



South Island Country & Town Competition

23-24 February 2019, Stadium 2000, Blenheim

This meet will be swum under SNZ and FINA Rules and Regulations, along with SNZ By-Laws, with the specific conditions and criteria set out below.

Entry Procedure:

1. Entries open on Wednesday 17 January and close on Wednesday 13 February 2019.
2. Late entries will NOT be accepted.
3. Online entries only. Para swimmers enter via "SIC&T Para swimmers 2019". For unqualified entries, use "SIC&T Unqualified 2019".
4. Entry Fees: Individual Events \$10.00 each and Relay events \$15.00 per team.

Eligible Swimmers:

5. Open to all current financial **registered competitive** swimmers.
6. The qualifying period is from the 1st January 2018 to 10 February 2019.
7. Swimmers may enter any event for which their best time, during the qualifying period, is between the "faster than" and "slower than" qualifying times (or is equal to one of these times) published in this flier.
8. A swimmer who has qualified for SIC&T events may also enter one (1) unqualified event provided their entry time is *slower than* the qualifying times for that event (no NTs).
9. Swimmers must be eligible for and enter at least one individual SIC&T event in order to be eligible for relays.
10. **Para swimmers** will compete under IPC Swimming Rules and must present their classification card to the Referee prior to the start of the meet. There will be no qualifying times for Para athletes but they must have an entry time (i.e. no NTs).

Meet Conditions:

11. Age as at 23 February 2019.
12. All events will be swum as timed finals, resulted and scored into age groups.
13. Age groups are 10 years & under, 11-12 years, 13-14 years and 15 years & over, except for 200m Butterfly, which is an Open event. All Para events will be Open.
14. To be swum as Short Course (25m) using automatic timing.
15. Qualifying times are published as short course 25m. Qualifying times swum in pools other than 25m must be converted using the SNZ Conversions.
16. Performances from regional and local competitions not held within the SNZ results database will not be eligible for entry.
17. No Times (NTs) will not be accepted; all entries must have a time swum in the qualifying period, including unqualified events.
18. Protest fee is \$100.00, payable upon submission of a correctly completed protest form. The fee shall be refunded if the protest is upheld.
19. By entering this competition, participants agree to comply with the Sports Anti-Doping Rules.
20. In entering this competition, participants agree to allow photograph, video, multimedia or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming Southland or others that have been approved by Swimming Southland.

Para swimmers:

21. Para swimmers will be seeded with able-bodied swimmers for all events.
22. For 50 & 100 Back, 50 & 100 Breast, 50 & 100 Free, 50 Fly and 100 IM, para swimmers' times will be resulted separately as mixed Open events using the percentage of World Record for each swimmer's classification.

Regional Relay Entries:

23. Relays will be regional and swum in each of these age groups: 10 years and under, 11-12 years, 13-14 years and 15 years and over.
24. Swimmers may swim up to a higher age group for relays but may not swim in more than one age group per relay type (i.e. freestyle or medley).
25. Qualified NZ Junior Festival or NZ Division II Competition swimmers may be selected for freestyle relays and any stroke within the medley relay.
26. Relay teams can be either mixed (any combination) or single gender.

Withdrawal Procedure:

27. Withdrawals for session 1 must be notified to the meet recorder not less than 24 hours prior to the start of the meet.
28. For subsequent sessions, withdrawals must be notified not more than 30 minutes after the end of the previous session.
29. There will be a fine of \$50 for any withdrawal not in accordance with this rule, except for medical injury or disability as judged by the Meet Director.

