

# **SOUTHLAND LONG COURSE CHAMPIONSHIPS**

**2018.2019**



13<sup>th</sup> – 16<sup>th</sup> December 2018  
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 13<sup>th</sup> December 2018
- ⇒ Open to all swimmers who are currently registered and financial Competitive Swimmers with Swimming New Zealand. Visitors entries are welcome.
- ⇒ Event age groupings will be 9 & under, 10/11 years, 12/13 years, 14/15 years, 16 years and over
- ⇒ The 800m maybe swum within the 1500m event. Each event must be entered and two entry fees paid. Event Age groupings for these events are 11 /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 – with the exception of the 200m Fly, this will be a timed final
- ⇒ 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 13/12/2017.
- ⇒ Medals will be awarded to the first three Southland placegetters. Visitors will be awarded medals when gaining 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>. Finalist ribbons will be awarded from 4<sup>th</sup>-8<sup>th</sup> place.
- ⇒ Relays will be resulted as 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (overall)
- ⇒ 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 maybe 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 maybe 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: 1<sup>st</sup> = 10, 2<sup>nd</sup> = 8, 3<sup>rd</sup> = 6, 4<sup>th</sup> = 5, 5<sup>th</sup> = 4, 6<sup>th</sup> = 3, 7<sup>th</sup> = 2, 8<sup>th</sup> = 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.
- ⇒ Photographs taken during the meet may be used by Swimming Southland on the website – please make the Executive Officer aware if you do not wish your photograph to be used – [admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)

## 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.
- 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 5<sup>th</sup> December 2018.** (late entries will not be accepted)

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

Queries to:                                 Lisa Hansen  
  [admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)  
  027 951 6729

## PSYCH SHEETS

Psych Sheets will be posted on the Swimming Southland website [www.swimsouthland.org.nz](http://www.swimsouthland.org.nz) on Friday 7<sup>th</sup> December 2018.

Any alterations are to be submitted to [admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz) by 9am Tuesday 11<sup>th</sup> December 2018.

Final psych sheets, session timetable, seating plan, meeting information – to be posted to [www.swimsouthland.org.nz](http://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 13<sup>th</sup> December. These withdrawals are to be advised to Lisa Hansen, ph 027 951 6729 or [admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz).

A swimmer who does not comply with the above will be liable to a \$50.00 fine.

No refunds for any withdrawals will be given once the final psych sheets have been published. Medical certificates will be considered upon application.

## 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 13 December 2018 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

SESSION 2 - Friday 14 December 2018 Warm-up 8:00am-8.45am, Start 9am

**Presentations for events 1,2,3,4**

- 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 14 December 2018 Warm-up 5.00pm-5.45pm, Start 6.00pm

**Presentations for events 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 12/14 200m Freestyle Relay Timed Final
- 21 15 & Over 200m Freestyle Relay Timed Final

SESSION 4 - Saturday 15 December 2018 Warm-up 8:00am-8.45am, Start 9.00am

**Presentations for events 19, 20, 21**

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

SESSION 5 - Saturday 15 December 2018 Warm up 4.00pm-4.45pm, Start 5.00pm

**Presentations for events 24, 25, 30, 31**

- 32 Male 400m Freestyle Timed Final
- 33 Female 400m Freestyle Timed Final
- 22 Male 100m Breaststroke Age Group Finals
- 23 Female 100m Breaststroke Age Group Finals
- 26 Male 200m Backstroke 14 & O Age Group Finals
- 27 Female 200m Backstroke 14 & O Age Group Finals

**Presentations for events 32, 33, 22, 23, 26, 27**

- 28 Male 50m Freestyle Age Group Finals
- 29 Female 50m Freestyle Age Group Finals
- 34 Male 200m Butterfly 14 & O Age Group Timed Finals
- 35 Female 200m Butterfly 14 & O Age Group Timed Finals

**Presentations for events 28, 29, 34, 35**

- 36 11 & U 200m Medley Relay Timed Final
- 37 12/14 200m Medley Relay Timed Final
- 38 15 & Over 200m Medley Relay Timed Final

SESSION 6 - Sunday 16 December 2018 Warm-up 8:30am-9.15am, Start 9.30am

**Presentations for events 36, 37, 38**

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

SESSION 7 - Sunday 16 December 2018 Warm up 2.00pm-2.45pm, Start 3.00pm

**Presentations for events 47, 48**

- 39 Male 100m Butterfly Age Group Finals
- 40 Female 100m Butterfly Age Group Finals
- 41 Male 50m Backstroke Age Group Finals
- 42 Female 50m Backstroke Age Group Finals

**Presentations for events 39, 40, 41, 42**

- 43 Male 100m Freestyle Age Group Finals
- 44 Female 100m Freestyle Age Group Finals
- 45 Male 50m Breaststroke Age Group Finals
- 46 Female 50m Breaststroke Age Group Finals

**Presentations for events 43, 44, 45, 46**

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

**Presentations for events 49, 50, 51**

**QUALIFYING TIMES (50m)**  
**Southland Long Course Championships 2018**

**Male**

	9 & Under	10 & 11	12 & 13	14 & Over
50 Free	50:00	46:00	42:00	38:00
100 Free	1:50.00	1:45.00	1:35.00	1:20.00
200 Free	3:35.00	3:25.00	3:10.00	2:50.00
400 Free		6:30.00	6:20.00	5:35.00
800 Free		11:50.00	11:30.00	11:10.00
1500 Free		22:00.00	20:00.00	20:00.00
50 Back	56:00	55:00	52:00	42:00
100 Back	1:55.00	1:50.00	1:45.00	1:33.00
200 Back	3:45.00	3:42.00	3:40.00	3:15.00
50 Breast	1:05.00	1:02.00	59:00	45:00
100 Breast	2:10.00	2:05.00	2:00.00	1:45.00
200 Breast	4:20.00	4:10.00	4:00.00	3:45.00
50 Fly	1:04.00	1:01.00	58:00	42:00
100 Fly	2:08.00	2:05.00	1:55.00	1:33.00
200 Fly		3:50.00	3:50.00	3:15.00
200 IM	3:55.00	3:50.00	3:40.00	3:12.00
400 IM		6:50.00	6:50.00	6:20.00

**Female**

	9 & Under	10 & 11	12 & 13	14 & Over
50 Free	50:00	46:00	42:00	38.00
100 Free	1:50.00	1:45.00	1:35.00	1:21.00
200 Free	3:35.00	3:25.00	3:10.00	2:50.00
400 Free		6:30.00	6:30.00	5:40.00
800 Free		11:50.00	11:40.00	11:30.00
1500 Free		22:00.00	20:00.00	20:00.00
50 Back	56:00	55:00	52:00	44.00
100 Back	1:58.00	1:50.00	1:45.00	1:35.00
200 Back	3:45.00	3:42.00	3:40.00	3:15.00
50 Breast	1:08.00	1:02.00	55:00	48:00
100 Breast	2:10.00	2:05.00	2:00.00	1:45.00
200 Breast	4:20.00	4:10.00	4:00.00	3:45.00
50 Fly	1:04.00	1:01.00	58:00	43:00
100 Fly	2:08.00	2:05.00	1:55.00	1:35.00
200 Fly		3:50.00	3:50.00	3:20.00
200 IM	3:55.00	3:50.00	3:40.00	3:18.00
400 IM		7:00.00	6:50.00	6:25.00