



2019 SHORT COURSE CHAMPIONSHIPS

KEY DETAILS

Date: August 30th – September 1st 2019
Open to: Competitive swimmers - all ages
Events: Timed Finals
Pool Setup: Short Course
Venue: Wellington Regional Aquatic Centre

POOL ENTRY

Swimming Wellington pool entry passes must be shown upon entry. Coaches are to show their NZSCTA cards. All technical officials and duty club volunteers are to sign in. Spectator entry fee will be \$3.

PROGRAMMES

There will be no printed programmes available for spectators during this meet. Final programmes will be available at www.wellington.swimming.org.nz 5pm Tuesday August 27th.

Results will be available on Meet Mobile.



SESSION START TIMES

Session 1: Fri 30 Aug - Warm-up 4pm, Start 5pm
Session 2: Sat 31 Aug - Warm up 7.30am, Start 8.30am
Session 3: Sat 31 Aug - Warm-up 3pm, Start 4pm
Session 4: Sun 1 Sept - Warm up 7.30am, Start 8.30am
Session 5: Sun 1 Sept - Warm up 3pm, Start 4pm

RESPECT EXCELLENCE TEAMWORK



ORGANISERS ON BEHALF OF SWIMMING WELLINGTON ARE:

Angus Pashley: Events@swimwn.co.nz
Technical Director – Greg Forsythe
RTOP@swimwn.co.nz



KEEP UP TO DATE !
[@SWIMWELLINGTON](https://www.instagram.com/swimwellington)



2019 QUALIFYING TIMES

MALE								FREESTYLE								FEMALE								
9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	
0.45	0.43	0.42	0.40	0.35	0.34	0.34	0.33	50	0.45	0.43	0.42	0.40	0.37	0.36	0.35	0.35								
1:32	1:30	1:24	1:20	1:12	1:08	1:08	1:08	100	1:32	1:30	1:24	1:20	1:14	1:10	1:10	1:10								
3.17	3.17	3.02	2.53	2.38	2.34	2.32	2.28	200	3.17	3.17	3.02	2.53	2.44	2.42	2.41	2.39								
6.10	6.10	6.10	6.10	5.35	5.24	5.24	5.24	400	6.10	6.10	6.10	6.10	5.50	5.42	5.42	5.38								
MALE								BACKSTROKE								FEMALE								
9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	
0.51	0.50	0.48	0.45	0.40	0.39	0.38	0.37	50	0.51	.50	0.48	0.45	0.42	0.41	0.41	0.40								
1:46	1:42	1:36	1:28	1:24	1:20	1:20	1:20	100	1:46	1:42	1:36	1:28	1:24	1:24	1:24	1:24								
3.35	3.35	3.22	3.10	3.00	2.55	2.50	2.49	200	3.35	3.35	3.24	3.14	3.06	3.01	3.00	2.58								
MALE								BREASTSTROKE								FEMALE								
9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	
0.59	0.56	0.52	0.49	0.45	0.44	0.43	0.42	50	0.59	0.56	0.52	0.49	0.46	0.45	0.45	0.44								
2.14	2.00	1.52	1.47	1.36	1.33	1.32	1.31	100	2.05	1.55	1.43	1.40	1.39	1.38	1.38	1.37								
4.09	4.09	3.48	3.38	3.21	3.14	3.12	3.10	200	4.00	4.00	3.40	3.29	3.28	3.27	3.20	3.20								
MALE								BUTTERFLY								FEMALE								
9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	
0.54	0.50	0.47	0.44	0.40	0.39	0.39	0.38	50	0.55	0.51	0.47	0.44	0.41	0.40	0.40	0.40								
2.00	1.52	1.43	1.40	1.28	1.25	1.24	1.24	100	2.00	1.53	1.44	1.41	1.35	1.30	1.29	1.28								
3.35	3.35	3.35	3.35	3.08	3.06	3.04	3.03	200	3.40	3.40	3.40	3.40	3.25	3.20	3.20	3.18								
MALE								INDIVIDUAL MEDLEY								FEMALE								
9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	
1:50	1:40	1:36	1:32	1:26	1:24	1:24	1:24	100	1:50	1:40	1:36	1:32	1:26	1:24	1:24	1:24								
3:20	3:20	3:14	2:56	2:50	2:50	2:50	2:50	200	3:20	3:20	3:14	3:04	3:00	3:00	3:00	3:00								
7.00	7.00	7.00	7.00	6.31	6.24	6.24	6.18	400	7.00	7.00	7.00	7.00	6.53	6.47	6.47	6.43								

Access all Swimming Wellington Meet information on Meet Mobile

CHANGING THE WAY SWIM MEETS ARE EXPERIENCED:



Swimmers can check heat sheets and event timelines from anywhere to make sure they're at the starting block on time.

Fans can flag and track their favourite swimmers in real time, without needing to be at the meet.

Coaches can flag their swimmers and/or teams as favourites and then easily drill down into heat and lane assignments.

Meet Conditions:

1. Meet will be swum short course under SNZ/FINA rules except where local rules and conditions apply.
2. All events will be swum as timed finals. The start will be from the deep end.
3. This meet is open to **financial SNZ registered competitive** swimmers. Overseas competitors may compete subject to providing a signed Travel Authorisation Form/Letter from their national federation.
4. Age as at 30th August 2019.
5. Qualifying times must have been obtained between **25th August 2018** and the entry closing date of **25th August 2019** and be held within SNZ database as approved meet times. Converted times are permissible.
6. Individual timed final events will be swum and scored in the following age groups for both male & female: 50m & 100m all events: 9/u, 10, 11, 12, 13, 14, 15, 16, 17+, 200m backstroke, breaststroke, freestyle & IM: 10/u, 11, 12, 13, 14, 15, 16, 17+, 200m butterfly 12/u, 13, 14, 15, 16, 17+, 400m Freestyle & IM: 12/u, 13/14, 15/16, 17+.
7. Medals will be presented throughout the sessions, to those placed 1st, 2nd and 3rd in each event. Ribbons will be available for collection for those placed 4th – 10th. Club uniform tops for medal presentations. Same gender substitutions permitted.
8. Age group points will be earned as 20, 14, 10, 7, 6, 5, 4, 3, 2, 1 for first to tenth inclusive. Overall age group awards will be presented for each MALE and FEMALE 9/U, 10, 11, 12, 13, 14, 15, 16, 17+ at the end of the meet. Three trophies will be awarded to Wellington Regional Clubs only. (1) To the club team of more than four swimmers that achieves the best average individual event points over the meet, i.e. points divided by the number of swimmers; (2) for the Club with the highest points score; (3) for the highest scoring club in the 12&U age.
9. Marshalling will operate throughout the meet.
10. Entry fees are \$11.00 per event per swimmer.
11. Entries and payment will be via the SNZ Database, pay later not an option. Entries open on 29 July 2019 and close at 23:59:59 (Midnight) on Sunday 25 August 2018. Late entries will NOT be accepted.
12. Initial psych sheets will be posted on the website on the Tuesday August 27th and final psych sheets on the Friday 30th
13. There will be no refunds for withdrawals after 5pm on Thursday 29th August. Swimmers may withdraw without penalty from Session 1 by email (events@swimwn.co.nz) before 5pm on Thursday 29th August or with the recorder at the venue 1 (one) hour prior to the start of the session one. For subsequent sessions, withdrawals must be submitted before the completion of the session prior. Withdrawals that fail to comply with these conditions, or swimmers who fail to marshal, will incur a \$30 penalty. Valid medical certificates will be taken into consideration.
14. Para swimmers will be eligible to compete in events for which they have an approved meet time. Para swimmers must present their classification card to the Technical Director prior to the first session they compete in at the meet. Entries for para swimmers must be submitted manually by email to events@swimwn.co.nz on or before Sunday, 25th August 2019
15. Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the start of the meet.
16. By entering this meet, swimmers agree to allow images (e.g. photography, video, etc.) to be taken by accredited media approved by Swimming Wellington. Images are only to be used for legitimate purposes by Swim Wellington in accordance with the SNZ Member Protection Policy.
17. Swimming Wellington reserves the right to restrict entries and amend the programme.
18. Swimming Wellington will not be liable for any loss, damage or injury that may occur at this meet.
19. All Participants must agree to comply with the Sports Anti-Doping Rules.
20. Protests shall be lodged as per SNZ policy 008 for a fee of \$100.

CLUB / SPECTATOR INFORMATION

1. All participating Wellington clubs will be required to provide officials for this meet. Visiting officials may apply via email RTOP@swimwn.co.nz by 5pm Tuesday 27 August.
2. A seating plan will be published on the SW website on Wednesday 28th August
3. There will be an officials meeting in the marshaling room 20 minutes prior to the start of each session.
4. Duty Club requirements will be advised by SW in the drop box.
5. Entry for all swimmers, officials, team managers and coaches will be via the southern entrance on Kilbirnie Crescent. Swimmers and coaches to present Swimming Wellington pool entry passes. Coaches NZSCTA entry passes are to be used. Visiting clubs will be issued with temporary entry passes for the weekend. Officials (including timekeepers and duty clubs volunteers) are required to sign in on entry.
6. Entry and programmes for nominated team coaches & team managers will be; 1–10 swimmers [2], 11-20 [4], 21-35+ [6]. programmes for team managers & coaches can be uplifted from the signing in desk on entry via Kilbirnie Crescent.
7. There will be a team manager meeting in the marshaling room 15 minutes before the start of warm-up (3.45pm) on the Friday afternoon.
8. Entry fee \$3 for all spectators.

WARM UP PROCEDURE

All lanes: General Swimming unless specified. Feet first entry except in specified dive lanes.

Lanes 0/1 & 8/9: To become dive lanes for the last 20 minutes of each warm-up

Lane 2: Designated pace lane

Lane 9: Designated to para swimmers between for the first 20 minutes of each warm-up

Shallow end lanes 6/7/8/9: During warm-ups and for warm-up and cool down (only) throughout meet. Feet first entry at all times.