Meet Awards and Scoring:

30. Ribbons shall be presented to swimmers finishing 1st, 2nd and 3rd in both individual and relay events.
31. 200m Freestyle, Backstroke, Breaststroke, and IM will be swum in mixed age groups and then resulted and scored into 10 yrs & Under, 11-12 years, 13-14 years and 15 years & Over age groups.
32. 200m Butterfly will be swum as open timed finals, then resulted and scored accordingly.
33. Individual and relay events shall be scored as follows: 1st=14, 2nd=12, 3rd=10, 4th=8, 5th= 6, 6th=5, 7th=4, 8th=3, 9th =2, 10th=1.
34. **Regional Team Competition.** The points accumulated by regions in individual and relay events over the meet are to be divided by the number of competitors in the regional team (at the commencement of the meet) to find the overall winning region. A trophy will be presented to the winning region.
35. **Club Team Competition.** Club points will also be allocated and a trophy will be presented to the club scoring the highest points in the following two categories.
 - Clubs with 7 or more swimmers at the commencement of the meet.
 - Clubs with 6 or less swimmers at the commencement of the meet.

Coaches, Manager and Officials:

36. Regions are to submit a coaches and managers form that includes a regional team manager for regional relays. Swimming Nelson Marlborough will distribute a survey asking parents and others to sign up as technical officials, timekeepers, marshals, announcers etc, and to indicate which sessions they are available.

Psych Sheets:

37. Psych Sheets will be posted on www.snm.org.nz/so-island-meets by 8pm Friday 15 February 2019.
38. Corrections to psych sheets are to be received no later than 8pm Sunday 17 February 2019.
39. **Final Psych sheets** will be posted by Tuesday 19 February 2019.

Host Region Contact Details:

Host: Swimming Nelson Marlborough www.snm.org.nz
Email: registrar@snm.org.nz



South Island Country & Town Competition

MEET SCHEDULE

| Session 1 - Saturday 23 Feb Warm-up 7.30am - 8.20am Start 8.30am | Session 2 - Saturday 23 Feb Warm-up 3.00pm – 3.50pm Start 4.00pm | Session 3 - Sunday 24 Feb Warm-up 7.30am - 8.20am Start 8.30am |
|---|---|--|
| TF 1 Mixed 15 & over 200m Medley Relay TF 2 Mixed 13-14 200m Medley Relay TF 3 Mixed 11-12 200m Medley Relay TF 4 Mixed 10 & under 200m Medley Relay TF 5 Boys 200m Breaststroke TF 6 Girls 200m Breaststroke RIBBON PRESENTATION TF 7 Boys 10 & under 50m Backstroke TF 8 Girls 10 & under 50m Backstroke TF 9 Boys 11-12 50m Backstroke TF 10 Girls 11-12 50m Backstroke TF 11 Boys 13-14 50m Backstroke TF 12 Girls 13-14 50m Backstroke TF 13 Boys 15 & over 50m Backstroke TF 14 Girls 15 & over 50m Backstroke TF 15 Boys 200m Freestyle TF 16 Girls 200m