



# **SWIMMERS' HANDBOOK**

# **2009-2010**

**July 2009**

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**August 2009**

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**SWIMMING OTAGO  
SWIMMERS' HANDBOOK  
2009-2010**

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## SWIMMING OTAGO INC. OFFICERS 2009-2010

**Patron:** Bob Smith  
**President:** Mandy Grainger  
Rapid 12 Puddle Alley  
Wingatui  
RD2  
Mosgiel 9092  
Ph: 03 489 8243  
Email: mmgrainger@xtra.co.nz

**Senior Vice President:** Lynn Robertson  
16 Auld Street  
St Kilda  
Dunedin 9012  
Ph 03 455 0552  
E-mail: landbrobbie@xtra.co.nz

**Vice President** Patricia McNaughton  
17 Gresham Street  
Dunedin 9013  
03 4545323  
Email: pmcnaughton@vodafone.net.nz

**Secretary:** Colin Walker  
17 Dublin St  
Queenstown 9300  
Ph: 03 442 8450  
E-mail: swimming.otago@xtra.co.nz

**Treasurer:** Graham Price  
3B Friendship Drive  
Waldronville  
Dunedin 9018  
Ph: 03 488 6332  
Email: graprice@gmail.com

### Management Committee:

Vicki Bown	bown@xtra.co.nz	Ph: 03 4530610
Michael Dodds	michael.dodds@clear.net.nz	Ph: 03 453 4457
Alan Hale	alan.hale@xtra.co.nz	Ph: 03 476 7787
Sharon McKinnel	gsmckinnel@xtra.co.nz	Ph: 03 418 2472
Peter Ross	drossco@xtra.co.nz	Ph: 03 445 0610
Susan Sawtell	ssawtell@ihug.co.nz	Ph: 03 489 8349
Jill Scott	scotwk@ihug.co.nz	Ph: 03 448 9146
Terry Wall	terry.wall@xtra.co.nz	Ph: 03 476 1217

**Life Member and Blazer Committee:** Graham Price, Daphne Loader, Mary McFarlane  
**Auditor:** Justin Stent  
**Honorary Solicitor:** Stephen Grant

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## MANAGEMENT PORTFOLIOS:

<b>Funding Committee</b>	Graham Price, Lynn Robertson, Terry Wall
Functions	Financial reporting, Budget, Funding Applications, Sponsorships, Equipment, Swimmers Assistance Fund
<b>Competition</b>	Michael Dodds, Susan Sawtell, Patricia McNaughton, Terry Wall, Colin Walker
Functions	Calendar, National/Regional/Interclub standards development/delivery, Regional team manager co-ordination, Selectors
<b>Volunteers</b>	Vicki Bown, Mandy Grainger, Alan Hale, Colin Walker, Michael Dodds
Functions	Technical Officials register, Technical Officials log, Technical Officials Committee (Administration and Training)
<b>Promotion</b>	Colin Walker, Michael Dodds
Functions	Publicity, Press liaison, Web site, Support for other pillars, Handbook
<b>Development</b>	Sharon McKinnel, Terry Wall, Patricia McNaughton, Peter Ross
Functions	Club support / mentoring, Swimmers pathway Learn to Swim to Competitive, Coaches pathway.
<b>Registrar / Recorder</b>	Alan Hale

### Selectors (Otago)

Colin Walker (Convenor)	cjmg.walker@actrix.co.nz	Ph: 03 442 8450
Kay Alexander	williander@xtra.co.nz	Ph: 03 455 3008
Sue Maclaurin	suemac@kol.co.nz	Ph: 03 477 1730
Alan Hale (Recorder)	alan.hale@xtra.co.nz	Ph: 03 476 7787

### Selectors (Country)

Peter Ross (Convenor)	drossco@xtra.co.nz	Ph: 03 445 0610
Sharon McKinnel	balpt@actrix.co.nz	Ph: 03 418 2475
Colin Walker (Recorder)	cjmg.walker@actrix.co.nz	Ph: 03 442 8450

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## REGIONAL AND NATIONAL MEET CALENDAR

