or more swimmers that competed in the heats
- ⇒ Entry Fees Individual \$15.00
- ⇒ Club Relays \$30.00

<b>NEW ZEALAND DIVISION II COMPETITION</b> <b>DUNEDIN 11 – 14 April 2012</b>
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**Short course (25m) qualifying times**
**MALE**

	13yrs	14yrs	15yrs	16-18yrs
<b>Freestyle</b>				
50m	29.80	28.60	28.40	27.90
100m	1:04.90	1:03.00	1:02.80	1:00.70
200m	2:23.00	2:19.00	2:17.50	2:13.00
400m	5:00.35	4:50.00	4:48.90	4:42.15
1500m	19:57.70	19:35.00	19:24.50	18:58.90
<b>Backstroke</b>				
50m	34.35	33.27	33.05	32.35
100m	1:14.34	1:12.83	1:12.86	1:10.92
200m	2:41.33	2:36.26	2:35.76	2:33.12
<b>Breaststroke</b>				
50m	38.94	37.93	37.61	36.97
100m	1:25.16	1:22.55	1:21.81	1:20.36
200m	3:05.03	2:58.71	2:57.51	2:54.24
<b>Butterfly</b>				
50m	34.67	33.15	33.00	32.65
100m	1:17.64	1:13.99	1:13.99	1:12.98
200m	2:51.78	2:49.34	2:47.96	2:46.76
<b>Medley</b>				
100m	1:16.72	1:14.07	1:13.86	1:13.79
200m	2:46.00	2:41.67	2:40.00	2:37.87
400m	5:56.60	5:45.42	5:44.10	5:39.04

**Meet Conditions and Criteria:**

- ⇒ Age is as at 11<sup>th</sup> April 2012
- ⇒ The qualifying period is from 1<sup>st</sup> January 2011 to 25<sup>th</sup> March, 2012
- ⇒ The qualifying times shown are 25m times. Qualifying times swum in pools other than 25m must be converted using the SNZ conversions.
- ⇒ All swimmers shall only enter qualified events
- ⇒ The age groups for male are 13 years, 14 years, 15 years, 16-18 years
- ⇒ Any swimmer who qualifies for either the 2012 NZ Open Championships or the 2012 NZ Age Group Championships are ineligible to enter the 2012 Division 11 Competition.
- ⇒ Entries close on Thursday 29th March 2012 at 8pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ Entry Fees Individual \$15.00
- ⇒ Club Relays \$30.00
- ⇒ Regional Relay Entry Fees shall be paid by Swimming Southland

<b>NEW ZEALAND DIVISION II COMPETITION</b> <b>DUNEDIN 16 – 19 March 2011</b>
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**Short course (25m) qualifying times**
**FEMALE**

	13yrs	14yrs	15yrs	16-18yrs
<b>Freestyle</b>				
50m	31.20	31.00	30.90	30.85
100m	1.08.20	1.07.95	1.07.90	1:06.85
200m	2.29.00	2.27.00	2.26.55	2:24.30
400m	5.15.00	5.09.00	5.07.00	5.04.70
800m	10.55.00	10:42.00	10.38.35	10:37.00
<b>Backstroke</b>				
50m	36.20	36.02	35.85	35.43
100m	1.18.07	1.17.28	1.16.88	1.15.97
200m	2.48.84	2.45.93	2.45.26	2.43.35
<b>Breaststroke</b>				
50m	40.96	40.51	40.40	39.69
100m	1.28.75	1.28.47	1.28.38	1.26.30
200m	3.12.69	3.11.52	3.10.67	3.05.61
<b>Butterfly</b>				
50m	35.27	34.83	34.69	34.60
100m	1.19.39	1.18.93	1.18.51	1.17.49
200m	2.56.47	2.54.74	2.54.03	2.53.52
<b>Medley</b>				
100m	1.20.00	1.19.50	1.19.00	1.18.00
200m	2.52.33	2.49.17	2.48.10	2.47.15
400m	6.09.16	6.05.58	6.03.64	5.59.98

**Meet Conditions and Criteria:**

- ⇒ Age is as at 11<sup>th</sup> April 2012
- ⇒ The qualifying period is from 1<sup>st</sup> January 2011 to 25<sup>th</sup> March, 2012
- ⇒ The qualifying times shown are 25m times. Qualifying times swum in pools other than 25m must be converted using the SNZ conversions.
- ⇒ All swimmers shall only enter qualified events
- ⇒ The age groups for male are 13 years, 14 years, 15 years, 16-18 years
- ⇒ Any swimmer who qualifies for either the 2012 NZ Open Championships or the 2012 NZ Age Group Championships are ineligible to enter the 2012 Division 11 Competition.
- ⇒ Entries close on Thursday 29th March 2012 at 8pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ Entry Fees Individual \$15.00
- ⇒ Club Relays \$30.00
- ⇒ Regional Relay Entry Fees shall be paid by Swimming Southland

<b>AUSTRALIAN AGE GROUP CHAMPIONSHIPS</b> <b>BRISBANE 9 - 14 April 2012</b>
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**Long course (50m) qualifying times only.**

<b>MALE</b>					
<b>FREESTYLE</b>	<b>13 &amp; U</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>
50m	27.50	26.60	26.00	25.50	25.00
100m	1.00.00	58.20	56.00	55.00	54.20
200m	2.10.00	2.06.20	2.02.00	2.00.50	1.57.80
400m	4.36.00	4.25.50	4.19.50	4.15.00	4.09.00
800m	9.37.50				
1500m	-	17.25.00	17.10.00	16.32.00	16.25.00
<b>BACKSTROKE</b>	<b>13 &amp; U</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>
100m	1.09.50	1.06.20	1.04.50	1.03.20	1.02.00
200m	2.29.50	2.22.20	2.19.00	2.16.50	2.13.50
<b>BREASTSTROKE</b>	<b>13 &amp; U</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>
100m	1.19.00	1.15.00	1.13.00	1.12.00	1.11.00
200m	2.51.50	2.42.00	2.40.00	2.35.50	2.34.00
<b>BUTTERFLY</b>	<b>13 &amp; U</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>
100m	1.07.00	1.03.60	1.01.70	1.00.00	59.00
200m	2.30.00	2.22.20	2.18.50	2.16.00	2.11.00
<b>MEDLEY</b>	<b>13 &amp; U</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>
200m	2.29.00	2.23.00	2.20.00	2.17.00	2.14.50
400m	5.25.00	5.05.00	4.58.00	4.50.00	4.45.00

**Meet Conditions and Criteria:**

- ⇒ Age is as at 9 April 2012
- ⇒ The qualifying period is from 1 May 2011
- ⇒ The qualifying times shown are 50m times. Qualifying times for this meet must be swum in 50m pools.
- ⇒ Swimmers cannot enter any unqualified events.
- ⇒ Entries close with the Swimming Southland Executive Officer at a date to be advised in line with Swimming NZ requests. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted.
- ⇒ Swimmers are reminded that permission to swim outside the country is required from Swimming Southland and Swimming New Zealand. Forms for this are downloadable from the Swimming New Zealand website [www.swimmingnz.org.nz](http://www.swimmingnz.org.nz)

<b>AUSTRALIAN AGE GROUP CHAMPIONSHIPS</b> <b>BRISBANE 9 - 14 April 2012</b>
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Long course (50m) qualifying times only.