Freestyle RIBBON PRESENTATION TF 17 Boys 10 & under 100IM TF 18 Girls 10 & under 100IM TF 19 Boys 11-12 100IM TF 20 Girls 11-12 100IM TF 21 Boys 13-14 100IM TF 22 Girls 13-14 100IM TF 23 Boys 15 & over 100IM TF 24 Girls 15 & over 100IM RIBBON PRESENTATION TF 25 Boys 10 & under 100 Butterfly TF 26 Girls 10 & under 100m Butterfly TF 27 Boys 11-12 100m Butterfly TF 28 Girls 11-12 100m Butterfly TF 29 Boys 13-14 100m Butterfly TF 30 Girls 13-14 100m Butterfly TF 31 Boys 15 & over 100m Butterfly TF 32 Girls 15 & over 100m Butterfly RIBBON PRESENTATION | TF 33 Boys 200m IM TF 34 Girls 200m IM TF 35 Boys 10 & under 50 Butterfly TF 36 Girls 10 & under 50m Butterfly TF 37 Boys 11-12 50m Butterfly TF 38 Girls 11-12 50m Butterfly TF 39 Boys 13-14 50m Butterfly TF 40 Girls 13-14 50m Butterfly TF 41 Boys 15 & over 50m Butterfly TF 42 Girls 15 & over 50m Butterfly RIBBON PRESENTATION TF 43 Boys 10 & under 100m Breaststroke TF 44 Girls 10 & under 100m Breaststroke TF 45 Boys 11-12 100m Breaststroke TF 46 Girls 11-12 100m Breaststroke TF 47 Boys 13-14 100m Breaststroke TF 48 Girls 13-14 100m Breaststroke TF 49 Boys 15 & over 100m Breaststroke TF 50 Girls 15 & over 100m Breaststroke RIBBON PRESENTATION TF 51 Boys 10 & under 50 Freestyle TF 52 Girls 10 & under 50m Freestyle TF 53 Boys 11-12 50m Freestyle TF 54 Girls 11-12 50m Freestyle TF 55 Boys 13-14 50m Freestyle TF 56 Girls 13-14 50m Freestyle TF 57 Boys 15 & over 50m Freestyle TF 58 Girls 15 & over 50m Freestyle TF 59 Boys 10 & under 100m Backstroke TF 60 Girls 10 & under 100m Backstroke TF 61 Boys 11-12 100m Backstroke TF 62 Girls 11-12 100m Backstroke TF 63 Boys 13-14 100m Backstroke TF 64 Girls 13-14 100m Backstroke TF 65 Boys 15 & over 100m Backstroke TF 66 Girls 15 & over 100m Backstroke RIBBON PRESENTATION | TF 67 Boys 200m Backstroke TF 68 Girls 200m Backstroke TF 69 Boys 10 & under 50m Breaststroke TF 70 Girls 10 & under 50m Breaststroke TF 71 Boys 11-12 50m Breaststroke TF 72 Girls 11-12 50m Breaststroke TF 73 Boys 13-14 50m Breaststroke TF 74 Girls 13-14 50m Breaststroke TF 75 Boys 15 & over 50m Breaststroke TF 76 Girls 15 & over 50m Breaststroke RIBBON PRESENTATION TF 77 Open Male 200m Butterfly TF 78 Open Female 200m Butterfly TF 79 Boys 10 & under 100 Freestyle TF 80 Girls 10 & under 100m Freestyle TF 81 Boys 11-12 100m Freestyle TF 82 Girls 11-12 100m Freestyle TF 83 Boys 13-14 100m Freestyle TF 84 Girls 13-14 100m Freestyle TF 85 Boys 15 & over 100m Freestyle TF 86 Girls 15 & over 100m Freestyle RIBBON PRESENTATION TF 87 Mixed 10 & under 200m Freestyle Relay TF 88 Mixed 11-12 200m Freestyle Relay TF 89 Mixed 13-14 200m Freestyle Relay TF 90 Mixed 15 & over 200m Freestyle Relay RIBBON AND TROPHY PRESENTATION |

