

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**







ORGANISERS ON BEHALF OF SWIMMING **WELLINGTON ARE:**

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











Friday 30 th August							Sat	urday 3	31 ^s	t Aug	ust					Sı	unday 1	st	Septem	ber							
Session 1- Friday 30th August					Session 2- Saturday 31st August					Session 3 -Saturday 31st August				Session 4- Sunday 1st					Session 5- Sunday 1st								
Warm-up: 4-4.55pm					Warm-up: 7.30-8.25am					Warm-up: 3-3.55pm				Warm-up: 7.30-8.25am					Warm-up: 3-3.55pm								
	Start: 5.00pm					Start: 8.30a	am				Start: 4.00	0pm			Start: 8.30a	am				Start: 4.00	om						
1	100 IM	F	9/U		53	400 Fr	М	12/U		106	400 Fr	M	15/16	154	400 IM	F	12/U		203	100 Fr	M	9/U					
2	100 IM	F	10		54	400 Fr	М	13/14		107	400 Fr	М	17&O	155	400 IM	F	13/14		204	100 Fr	М	10					
3	100 IM	F	11		55	400 Fr	F	12/U		108	400 Fr	F	15/16	158	400 IM	F	15/16		205	100 Fr	М	11					
4	100 IM	F	12		56	400 Fr	F	13/14		109	400 Fr	F	17&0	159	400 IM	F	17&0		206	100 Fr	М	12					
5	100 IM	F	13		57	200 Bk	М	10/U		110	100 Fly	М	9/U	158	400 IM	М	12/U		207	100 Fr	М	13					
6	100 IM	F	14		58	200 Bk	М	11		111	100 Fly	М	10	159	400 IM	М	13/14		208	100 Fr	М	14					
7	100 IM	F	15		59	200 Bk	М	12		112	100 Fly	М	11	160	400 IM	М	15/16		209	100 Fr	М	15					
8	100 IM	F	16		60	200 Bk	М	13		113	100 Fly	М	12	161	400 IM	М	17&0		210	100 Fr	М	16					
9	100 IM	F	17/0		61	200 Bk	М	14		114	100 Fly	М	13	162	50 Bk	F	9/U		211	100 Fr	М	17/O					
10	100 Bk	М	9/U		62	200 Bk	М	15		115	100 Fly	М	14	163	50 Bk	F	10		212	200 Bk	F	10/U					
11	100 Bk	М	10		63	200 Bk	М	16		116	100 Fly	М	15	164	50 Bk	F	11		213	200 Bk	F	11					
12	100 Bk	М	11		64	200 Bk	М	17/O		117	100 Fly	М	16	165	50 Bk	F	12		214	200 Bk	F	12					
13	100 Bk	M	12		65	200 Br	F	10/U		118	100 Fly	М	17/O	166	50 Bk	F	13		215	200 Bk	F	13					
14	100 Bk	M	13		66	200 Br	F	11		119	50 Fly	F	9/U	167	50 Bk	F	14		216	200 Bk	F	14					
15	100 Bk	M	14		67	200 Br	F	12		120	50 Fly	F	10	168	50 Bk	F	15		217	200 Bk	F	15					
16	100 Bk	M	15		68	200 Br	F	13		121	50 Fly	F	11	169	50 Bk	F	16		218	200 Bk	F	16					
17	100 Bk	М	16		69	200 Br	F	14		122	50 Fly	F	12	170	50 Bk	F	17/0	j	219	200 Bk	F	17/O					
18	100 Bk	М	17/0		70	200 Br	F	15		123	50 Fly	F	13	171	50 Fly	М	9/U	j	220	50 Br	М	9/U					
19	50 Br	F	9/U		71	200 Br	F	16		124	50 Fly	F	14	172	50 Fly	М	10		221	50 Br	M	10					
20	50 Br	F	10		72	200 Br	F	17/O		125	50 Fly	F	15	173	50 Fly	M	11		222	50 Br	M	11					
21	50 Br	F	11		73	100 IM	М	9/U		126	50 Fly	F	16	174	50 Fly	М	12		223	50 Br	M	12					
22	50 Br	F	12		74	100 IM	М	10		127	50 Fly	F	17/0	175	50 Fly	М	13		224	50 Br	M	13					
23	50 Br	F	13		75	100 IM	М	11		128	50 Fr	М	9/U	176	50 Fly	М	14		225	50 Br	M	14					
24	50 Br	F	14		76	100 IM	М	12		129	50 Fr	M	10	177	50 Fly	М	15		226	50 Br	M	15					
25	50 Br	F	15		77	100 IM	М	13		130	50 Fr	М	11	178	50 Fly	М	16		227	50 Br	M	16					
26	50 Br	F	16		78	100 IM	М	14		131	50 Fr	M	12	179	50 Fly	M	17/0		228	50 Br	M	17/O					
27	50 Br	F	17/0		79	100 IM	М	15		132	50 Fr	M	13	180	200 Fr	F	10/U		229	100 Fly	F	9/U					
28	200 Br	M	10/U		80	100 IM	М	16		133	50 Fr	М	14	181	200 Fr	F	11		230	100 Fly	F	10					