### *Including Delegate Meeting Dates*

<b>Start date</b>	<b>Event</b>		<b>Venue</b>	<b>Organiser</b>
<b>August 2009</b>				
7/08/2009	Central Distance Meet 1	SC	Alexandra	Alexandra
7/08/2009	NZ Age Group Development Squad 7-9Aug	SC	Oamaru	
13/08/2009	Wharenui Winter Olympics 13-16 August		QE 2	
23/08/2009	Southland Winter Meet	SC	Invercargill	
29/08/2009	Technical Training		Cromwell	
30/08/2009	Central Winter Meet	SC	Cromwell	Cromwell
<b>September 2009</b>				
4/09/2009	South Island Championships 4-6 Sept	SC	Invercargill	Swimming Southland
12/09/2009	Technical Training	SC	Moana Pool	
13/09/2009	Otago Winters	SC	Moana Pool	
13/09/2009	Delegates Meeting		Moana Pool	
15/09/2009	Central Distance Meet 2	SC	Cromwell	Cromwell
19/09/2009	Hokonui Sprint Carnival	SC	Gore	
25/09/2008	End Term 3			Schools
27/09/2008	NZ Spring Competition 27-30 Sept	SC	Christchurch	Swimming Canterbury
<b>October 2009</b>				
10/10/2009	Queenstown Early Bird Meet	SC	Queenstown	Queenstown
12/10/2009	Start Term 4			Schools
18/10/2009	Central Distance Meet 3	SC	Wanaka	Wanaka
23/10/2009	Orca Labour Weekend Carnival 23-25 Oct	LC	Invercargill	Orca
30/10/2009	Central Novice Meet	SC	Queenstown	Queenstown
<b>November 2009</b>				
7/11/2009	Spring Carnival 7-8 November	SC	Cromwell	Cromwell
7/11/2009	Delegates Meeting 2		Cromwell	
9/11/2009	Coastal Development Meet 1	SC	Neptune	Coastal
13/11/2009	Central Novice Meet 2	SC	Wanaka	Wanaka
14/11/2009	Murihiku Anniversary Meet	LC	Invercargill	
19/11/2009	Coastal Development Meet 2	SC	Moana Pool	Zenith
22/11/2009	Kiwi Challenge Meet	SC	Moana Pool	Kiwi
22/11/2009	Technical Seminar	SC	Moana Pool	
27/11/2009	Central Novice Meet 3	SC	Alexandra	Alexandra
29/11/2009	Otago Country Clubs Championships	SC	Balclutha	Clutha United
29/11/2009	Technical Seminar		Balclutha	
<b>December 2009</b>				
5/12/2009	Alexandra Challenge Cup	SC	Alexandra	Alexandra
11/12/2009	Coaches Camp 11-12		Queenstown	
12/12/2009	Coastal Development Meet Final	SC	Mosgiel	Taieri
15/12/2008	End Term 4 Secondary			Schools
18/12/2008	End Term 4 Primary			Schools

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### January 2010

18/01/2010	Canterbury Championships Distance	LC	QEII	Swimming Canterbury
21/01/2010	Canterbury Championships 21-24 January	LC	QEII	Swimming Canterbury
28/01/2010	Otago Championships Distance	LC	Moana Pool	Swimming Otago
29/01/2010	Otago Championships 29-31 January	LC	Moana Pool	Swimming Otago
30/01/2010	Delegates Meeting 3		Moana Pool	

### February 2010

4/02/2010	Start Term 1			Schools
2/02/2010	ACC NZ Masters Games 2-4 February		Moana pool	
13/02/2010	Taieri Carnival	SC	Mosgiel	Taieri
20/02/2010	NZ Juniors 20-21 February	LC	Christchurch	SNZ
25/02/2010	Central Novice Meet 4	SC	Cromwell	Cromwell
27/02/2009	SI Town & Country Club Champs 27-28 Feb	SC	Invercargill	Swimming Southland

