

NEW ZEALAND
**SECONDARY
SCHOOL
CHAMPIONSHIP**

SEPTEMBER 12TH - 15TH
WATERWORLD, HAMILTON



WaterWorld, Hamilton - 12th September - 15th September 2019

25m Qualification Times

Male					Female					
13 yr	14yr	15yr	16yr	17& Over	13 yr	14yr	15yr	16yr	17 & Over	
Freestyle										
50										
1:04.00	1:02.00	1:01.50	1:00.00	1:00.00	100	1:07.50	1:07.00	1:06.50	1:06.00	1:06.00
2:21.00	2:17.00	2:15.00	2:10.00	2:08.00	200	2:28.00	2:25.00	2:23.00	2:21.00	2:20.00
4:52.00	4:46.00	4:43.00	4:38.00	4:36.00	400	5:11.00	5:06.00	5:02.00	5:00.00	4:58.00
Backstroke										
50										
1:14.00	1:11.50	1:11.00	1:10.00	1:09.00	100	1:18.00	1:16.00	1:15.00	1:14.50	1:14.00
2:41.00	2:36.00	2:35.00	2:33.00	2:31.00	200	2:45.00	2:43.00	2:41.00	2:39.00	2:38.00
Breaststroke										
50										
1:25.00	1:22.00	1:21.00	1:20.00	1:19.00	100	1:28.00	1:28.00	1:28.00	1:26.00	1:25.00
3:04.50	2:58.00	2:57.00	2:54.00	2:52.00	200	3:12.00	3:10.00	3:08.00	3:04.00	3:03.00
Butterfly										
50										
1:15.00	1:12.00	1:11.00	1:10.00	1:09.00	100	1:19.00	1:17.00	1:16.00	1:15.00	1:14.00
2:48.00	2:46.00	2:44.00	2:42.00	2:40.00	200	2:54.00	2:52.00	2:50.00	2:48.00	2:46.00
Medley										
1:16.00	1:14.00	1:13.00	1:12.00	1:11.00	100	1:18.00	1:17.00	1:16.00	1:15.00	1:14.00
2:42.00	2:40.00	2:38.00	2:36.00	2:34.00	200	2:49.00	2:47.00	2:44.00	2:40.00	2:39.00



Session 1 - Day 1				Session 2 - Day 2				Session 4 - Day 3				Session 6 - Day 4			
Warm up 4.00pm - 4.50pm		Start 5.00pm		Warm up 8.00 - 8.50am		Start 9.00am		Warm up 8.00 - 8.50am		Start 9.00am		Warm Up 8.00 - 8.50am		Start 9.00am	
1	4x50 Medley Relay	M	15 & Under	9	200m Breast	M		25	50m Breast	M	(Para)	42	200m IM	M	
2	4x50 Medley Relay	F	15 & Under	10	200m Breast	F		26	50m Breast	F	(Para)	43	200m IM	F	
3	4x50 Medley Relay	M	16 & Over	11	100m IM	M	(Para)	27	200m Back	M		44	4x50 Free Relay	M	16 & Over
4	4x50 Medley Relay	F	16 & Over	12	100m IM	F	(Para)	28	200m Back	F		45	4x50 Free Relay	F	16 & Over
5	4x100Free Relay	M	15 & Under	13	200m Free	M	(Para)	29	100m Fly	M		46	4x50 Free Relay	M	15 & Under
6	4x100Free Relay	F	15 & Under	14	200m Free	F	(Para)	30	100m Fly	F		47	4x50 Free Relay	F	15 & Under
7	4x100Free Relay	M	16 & Over	15	4x50 Free Relay	Mixed	15 & Under	31	4x50 Medley Relay	Mixed	15 & Under	48	50m Free	M	(Para)
8	4x100Free Relay	F	16 & Over	16	4x50 Free Relay	Mixed	16 & Over	32	4x50 Medley Relay	Mixed	16 & Over	49	50m Free	F	(Para)

Session 3 - Day2				Session 5 - Day 3			
Warm up 3.00 - 3.50pm		Start 4.00pm		Warm Up 3.00 - 3.50pm		Start 4.00pm	
17	50m Back	M	(Para)	33	400m Free	M	
18	50m Back	F	(Para)	34	400m Free	F	
19	200m Fly	M		35	100m Back	M	(Para)
20	200m Fly	F		36	100m Back	F	(Para)
21	100m Breast	M	(Para)	37	50m Fly	M	(Para)
22	100m Breast	F	(Para)	38	50m Fly	F	(Para)
23	100m Free	M	(Para)	39	8x50 Free Relay	M	Open
24	100m Free	F	(Para)	40	8x50 Free Relay	F	Open
				41	8x50 Free Relay	Mixed	4 Male / 4 Females