29	200 Br	M	11		81	100 IM	М	17/O		134	50 Fr	M	15	182	200 Fr	F	12		231	100 Fly	F	11					
30	200 Br	M	12		82	100 Br	F	9/U		135	50 Fr	М	16	183	200 Fr	F	13		232	100 Fly	F	12					
31	200 Br	M	13		83	100 Br	F	10		136	50 Fr	M	17/0	184	200 Fr	F	14		233	100 Fly	F	13					
32	200 Br	M	14		84	100 Br	F	11		137	100 Fr	F	9/U	185	200 Fr	F	15		234	100 Fly	F	14					
33	200 Br	M	15		85	100 Br	F	12		138	100 Fr	F	10	186	200 Fr	F	16		235	100 Fly	F	15					
34	200 Br	M	16		86	100 Br	F	13		139	100 Fr	F	11	187	200 Fr	F	17/0		236	100 Fly	F	16					
35	200 Br	M	17/0		87	100 Br	F	14	-	140	100 Fr	F	12	188	100 Br	М	9/U		237	100 Fly	F	17/0					
36	50 Fr	F	9/U		88	100 Br	F	15		141	100 Fr	F	13	189	100 Br	М	10		238	50 Bk	M	9/U					
37	50 Fr	F	10		89	100 Br	F	16		142	100 Fr	F	14	190	100 Br	М	11		239	50 Bk	M	10					
38	50 Fr	F	11		90	100 Br	F	17/0		143	100 Fr	F	15	191	100 Br	М	12		240	50 Bk	M	11					
39	50 Fr	F	12		91	200 Fly	М	12/U		144	100 Fr	F	16	192	100 Br	М	13		241	50 Bk	M	12					
40	50 Fr	F	13		92	200 Fly	М	13		145	100 Fr	F	17/0	193	100 Br	М	14		242	50 Bk	M	13					
41	50 Fr	F	14		93	200 Fly	М	14		146	200 IM	М	10/U	194	100 Br	М	15	\sqcap	243	50 Bk	М	14					
42	50 Fr	F	15		94	200 Fly	М	15		147	200 IM	М	11	195	100 Br	М	16	寸	244	50 Bk	М	15					
43	50 Fr	F	16		95	200 Fly	М	16		148	200 IM	М	12	196	100 Br	М	17/0	7	245	50 Bk	М	16					
44	50 Fr	F	17/O	<u> </u>	96	200 Fly	M	17/O	\dashv	149	200 IM	M	13	197	200 Fly	F	12/U	7	246	50 Bk	M	17/O					
45	200 Fr	M	10/U		97	100 Bk	F	9/U	+	150	200 IM	M	14	198	200 Fly	F	13	+	247	200 IM	F	10/U					
		M					F		+			M	15			F	14	-			F						
46	200 Fr		11		98	100 Bk	_	10	_	151	200 IM			199	200 Fly	-			248	200 IM		11					
47	200 Fr	M	12		99	100 Bk	F	11		152	200 IM	M	16	200	200 Fly	F	15	_	249	200 IM	F	12					
48	200 Fr	M	13		100	100 Bk	F	12		153	200 IM	М	17/0	201	200 Fly	F	16	_	250	200 IM	F	13					
49	200 Fr	M	14		101	100 Bk	F	13						202	200 Fly	F	17/0		251	200 IM	F	14					
50	200 Fr	М	15		102	100 Bk	F	14											252	200 IM	F	15					
51	200 Fr	М	16		103	100 Bk	F	15											253	200 IM	F	16					
52	200 Fr	М	17/0		104	100 Bk	F	16											254	200 IM	F	17/O					
					105	100 Bk	F	17/O										1									

2019 QUALIFYING TIMES																	
V	IALE						FRE	EST	YLE					FE	EMA	LE	
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	
							BACK	/OT									
IV	IALE								FEMALE								
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	50 100	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		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	
N	IALE					B	REAS	STS	TRO	KE		FEMALE					
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	
							DIII		RFLY	/					EMA		
9/U	ALE 10	11	12	13	14	15	16+		9/U	10	11	12	13	14	15 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	<u> </u>	3.08	+	3.04	3.03	200	3.40	3.40			3.25	3.20	3.20	3.18	
3.35	3.33	3.33	3.35	3.06	3.06	3.04	3.03		3.40	3.40	3.40	3.40	3.23	3.20	3.20	3.10	
N	IALE					IND	IVIDU	JAL	MED	DLE'	Y			FE	EMA	LE	
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:

- 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 certicates 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 Kilbirne 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.