### March 2010

1/03/2010	Primary Development Meet	SC	Moana Pool	Neptune
2/03/2010	NZ Age Groups 2-6 March	LC	Christchurch	SNZ
7/03/2010	Clutha Inter-Club Carnival	SC	Balclutha	Clutha United
11/03/2010	Primary Development Meet	SC	Moana Pool	Zenith
12/02/2010	Central Novice Meet Final	SC	TBA	
17/03/2010	Division 2 Competition 17-20 March	SC	Wellington	SNZ
26/03/2010	Otago Secondary School Champs Prelims	SC	Moana Pool	Swimming Otago
27/03/2010	Otago Primary School Champs Prelims	SC	Moana Pool	Swimming Otago
27/03/2010	Otago Primary & Secondary Schools Finals	LC	Moana Pool	Swimming Otago

### April 2010

1/04/2010	End Term 1			Schools
2/04/2010	Easter 2-5 April			
5/04/2010	NZ Opens/CWG Trials 31 Mar-4 April	LC	Auckland	SNZ
5/04/2010	Australian Age Champs 5-10 April	LC	Sydney	

### June 2010

5/06/2010	Neptune QB 5-6 June	LC	Moana Pool	Neptune
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## JOINING A SWIMMING CLUB

For a warm welcome contact any of the clubs listed below:

### ALEXANDRA

**President:** Liz Anderson      P O Box 223  
Alexandra 9340  
03 449 2377  
alexswim@orcon.net.nz

### CLUTHA UNITED

**Secretary:** Tracey Latta      76 Benhar Street  
Balclutha 9272  
03 418 3390  
swimclutha@ihug.co.nz

### CROMWELL

**Secretary:** Diane Bennett      3 Mitchell Place  
Cromwell 9310  
03 445 4026  
cromwellswimclub@paradise..net.nz

### DUNEDIN

**Secretary:** Christine Johnston      2 Tensing Street  
Dunedin 9010  
03 473 0225  
dunedinswimmingclub@clear.net.nz

### KAWA DOLPHINS

**President:** Steve Silvey      77 Halfway Bush Road  
RD1  
Dunedin 5076  
03 4764394  
kawadolphins@gmail.com

### KIWI

**Secretary:** Maria Godfrey      3 Wales Street  
Dunedin 9010  
03 467 5171  
maria.g@clear.net.nz

### MILTON

**President:** Raylene Stammers      Circle Hill  
2 RD  
Milton 9291  
03 417 7186  
stammers@actrix.co.nz

### NEPTUNE

**Secretary:** Graham Price      P O Box 567  
Dunedin 9054  
03 488 6332  
graprice@gmail.com

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**PORT CHALMERS**

**Secretary:** Anne Marshall 417 Aramoana Road  
RD 2  
Port Chalmers 9082  
Ph 472 8323  
Email marshbrown@xtra.co.nz

**QUEENSTOWN**

**Secretary:** Susan Mawhinney P O Box 1992  
Queenstown 9348  
03 409 0744  
queenstownswim@xtra.co.nz

**TAIERI**

**President:** Gaile Medder P O Box 268  
Mosgiel 9053  
03 489 6373  
dean.gaile@xtra.co.nz

**WANAKA**

**Secretary:** Leisa Gordon P O Box 358  
Wanaka 9305  
Ph: 03 443 6522  
rogleisa@xtra.co.nz

**WAVES**

**Secretary:** Pam Adair P O Box 2340  
South Dunedin 9044  
Ph: 03 474 0033  
apadair@xtra.co.nz  
www.wavesswimming.co.nz

**ZENITH**

**President:** Pam Linwood 36 Broughton Street  
Dunedin 9012  
Ph: 03 455 2440  
zenithasc@xtra.co.nz

**SWIMMING OTAGO**

**Secretary:** Colin Walker P O Box 79  
Dunedin 9054  
03 442 8450  
swimming.otago@xtra.co.nz

**SWIMMING NEW ZEALAND:**

**Chief Executive:** Mike Byrne  
P O Box 38346  
Wellington Mail Centre 5012  
04 506 0345  
mike@swimmingnz.org.nz

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## GENERAL INFORMATION

All Swimming Otago Correspondence to be addressed to:

Swimming Otago  
PO Box 79  
Dunedin 9054

Or email [swimming.otago@xtra.co.nz](mailto:swimming.otago@xtra.co.nz)

## SWIMMING OTAGO WEBSITE

- <http://www.swimotago.org.nz>

## SWIMMING OTAGO UNIFORM POLICY

- **Inter-club Meets:**  
Competitors wear their club uniform.
- **Inter-regional Meets (e.g. Otago v Southland):**  
Competitors will wear the appropriate Swimming Otago uniform. (Note: Otago Country Club teams will wear the OCC uniform)
- **National and South Island Meets:**  
Competitors may wear their club uniform or the Swimming Otago uniform.