<b>FEMALE</b>					
<b>FREESTYLE</b>	<b>13 &amp; U</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>
50m	28.90	28.40	28.20	28.10	28.00
100m	1.02.80	1.01.80	1.01.00	1.01.00	1.00.50
200m	2.15.00	2.12.80	2.11.50	2.10.50	2.09.50
400m	4.42.50	4.38.00	4.36.00	4.33.00	4.31.00
800m	9.45.00	9.35.00	9.27.00	9.22.00	9.11.00
<b>BACKSTROKE</b>	<b>13 &amp; U</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>
100m	1.11.50	1.10.20	1.10.00	1.10.00	1.09.50
200m	2.32.00	2.29.50	2.29.00	2.28.50	2.28.00
<b>BREASTSTROKE</b>	<b>13 &amp; U</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>
100m	1.21.40	1.20.60	1.20.20	1.20.00	1.19.00
200m	2.54.20	2.52.50	2.51.50	2.51.00	2.49.00
<b>BUTTERFLY</b>	<b>13 &amp; U</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>
100m	1.09.00	1.08.20	1.07.50	1.07.00	1.06.80
200m	2.34.00	2.32.50	2.28.00	2.27.50	2.27.00
<b>MEDLEY</b>	<b>13 &amp; U</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>
200m	2.33.00	2.31.00	2.29.50	2.29.00	2.28.00
400m	5.30.00	5.23.00	5.18.00	5.15.00	5.10.00

**Meet Conditions and Criteria:**

- ⇒ Age is as at 9 April 2012
- ⇒ The qualifying period is from 1 May 2011
- ⇒ The qualifying times shown are 50m times. Qualifying times for this meet must be swum in 50m pools.
- ⇒ Swimmers cannot enter any unqualified events.
- ⇒ Entries close with the Swimming Southland Executive Officer at a date to be advised in line with Swimming NZ requests. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted.
- ⇒ Swimmers are reminded that permission to swim outside the country is required from Swimming Southland and Swimming New Zealand. Forms for this are downloadable from the Swimming New Zealand website [www.swimmingnz.org.nz](http://www.swimmingnz.org.nz)

<b>SOUTH ISLAND CHAMPIONSHIPS - QUALIFYING TIMES</b> <b>TIMARU 31<sup>st</sup> Aug – 2<sup>nd</sup> Sept 2012</b>
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**Short course (25m) qualifying times**
**MALE**

<b>Freestyle</b>	<b>13 &amp; U</b>	<b>14-15yrs</b>	<b>16 &amp; Over</b>
50m	29.80	28.60	27.90
100m	1:04.90	1:03.00	1:00.70
200m	2:23.00	2:19.00	2:13.00
400m	5:00.35	4:50.00	4:42.15
1500m	19:57.70	19:35.00	18:58.90

<b>Backstroke</b>	<b>13 &amp; U</b>	<b>14-15yrs</b>	<b>16 &amp; Over</b>
50m	34.35	33.27	32.35
100m	1:14.34	1:12.83	1:10.92
200m	2:41.33	2:36.26	2:33.12

<b>Breaststroke</b>	<b>13 &amp; U</b>	<b>14-15yrs</b>	<b>16 &amp; Over</b>
50m	38.94	37.93	36.97
100m	1:25.16	1:22.55	1:20.36
200m	3:05.03	2:58.71	2:54.24

<b>Butterfly</b>	<b>13 &amp; U</b>	<b>14-15yrs</b>	<b>16 &amp; Over</b>
50m	34.67	33.15	32.65
100m	1:17.64	1:13.99	1:12.98
200m	2:51.78	2:49.34	2:46.76

<b>Medley</b>	<b>13 &amp; U</b>	<b>14-15yrs</b>	<b>16 &amp; Over</b>
100m	1:16.72	1:14.07	1:13.79
200m	2:46.00	2:41.67	2:37.87
400m	5:55.60	5:45.42	5:39.04

**Meet Conditions and Criteria:**

- ⇒ Age as at 31<sup>st</sup> August 2012.
- ⇒ The qualifying period is from the 23rd September 2011 to 19<sup>th</sup> August 2012.
- ⇒ The times above are all 25m times. Times swum in pools other than 25m pools must be converted.
- ⇒ Swimmers may enter one unqualified event
- ⇒ The age groups for male are 13 years & U, 14/15 years, 16 years & O.
- ⇒ Entries close Sunday 19<sup>th</sup> August, 2012 at 8pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ Regional Relay Entry Fees will be paid by Swimming Southland

<b>SOUTH ISLAND CHAMPIONSHIPS - QUALIFYING TIMES</b> <b>TIMARU 31<sup>st</sup> Aug – 2<sup>nd</sup> Sept 2012</b>
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**Short course (25m) qualifying times****FEMALE**

<b>Freestyle</b>	<b>13 &amp; U</b>	<b>14-15yrs</b>	<b>16 &amp; Over</b>
50m	31.20	31.00	30.85
100m	1.08.20	1.07.95	1.06.85
200m	2.29.00	2.27.00	2:24.30
400m	5.15.00	5.09.00	5.04.70
800m	10.55.00	10:42.00	10:37.00
<b>Backstroke</b>	<b>13 &amp; U</b>	<b>14-15yrs</b>	<b>16 &amp; Over</b>
50m	36.20	36.02	35.43
100m	1.18.07	1.17.28	1.15.97
200m	2.48.84	2.45.93	2.43.35
<b>Breaststroke</b>	<b>13 &amp; U</b>	<b>14-15yrs</b>	<b>16 &amp; Over</b>
50m	40.96	40.51	39.69
100m	1.28.75	1.28.47	1.26.30
200m	3.12.69	3.11.52	3.05.61
<b>Butterfly</b>	<b>13 &amp; U</b>	<b>14-15yrs</b>	<b>16 &amp; Over</b>
50m	35.27	34.83	34.60
100m	1.19.39	1.18.93	1.17.49
200m	2.56.47	2.54.74	2.53.52
<b>Medley</b>	<b>13 &amp; U</b>	<b>14-15yrs</b>	<b>16 &amp; Over</b>
100m	1.20.00	1.19.50	1.18.00
200m	2.52.33	2.49.17	2.47.15
400m	6.09.16	6.05.58	5.59.98

**Meet Conditions and Criteria:**

- ⇒ Age as at 31<sup>st</sup> August 2012.
- ⇒ The qualifying period is from the 23rd September 2011 to 19<sup>th</sup> August 2012.
- ⇒ The times above are all 25m times. Times swum in pools other than 25m pools must be converted.
- ⇒ Swimmers may enter one unqualified event
- ⇒ The age groups for male are 13 years & U, 14/15 years, 16 years & O.
- ⇒ Entries close Sunday 19<sup>th</sup> August, 2012 at 8pm with the Swimming Southland Executive Officer. Entries must be on the official Swimming Southland entry form and signed by the swimmer and their coach. No late entries will be accepted
- ⇒ Regional Relay Entry Fees will be paid by Swimming Southland
- ⇒

**NEW ZEALAND SHORT COURSE CHAMPIONSHIPS**

**WELLINGTON TBA**

**Short course (25m) qualifying times**

**NO QUALIFICATION TIMES HAVE YET BEEN RELEASED FOR THIS MEET**

<b>SWIMMING NEW ZEALAND CONVERSION TABLE</b>
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**Conversion from 25 metre to 50 metre time:**

			Seconds
Freestyle	50m	add	0.85
	100m	add	1.70
	200m	add	3.40
	400m	add	6.80
	800m	add	13.60
	1500m	add	25.50
Backstroke	50m	add	0.85
	100m	add	1.70
	200m	add	3.40
Breaststroke	50m	add	1.00
	100m	add	2.00
	200m	add	4.00
Butterfly	50m	add	0.70
	100m	add	1.40
	200m	add	2.80
Medley	200m	add	3.40
	400m	add	6.80

**NOTE THAT ONLY THE ABOVE CONVERSIONS MAY BE USED FOR NATIONAL MEETS.**