Qualifying Times – South Island Country & Town 2019

| Male | 10&under | | 11-12yr | | 13-14yr | | 15&over | | Open | |
|------------|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | MQT* | NFT* | MQT | NFT | MQT | NFT | MQT | NFT | MQT | NFT |
| 50 Free | 0:50.00 | 0:43.01 | 0:45.50 | 0:34.51 | 0:36.00 | 0:28.61 | 0:33.00 | 0:27.91 | | |
| 100 Free | 1:42.00 | 1:35.01 | 1:36.00 | 1:17.01 | 1:20.00 | 1:03.01 | 1:12.50 | 1:00.71 | | |
| 200 Free | 3:45.00 | 3:30.01 | 3:20.00 | 2:50.01 | 2:50.00 | 2:19.01 | 2:37.00 | 2:13.01 | | |
| 50 Back | 0:55.00 | 0:50.01 | 0:50.00 | 0:41.01 | 0:42.00 | 0:33.28 | 0:39.00 | 0:32.36 | | |
| 100 Back | 1:57.00 | 1:50.01 | 1:49.00 | 1:28.50 | 1:34.00 | 1:12.84 | 1:26.00 | 1:10.93 | | |
| 200 Back | 4:05.00 | 3:50.01 | 3:45.00 | 3:20.01 | 3:15.00 | 2:36.27 | 3:00.00 | 2:33.13 | | |
| 50 Breast | 1:00.00 | 0:56.51 | 0:55.00 | 0:47.01 | 0:46.00 | 0:37.94 | 0:44.00 | 0:36.98 | | |
| 100 Breast | 2:06.00 | 1:57.51 | 2:00.00 | 1:45.01 | 1:44.00 | 1:22.56 | 1:34.50 | 1:20.37 | | |
| 200 Breast | 4:15.00 | 4:00.01 | 4:05.00 | 3:38.01 | 3:40.00 | 2:58.72 | 3:25.00 | 2:54.25 | | |
| 50 Fly | 0:59.00 | 0:53.51 | 0:53.00 | 0:42.01 | 0:42.50 | 0:33.16 | 0:39.50 | 0:32.66 | | |
| 100 Fly | 2:02.00 | 1:50.01 | 1:54.00 | 1:35.01 | 1:35.00 | 1:14.00 | 1:25.00 | 1:12.99 | | |
| 200 Fly | | | | | | | | | 3:20.00 | 2:46.77 |
| 100 IM | 2:10.00 | 2:00.01 | 1:55.00 | 1:36.01 | 1:35.00 | 1:17.01 | 1:25.00 | 1:16.01 | | |
| 200 IM | 4:15.00 | 4:05.01 | 3:50.00 | 3:25.01 | 3:25.00 | 2:45.51 | 3:00.00 | 2:41.51 | | |
| | | | | | | | | | | |
| Female | 10&under | | 11-12yr | | 13-14yr | | 15&over | | Open | |
| | MQT* | NFT* | MQT | NFT | MQT | NFT | MQT | NFT | MQT | NFT |
| 50 Free | 0:48.00 | 0:42.01 | 0:45.00 | 0:35.51 | 0:37.00 | 0:31.01 | 0:35.50 | 0:30.86 | | |
| 100 Free | 1:42.00 | 1:30.01 | 1:37.50 | 1:16.01 | 1:21.50 | 1:07.96 | 1:18.00 | 1:06.86 | | |
| 200 Free | 3:35.00 | 3:20.01 | 3:17.50 | 2:50.01 | 2:53.00 | 2:27.01 | 2:46.00 | 2:24.31 | | |
| 50 Back | 0:53.00 | 0:48.01 | 0:50.00 | 0:41.51 | 0:44.00 | 0:36.03 | 0:42.50 | 0:35.44 | | |
| 100 Back | 1:54.00 | 1:43.51 | 1:48.00 | 1:26.01 | 1:34.00 | 1:17.29 | 1:30.00 | 1:15.98 | | |
| 200 Back | 3:50.00 | 3:40.01 | 3:38.00 | 3:12.01 | 3:16.00 | 2:45.93 | 3:09.00 | 2:43.36 | | |
| 50 Breast | 0:59.00 | 0:54.01 | 0:56.00 | 0:47.01 | 0:48.50 | 0:40.52 | 0:46.50 | 0:39.70 | | |
| 100 Breast | 2:04.00 | 1:52.01 | 1:58.00 | 1:40.51 | 1:46.00 | 1:28.48 | 1:42.00 | 1:26.31 | | |
| 200 Breast | 4:10.00 | 4:00.01 | 4:00.00 | 3:32.01 | 3:40.00 | 3:11.53 | 3:37.50 | 3:05.61 | | |
| 50 Fly | 0:57.00 | 0:52.01 | 0:52.00 | 0:42.01 | 0:43.50 | 0:34.84 | 0:41.00 | 0:34.61 | | |
| 100 Fly | 2:00.00 | 1:50.01 | 1:55.00 | 1:35.01 | 1:35.00 | 1:18.94 | 1:30.00 | 1:17.50 | | |
| 200 Fly | | | | | | | | | 3:20.00 | 2:53.53 |
| 100 IM | 2:02.00 | 1:54.01 | 1:55.00 | 1:34.01 | 1:36.00 | 1:21.01 | 1:32.00 | 1:20.01 | | |
| 200 IM | 4:05.00 | 3:50.01 | 3:50.00 | 3:20.01 | 3:20.00 | 2:52.51 | 3:14.00 | 2:50.51 | | |

*MQT=minimum qualifying time (not slower than); NFT=Not faster than