## SWIMMING OTAGO TRAVEL AND ACCOMMODATION POLICY

- **National and South Island Meets:**  
Travel and accommodation will be arranged by each club. A club may join with another club or other clubs to make mutually satisfactory arrangements. ***Clubs will inform Swimming Otago of their travel and accommodation arrangements.***

## SWIMMING OTAGO TEAM MANAGEMENT POLICY

- **Inter-club Meets:**  
Competitors are under the jurisdiction of their club team management.
- **Inter-regional Meets:**  
Competitors are under the jurisdiction of the Swimming Otago Team management.
- **National and South Island Meets:**  
Swimming Otago will provide a poolside Regional Team Manager for liaison with Swimming New Zealand and for Swimming Otago relays. Clubs will provide their own team manager who in turn liaises with the Swimming Otago Regional Team Manager.

## COMPETING OUTSIDE THE OTAGO REGION:

- As affiliated members of SNZ, swimmers are entitled to compete outside Otago with other affiliated clubs.
- Clubs need to advise Swimming Otago of their intention to swim outside the region at the time of making their entries – the Otago Recorder should also be advised so that the times can be recorded for qualifying/selection purposes - it is the club's responsibility to provide the Swimming Otago Selectors with a copy of the results file.

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## **CLUB TRANSFER PROCEDURE**

The following is an extract from the SNZ Constitution relating to transfer of competitive swimmers. Application forms can be obtained from either the Secretary of Swimming Otago or the website [www.swimotago.org.nz](http://www.swimotago.org.nz)

- 5.2 Any member of a club desiring to transfer to another club shall forward at the same time, the transfer application to their club and regional association. The regional association shall request the transferor club provides without delay a certificate that s/he is not financially indebted thereto. The regional association receiving the transfer application shall forward the approved application to the regional association and the new club the member is transferring to.
- 5.3 A member under suspension, or awaiting a hearing for an offence capable of having a period of suspension imposed, is ineligible for transfer.
- 5.4 A member may only be a competitive swimmer for 1 club at any one time.
- 5.5 Notwithstanding Rule 5.1 and Rule 6.1 of these rules a competitive swimmers shall be deemed to be a non financial member of their club until a transfer has been completed in accordance with Rule 5.2 or they have not renewed their annual membership for 2 consecutive years.
- 5.6 For transfers of competitive swimmers only, the transfer shall become effective immediately once the transfer has been approved by the regional association(s).
- 5.7 If a swimmer transfers again within three months there will be a 60 day stand down period before being eligible to represent their new club. During the 60 day period the transferring competitive swimmer may continue to represent the club transferred from or choose to be unattached from any club. The competitive swimmers will remain a member of the regional association of the club they are transferring from during the 60 day period.

## **AFFILIATION FEES 2009-2010**

**Club Fee:** \$295.00

**SNZ Competitive Swimmer Affiliation:** \$70.00 (incl. GST)

## **SWIMMING NEW ZEALAND REGISTRATION CODE**

12 Letters/digits

First	3	=	club code
	4	=	first letter of surname
	5	=	first letter of first name
	6	=	first letter of middle name, or use Z if none.
Last	6	=	birth date (ddmmyy)

Example: John Peter Brown - Neptune - date of birth April 1, 1980 = NEPBJP010480

## **TIME TRIALS**

- Time Trials for National meets and South Island Championships require a regionally qualified Referee and Starter, as well as at least two Time Keepers per lane (with one per lane regionally qualified) to be present.
- Resultant times to be sent to the Otago Recorder (Alan Hale).

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## **CARNIVAL ETIQUETTE**

- Swimmers are to sit with their club team manager.
- Be available for your race four races in advance so you can line up for the start.
- There is a Marshall at the carnivals who is responsible for checking swimmers have reported to the marshalling area and assigning the swimmers to a lane.
- Swimmers should be warmly clad.
- Please listen to the Carnival Officials instructions concerning proceedings. If you are unsure ask at your club.
- Swimming Otago is always looking for parents willing to help at carnivals. If you would like to help, please give your name to your club secretary or the Swimming Otago Officials Convener.

## **DOPING:**

The SNZ rules about doping are as follows:

- 24.1 Subject to rule 24.2, the rules of SNZ for anti-doping shall be the FINA Doping Control Rules and the Sports Anti-Doping Rules made by Drug Free Sport New Zealand. Every member of SNZ agrees as a condition of such membership to observe, be subject to and be bound by the FINA Doping Rules and the Sports Anti-Doping Rules as amended from time to time as if they were set out in these rules in extenso.
- 24.2 Nothing in the Sports Anti-Doping Rules is intended to replace or supersede any applicable rule of FINA which may apply with respect to anti-doping matters provided the applicable rule of the FINA is consistent with the World Anti-Doping Code.
- 24.3 For avoidance of doubt, the Sports Anti-Doping Rules referred to in 24.2, shall replace all existing anti-doping rules, policies, by-laws or regulations of SNZ.
- 24.4 To the extent of any inconsistency between the Sports Anti- Doping Rules and any rule in this Constitution or any policy, regulation or by-law of SNZ, the Sports Anti-Doping Rules shall apply.
- 24.5 It shall be a requirement of all activities organised, held, convened or authorised by SNZ or one or more of its member organisations, clubs teams, associations, leagues or any such organisations regardless of whether the participant is a member of any such organisation, that all participants must agree to comply with the Sports Anti-Doping Rules as part of the conditions of participation.

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## TECHNICAL OFFICIALS

All qualified officials must be affiliated to Swimming Otago including technical officials i.e. Timekeepers, Coaches, Administrators.

### Inspector of Turns

An inspector of turns ensures swimmers comply with the rules for turning and also the starting and finishing rules. The rules differ for each stroke, so inspectors of turns need to know about each swimming stroke.

### Referee

The referee has full control over all officials and swimmers. The referee must enforce all rules and any decisions made regarding the conditions of the race.

### Starter

The starter has full control of the swimmers from the time the referee turns the swimmers over to them until the race commences.

## HOW TO BECOME A QUALIFIED SWIMMING OFFICIAL

In order to become a nationally qualified technical official, you are required to undertake training at the local and regional level, and pass a national examination.

### SWIMMING OTAGO REQUIREMENTS:

- Assist at club and regional meets by Timekeeping, Starting, Recording and acting as Inspector of Turns.
- Minimum age 16 years.
- Apply through your club to become qualified by filling out an application form (obtainable from your club). The Regional examiner will make sure you receive examination papers that you will be required to look at and attend an oral session with the examiner prior to doing a practical session at a meet. Answers to the questions are in the FINA and SNZ rulebooks.
- To obtain a Recorders qualification, you must be a qualified Timekeeper.
- To become a Regional Referee, you must be over the age of 21 years and hold the previous qualifications for a period of not less than one year.

### NATIONAL REQUIREMENTS:

To be eligible to sit a National Exam the following conditions must be met and certified by a Regional Examiner:

**IOT** Regionally qualified and completed 5 centre/region or sanctioned meets as a IOT.

**Starter** Regionally qualified and completed minimum of 5 centre/region or sanctioned meets as a starter. Prior to application being accepted recommendation from a member of the SNZ Technical Advisory Committee is to be obtained.

**Referee** Regionally qualified and completed a minimum 5 centre/region or sanctioned meets as a referee. Prior to application being accepted recommendation from a member of the SNZ Technical Advisory Committee is to be obtained. To sit the National Referees examination the candidate must have passed the National IOT and starters examinations and held the most recent one for minimum of six months.

## OFFICIALS UNIFORM

### • Otago and Inter-Regional Meets

White top with black bottoms (shorts, pants or skirt) are the required dress for officials at Centre Carnivals and Centre Championships. Swimming Otago has an official Swimming Otago Polo shirt that can be purchased.

### • For South Island Championships and all National Meets

Black pants /skirts are now the SNZ uniform for all SNZ National Competitions along with the officials shirts provided by SNZ. ( Black Shoes are not compulsory)

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## **SWIMMING STROKE RULES (From the FINA Rule Book)**

### **FREESTYLE**

**SW 5.1** Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

**SW 5.2** Some part of the swimmer must touch the wall upon completion of each length and at the finish.

**SW 5.3** Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

### **BACKSTROKE**

**SW 6.1** Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

**SW 6.2** At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

**SW 6.3** Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

**SW 6.4** When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

**SW 6.5** Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

### **BREASTSTROKE**

**SW 7.1.**After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

**SW 7.2** From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

**SW 7.3** The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

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**SW 7.4** During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

**SW 7.5** The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

**SW 7.6** At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

## **BUTTERFLY**

**SW 8.1** From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

**SW 8.2** Both arms shall be brought forward together over the water and brought backward simultaneously through-out the race, subject to SW 8.5.

**SW 8.3** All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

**SW 8.4** At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

**SW 8.5** At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

## **MEDLEY SWIMMING**

**SW 9.1** In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

**SW 9.2** In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

**SW 9.3** Each section must be finished in accordance with the rule which applies to the stroke concerned.

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## SNZ Code of Conduct

The following Code of Conduct applies to all SNZ Members and persons participating in SNZ Activities

*The following requirements must be met in regard to your conduct.*

- Respect the rights, dignity and worth of others.
- Be fair, considerate and honest in all dealings with others.
- Be professional in, and accept responsibility for, your actions.
- Make a commitment to providing quality service and performance.
- Be aware of, and maintain an uncompromising adherence to, standards, rules, regulations and policies.
- Operate within the Constitution, Regulations, Policies and Procedures of SNZ and FINA.
- Abide by the Sports Anti-Doping Policy
- Understand the possible consequences of breaching the SNZ Code of Conduct.
- Immediately report any breaches of SNZ members to the appropriate authority.
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment towards others.
- Refrain from any form of discrimination towards others
- Refrain from any form of victimisation towards others
- Provide a safe environment for the conduct of the activity in accordance with relevant SNZ policy.
- Show concern and caution towards others who may be sick or injured.
- Be a positive role model.
- To not provide comment to any media on behalf of Swimming NZ Inc.
- To not speak to any media in a negative way regarding Swimming NZ Inc.
- Never act in any way that may bring disrepute or disgrace to SNZ members, its stakeholders and/or its sponsors, potential sponsors and/or partners.

Swimming New Zealand expects all members, supporters, advisors, staff and associates of SNZ to abide by a Code of Conduct that upholds the principles and values of the organisation and the SNZ Member Protection Policy. Members should recognise that at all times they have a responsibility to a duty of care to all SNZ members.

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## **In addition a**

### **Swimmer will:**

- Agree to abide by the code of conduct.
- Never argue with or verbally abuse an official. Always use the appropriate rules and guidelines to resolve a dispute.
- Not participate (or benefit from assisting others involved) in sports betting or gambling activity associated with swimming events and/or swimming results in which they are participating or have been directly involved in.
- Conduct yourself in a sportsman-like manner and respect fellow swimmers, coaches, managers, staff, officials and the achievement of opponents.
- Do not bully or take an unfair advantage of another competitor.
- Cooperate with your coach, manager team mates and opponents.
- Refrain from possessing, consuming prohibited substances while in SNZ camps or on tours.
- Do not consume or purchase alcohol and tobacco while in SNZ camps or on Tours without the agreement of the Team Manager and Head Coach.
- Comply with training, competition, curfew and behaviour requirements directed by SNZ, while in camp or on tours.

### **Parent Guardian will:**

- Agree to abide by the code of conduct.
- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to compete according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake losing a competition.
- Remember that children learn best by example.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials decisions and teach children to do likewise.
- Show appreciation for coaches, officials and administrators.

Any breach of the Code of Conduct, or any part of it, may result in disciplinary action under the SNZ Constitution, Regulations and policies.

There is also a code of conduct for Team Manager, Teacher /coach, Training Programme Deliverer, Technical Official and member, administrator, associate or Quality Swim School which can be found on the SNZ website under Competition

# 2009 Otago Country Clubs Championships

29<sup>th</sup> November 2009, Balclutha



## Programme

<b>Session 1</b>		
Warm Up 10am	Start 11am	
Event 1	Mixed 12 & Over 100m Freestyle	Timed Final
Event 2	Mixed 11 & Under 50m Freestyle	Timed Final
Event 3	Mixed 12 & Over 100m Breaststroke	Timed Final
Event 4	Mixed 11 & Under 50m Breaststroke	Timed Final
Event 5	Mixed 12 & Over 100m Backstroke	Timed Final
Event 6	Mixed 11 & Under 50m Backstroke	Timed Final
Event 7	Open Mixed Freestyle Relay 200m	Timed Final
<b>Break</b>		
<b>Session 2</b>		
Event 8	Mixed 10 and over 50m Butterfly	Timed Final
Event 9	Mixed 9 & Under 25m Butterfly	Timed Final
Event 10	Mixed Open 100m IM	Timed Final
Event 11	Mixed 11 and Under 100m Medley Relay	Timed Final
Event 12	Mixed 12 and over 100m Medley Relay	Timed Final
Event 13	Mixed Open 100m Medley Relay	Timed Final
Event 14	Mixed 9 & Under 100m Freestyle Relay	Timed Final
Event 15	Mixed Open 100m Freestyle Relay	Timed Final

## 25m Qualifying Times

Male				Female			
9 & Uyr	10-11yr	12-13 yr	14 & Oyr	9 & Uyr	10-11yr	12-13 yr	14 & Oyr
<b>FREESTYLE</b>							
1:00.00	50.00			50	1:01.50	52.00	
		1:31.50	1:26.00	100			1:36.00 1:31.00
<b>BACKSTROKE</b>							
1:09.00	55.50			50	1:10.50	58.00	
		1:41.00	1:36.00	100			1:46.00 1:41.00
<b>BREASTSTROKE</b>							
1:16.00	1:02.00			50	1:17.50	1:03.5	
		1:51.00	1:46.00	100			1:55.50 1:51.00
<b>BUTTERFLY</b>							
34.00				25	35.00		
	1.03.00	52.00	42.50	50		1.04.50	55.50 49.00
<b>MEDLEY</b>							
2:03.00	1:51.00	1:40.00	1:35.00	100	2:07.00	1:56.00	1:45.00 1:40.00

# 2009 Otago Country Clubs Championships

29<sup>th</sup> November 2009, Balclutha



## Conditions of Entry

- Events will be swum under Swimming New Zealand Rules
- Qualifying times as set down in the Schedule are to be strictly adhered to.
- The competitor's age on the 29 November 2009 will determine which age group he or she swims in.
- The age groups for individual events shall be:
  - 9 years and under
  - 10 & 11 years
  - 12 & 13 years
  - 14 and Over
- The age groups for medley relays shall be
  - 11 years and Under
  - 12 years and Over
  - Open
- The age groups for freestyle relays shall be
  - 9 years and under
  - Open
- Swimmers in individual events may swim up an age group but must swim in one age group only.
- Swimmers may swim in any relay event for event for which they are qualified by age. Swimmers are not restricted to one relay.
- All events are to be swum as timed finals and seeded accordingly.
- Relays –Swimmers may swim in any relay event for which they are qualified by age. Swimmers are not restricted to one relay. Mixed Relays must have a minimum of one swimmer of each gender (Male and Female). The Toko Cup can be made up of any combination of swimmers and gender( Male and Female)
- Points shall be awarded to clubs on the basis of 10-5-4-3-2-1 for the first six swimmers or teams in all events. No points will be awarded if a swimmer does not achieve the qualifying time.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- All entries should be made as Team Manager files. Please ensure that all details regarding the competitor are accurate. The competitor must have their Swimming New Zealand Registration Number on the entry. All entries must list the swimmer's qualifying time together with the conversion.
- Entries close on at midnight on Saturday 21<sup>st</sup> November 2009. Swimmers should check with their club for the close off entries.
- The entry fee for each individual event is \$3.00 and for relays is \$4.00 per event.
- Entries should be emailed with a team manager entries file, and entry and entry fees reports to [carkar@ihug.co.nz](mailto:carkar@ihug.co.nz)
- This meet is hosted by Clutha United Swimming Club

# 2010 Otago Swimming Championships

28<sup>th</sup> – 31<sup>st</sup> January 2010 Moana Pool, Dunedin



## Standard Times

Event	Women						
	9 & U	11 & U	10-11	13 & U	12-13	14-15	16 & O
50 Free	1:05.00		48.00		39.00	37.00	37.00
100 Free	2:10.00		1:40.00		1:25.00	1:20.00	1:20.00
200 Free		3:35.00			3:03.00	2:52.00	2:52.00
400 Free		7:10.00			6:06.00	5:44.00	5:44.00
800 Free				12:11.00		11:28.00	11:28.00
1500 Free				22:51.00		21:30.00	21:30.00
50 Back	1:10.00		55.00		46.00	44.00	44.00
100 Back	2:20.00		1:56.00		1:40.00	1:35.00	1:35.00
200 Back		4:09.00			3:35.00	3:24.00	3:24.00
50 Breast	1:15.00		1:01.00		52.00	49.00	49.00
100 Breast	2:30.00		2:08.00		1:52.00	1:46.00	1:46.00
200 Breast		4:35.00			4:01.00	3:48.00	3:48.00
50 Fly	1:15.00		58.00		47.00	43.00	43.00
100 Fly	2:30.00		2:00.00		1:42.00	1:32.00	1:32.00
200 Fly				3:39.00		3:18.00	3:18.00
200 IM		4:04.00			3:32.00	3:21.00	3:21.00
400 IM				7:04.00		6:42.00	6:42.00

Event	Men						
	9 & U	11 & U	10-11	13 & U	12-13	14-15	16 & O
50 Free	1:05.00		48.00		38.00	35.00	34.00
100 Free	2:10.00		1:40.00		1:23.00	1:16.00	1:14.00
200 Free		3:35.00			2:58.00	2:43.00	2:39.00
400 Free		7:10.00			5:57.00	5:27.00	5:18.00
800 Free				11:54.00		10:54.00	10:36.00
1500 Free				22:18.00		20:26.00	19:53.00
50 Back	1:10.00		55.00		45.00	42.00	41.00
100 Back	2:20.00		1:56.00		1:38.00	1:31.00	1:29.00
200 Back		4:09.00			3:31.00	3:16.00	3:11.00
50 Breast	1:15.00		1:01.00		51.00	47.00	46.00
100 Breast	2:30.00		2:08.00		1:50.00	1:42.00	1:40.00
200 Breast		4:35.00			3:57.00	3:39.00	3:35.00
50 Fly	1:15.00		58.00		46.00	41.00	40.00
100 Fly	2:30.00		2:00.00		1:40.00	1:28.00	1:26.00
200 Fly				3:35.00		3:09.00	3:05.00
200 IM		4:04.00			3:28.00	3:13.00	3:09.00
400 IM				6:56.00		6:26.00	6:18.00

# 2010 Otago Swimming Championship

28<sup>th</sup> – 31<sup>st</sup> January 2010 Moana Pool, Dunedin



## **This meet will be swum under SNZ Regulations with the specific conditions & criteria:**

- Age as at 28th January 2010.
- Relays will be mixed – each relay team must contain at least one boy and one girl.
- The standard times shown are 50 metre times. Entry times swum in pools other than 50m must be converted using the SNZ Conversions.
- Entry times may be slower than the standard times; however the standard times should be used as a guide for the required entry standard. Medals, ribbons and points will not be awarded to swimmers who do not achieve standard times.
- