

SOUTHLAND LONG COURSE CHAMPIONSHIPS

2017.2018



14th – 17th December 2017
Splash Palace, Invercargill

Meet schedule

Championship rules and entry criteria:

This meet will be swum under SNZ regulations with specific conditions and criteria:

- ⇒ Age as at 14th December 2017
- ⇒ Event age groupings will be 9 & under, 10/11 years, 12/13 years, 14/15 years, 16 years and over
- ⇒ The 800m may be swum within the 1500m event. Each event must be entered and two entry fees paid.
Event Age groupings for these events are 12/13 years, 14/15 years and 16 years and over.
- ⇒ The 400m IM and 400m Freestyle event age groupings are 10/11 years, 12/13 years, 14/15 years and 16 years and over.
- ⇒ 400m, 800m and 1500m events are all timed finals.
- ⇒ 200m events will be timed finals for age groups 13 years and below.
Age groups 14 years and older will complete prelims and finals.
- ⇒ All 50m and 100m events for all age groups will be prelims and finals
- ⇒ The qualifying times shown are 50 metre (LC) times. Entry times swum in pools other than 50 metre must be converted using the SNZ conversion table. Entry qualifying times are to be from 14/12/2016.
- ⇒ Entries are to be submitted online via the SNZ database. Visitors entries are welcome. No late entries will be accepted.
- ⇒ Medals will be awarded to the first three Southland placegetters.
Visitors Medals will be awarded to visitors gaining 1st, 2nd or 3rd.
Finalist ribbons will be awarded from 4th-8th place.
- ⇒ In all finals (except timed finals) at least 3 lanes shall be reserved for Swimming Southland affiliated swimmers. If there are not enough Swimming Southland affiliated swimmers to fill 3 lanes then these lanes may be taken by swimmers who are not affiliated to Swimming Southland.
- ⇒ Warm-up will be available for 45 minutes prior to the start of each session. There will be a 15 minute period between the end of warm-up and the commencement of racing to allow for installation and testing of timing equipment.
- ⇒ Over the top starts may be used for heats and finals.
- ⇒ The Martin Cup will be awarded to the Southland Club gaining the most points at the Championships. Points to be awarded as follows: 1st = 10, 2nd = 8, 3rd = 6, 4th = 5, 5th = 4, 6th = 3, 7th = 2, 8th = 1.
- ⇒ Pool entry passes will be issued to swimmers and team officials. These will allow free entry to the competition pools only during warm-up and competition periods. Outside of these times normal pool entry charges apply.
Please note, spectators are required to pay pool entry also – Splash Palace provide great deals for weekend passes.
- ⇒ No Time Trials will be allowed during the meet.
- ⇒ All participants must agree to comply with the Sports Anti Doping Rules
- ⇒ Medal Presentations are to take place throughout the meet. Please take note of these timings within the flyer and meet program.

RELAYS

The relay events held in sessions 3 and 5 are the Murihiku Anniversary relays.
No Swimming Southland Championship points will be awarded for relay events.
First, second and third place medals will be awarded for relay events.
All relays are open to any clubs (ie, visiting clubs welcome)

Teams are to be mixed and comprise of no fewer than two female swimmers. This rule does not apply to the Flying Squadron event.

- Any swimmer who swims up in a higher age group must remain in that category throughout the relay events (ie, swimming in more than one age category shall not be permitted), excepting for the Flying Squadron event.
- The Murihiku Anniversary Trophy will be awarded to the Southland club gaining the most relay points (as set out in Rule 48).
- The Campers Memorial Shield will be awarded to the winning Southland club team in event 51 Flying Squadron 4 x 100m Freestyle.
- Names and order of relay team members is to be submitted to the Recorder prior to the commencement of the session in which they will swim.

ENTRIES

Entries are to be submitted via SNZ Database, **entries close 8pm Wednesday 6th December 2017.**

Entry Fees: \$10.00 per individual event
 \$15.00 per relay event

Please also submit: Club Coaches and Managers Form
 Officials and Timekeepers (including sessions available for)

Queries to: Lisa Hansen
 admin@swimsouthland.org.nz
 027 951 6729

PSYCH SHEETS

Psych Sheets will be posted on the Swimming Southland website www.swimsouthland.org.nz on Friday 8th December 2017.
Any alterations are to be submitted to admin@swimsouthland.org.nz by 9am Tuesday 12th December 2017.
Final psych sheets, session timetable, seating plan, meeting information – to be posted to www.swimsouthland.org.nz by Tuesday evening.

Rules for Withdrawals

Withdrawals must be made by the end of the session preceding the event in which the swimmer wishes to withdraw from.
Withdrawals must be made at the control room.
For sessions one and two withdrawals must be made before 12pm on the 14th December. These withdrawals are to be advised to Lisa Hansen, ph 027 951 6729 or admin@swimsouthland.org.nz.
A swimmer who does not comply with the above will be liable to a \$50.00 fine.
Refunds for any withdrawals (including medical) will only be given at the discretion of the Meet Director.

Officials and Timekeepers

All clubs are to please supply as many timekeepers as they are able, please submit names at time of entry.
Timekeepers are to report to the Chief Timekeeper at least 30minutes prior to the commencement of the session for lane allocation and watches.
Officials – if clubs from out of the region are able to supply officials, please submit names at time of entry.

SOUTHLAND CHAMPIONSHIPS - SCHEDULE OF EVENTS

SESSION 1 - Thursday 14 December 2017 Warm-up 6pm-6.45pm, Start 7pm

- 1 Male 800m Freestyle Timed Final
- 2 Female 800m Freestyle Timed Final
- 3 Male 1500m Freestyle Timed Final
- 4 Female 1500m Timed Final

**The 800m events can be swum as part of the 1500m event but both events must be entered and two entry fees paid.
The events will be resulted in the following age groups: 12/13 years, 14/15 years and 16 years and over.**

SESSION 2 - Friday 15 December 2017 Warm-up 8:00am-8.45am, Start 9am

- 5 Male 100m Backstroke Prelims
- 6 Female 100m Backstroke Prelims
- 7 Male 10-13 200m Breaststroke Timed Final
- 8 Female 10-13 200m Breaststroke Timed Final
- 9 Male 14 & O 200m Breaststroke Prelim
- 10 Female 14 & O 200m Breaststroke Prelim
- 11 Male 50m Butterfly Prelim
- 12 Female 50m Butterfly Prelim
- 13 Male 13 & U 200m Freestyle Timed Final
- 14 Female 13 & U 200m Freestyle Timed Final
- 15 Male 14 & O 200m Freestyle Prelim
- 16 Female 14 & O 200m Freestyle Prelim

SESSION 3 - Friday 15 December 2017 Warm-up 5.00pm-5.45pm, Start 6.00pm

Presentations for events 1,2,3,4,7,8,13,14

- 17 Male 400m IM Timed Final
- 18 Female 400m IM Timed Final
- 5 Male 100m Backstroke Age Group Finals
- 6 Female 100m Backstroke Age Group Finals
- 9 Male 200m Breaststroke 14 & O Age Group Finals
- 10 Female 200m Breaststroke 14 & O Age Group Finals

Presentations for events 17, 18, 5, 6, 9 & 10

- 11 Male 50m Butterfly Age Group Finals
- 12 Female 50m Butterfly Age Group Finals
- 15 Male 200m Freestyle 14 & O Age Group Finals
- 16 Female 200m Freestyle 14 & O Age Group Finals

Presentations for events 11,12,15,16

- 19 11 & U 200m Freestyle Relay Timed Final
- 20 12/13 200m Freestyle Relay Timed Final
- 21 14/15 200m Freestyle Relay Timed Final
- 22 Open 200m Freestyle Relay Timed Final

SESSION 4 - Saturday 16 December 2017 Warm-up 8:00am-8.45am, Start 9.00am

Presentations for events 19, 20, 21 & 22

- 23 Male 100m Breaststroke Prelims
- 24 Female 100m Breaststroke Prelims
- 25 Male 10-13 200m Backstroke Timed Final
- 26 Female 10-13 200m Backstroke Timed Final
- 27 Male 14 & O 200m Backstroke Prelim
- 28 Female 14 & O 200m Backstroke Prelim
- 29 Male 50m Freestyle Prelim
- 30 Female 50m Freestyle Prelim
- 31 Male 10-13 200m Butterfly Timed Final
- 32 Female 10-13 200m Butterfly Timed Final
- 33 Male 14 & O 200m Butterfly Prelim
- 34 Female 14 & O 200m Butterfly Prelim

SESSION 5 - Saturday 16 December 2017 Warm up 4.00pm-4.45pm, Start 5.00pm

Presentations for events 25, 26, 31 & 32

- 35 Male 400m Freestyle Timed Final
- 36 Female 400m Freestyle Timed Final

Events 35 & 36 will be resulted in the following age groups: 12/13 years, 14/15 years and 16 years and over.

- 23 Male 100m Breaststroke Age Group Finals
- 24 Female 100m Breaststroke Age Group Finals
- 27 Male 200m Backstroke 14 & O Age Group Finals
- 28 Female 200m Backstroke 14 & O Age Group Finals

Presentations for events 35, 36, 23, 24, 27 & 28

- 29 Male 50m Freestyle Age Group Finals
- 30 Female 50m Freestyle Age Group Finals
- 33 Male 200m Butterfly 14 & O Age Group Finals
- 34 Female 200m Butterfly 14 & O Age Group Finals

Presentations for events 29, 30, 33 & 34

- 37 11 & U 200m Medley Relay Timed Final
- 38 12/13 200m Medley Relay Timed Final
- 39 14/15 200m Medley Relay Timed Final
- 40 Open 200m Medley Relay Timed Final

SESSION 6 - Sunday 17 December 2017 Warm-up 8:30am-9.15am, Start 9.30am

Presentations for events 37, 38, 39 & 40

- 41 Male 100m Butterfly Prelims
- 42 Female 100m Butterfly Prelims
- 43 Male 50m Backstroke Prelims
- 44 Female 50m Backstroke Prelims
- 45 Male 100m Freestyle Prelim
- 46 Female 100m Freestyle Prelim
- 47 Male 50m Breaststroke Prelim
- 48 Female 50m Breaststroke Prelim
- 49 Male 13 & U 200m Medley Timed Final
- 50 Female 13 & U 200m Medley Timed Final
- 51 Male 14 & O 200m Medley Prelim
- 52 Female 14 & O 200m Medley Prelim

SESSION 7 - Sunday 17 December 2017 Warm up 2.00pm-2.45pm, Start 3.00pm

Presentations for events 49 & 50

- 41 Male 100m Butterfly Age Group Finals
- 42 Female 100m Butterfly Age Group Finals
- 43 Male 50m Backstroke Age Group Finals
- 44 Female 50m Backstroke Age Group Finals

Presentations for events 41, 42, 43 & 44

- 45 Male 100m Freestyle Age Group Finals
- 46 Female 100m Freestyle Age Group Finals
- 47 Male 50m Breaststroke Age Group Finals
- 48 Female 50m Breaststroke Age Group Finals

Presentations for events 45, 46, 47 & 48

- 51 Male 200m Medley 14 & O Age Group Finals
- 52 Female 200m Medley 14 & O Age Group Finals
- 53 Flying Squadron 400m Freestyle Relay

Presentations for events 51, 52, 53

SOUTHLAND CHAMPIONSHIP QUALIFYING TIMES

NB: The following times are 50m (long course) times.

NQTR = No qualifying time required

BOYS

FREESTYLE	9 & U	10 & 11	12 & 13	14,15 & Open
50m	NQTR	NQTR	NQTR	NQTR
100m	NQTR	NQTR	NQTR	NQTR
200m	4.30.00	3.25.00	3.07.00	2.49.00
400m	NQTR	6.07.00	5.27.00	NQTR
800m	NQTR	NQTR	11.44.00	NQTR
1500m	NQTR	NQTR	22.25.00	NQTR
BACKSTROKE				
50m	NQTR	NQTR	NQTR	NQTR
100m	NQTR	NQTR	NQTR	NQTR
200m	3.50.00	3.24.00	3.00.00	NQTR
BREASTSTROKE				
50m	NQTR	NQTR	NQTR	NQTR
100m	NQTR	NQTR	NQTR	NQTR
200m	4.24.00	3.44.00	3.20.00	NQTR
BUTTERFLY				
50m	NQTR	NQTR	NQTR	NQTR
100m	NQTR	NQTR	NQTR	NQTR
200m	3.40.00	3.33.00	3.13.00	NQTR
MEDLEY				
200m	NQTR	NQTR	NQTR	NQTR
400m	NQTR	6.37.00	6.17.00	NQTR

GIRLS

FREESTYLE	9 & U	10 & 11	12 & 13	14,15 & Open
50m	NQTR	NQTR	NQTR	NQTR
100m	NQTR	NQTR	NQTR	NQTR
200m	4.30.00	3.25.00	3.07.00	2.59.00
400m	NQTR	NQTR	6.07.00	5.37.00
800m	NQTR	NQTR	NQTR	12.14.00
1500m	NQTR	NQTR	NQTR	24.25.00
BACKSTROKE				
50m	NQTR	NQTR	NQTR	NQTR
100m	NQTR	NQTR	NQTR	NQTR
200m	NQTR	3.50.00	3.24.00	3.10.00
BREASTSTROKE				
50m	NQTR	NQTR	NQTR	NQTR
100m	NQTR	NQTR	NQTR	NQTR
200m	NQTR	4.24.00	3.44.00	3.30.00
BUTTERFLY				
50m	NQTR	NQTR	NQTR	NQTR
100m	NQTR	NQTR	NQTR	NQTR
200m	NQTR	3.40.00	3.33.00	3.33.00
MEDLEY				
200m	NQTR	NQTR	NQTR	NQTR
400m	NQTR	NQTR	6.37.00	6.27.00