

# Southland Short Course Championships 2019



**SUNDAY 15<sup>th</sup> September, 2019**

**SPLASH PALACE, Invercargill**

**SESSION: 1      WARM UP      9:00AM**  
**START                      9:45AM**

**SESSION: 2      WARM UP      1:00PM**  
**START                      1:45PM**

1. 12 & Over - 4 x 50m Medley Club Relay
2. 11 & Under - 4 x 50m Medley Club Relay
3. 400m Freestyle
4. 50m Butterfly
5. 100m Backstroke
6. 200m Medley
7. 50m Backstroke
8. 100m Breaststroke
9. 200m Butterfly
10. 200m Freestyle

11. 12 & Over - 4 x 50m Free Club Relay
12. 11 & Under - 4 x 50m Free Club Relay
13. 400m Medley
14. 50m Freestyle
15. 100m Butterfly
16. 200m Breaststroke
17. 100m Medley
18. 100m Freestyle
19. 200m Backstroke
20. 50 Breaststroke

- Open to all Competitive Swimmers who are financial and registered with SNZ for the current year.
- Meet will be conducted under Swimming New Zealand regulations with specific conditions and criteria.
- The meet shall be swum short course (25m)
- Age as at 15.9.2019
- There shall be 40 minutes warm up at the start of each session - Lanes 1 & 8 sprint lanes for the last 20 minutes
- No restriction on the number of entries per individual swimmer
- Over the top starts will apply
- All events shall be swum as mixed gender open events but resulted in male and female in the following age groups: 10 & under, 11 & 12, 13 & 14, 15 & over.  
Ribbons will be awarded.
- Club Relay events for mixed teams. Each team must contain at least 1 Male and 1 Female.
- Please note that Swimming Southland has a rule that allows Swimming Southland records to be broken in mixed gender events. However Swimming NZ records cannot be broken in mixed gender events and the records other provinces may not be allowed. Please communicate with the Swimming Southland Executive Officer prior to the meet should you believe this affects any swimmers
- Photographs taken during this 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))
- Spectators Pool Entry - please be aware, there is a fee for spectators when entering Splash Palace.
- Entry fee: \$7.50 per individual event  
\$12.50 per relay
- Entries to be submitted online via SNZ Database. **Entries close 8pm on Sunday 8<sup>th</sup> September 2019**
- Queries to: *Swimming Southland, Executive Officer*  
[admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)  
027 951 6729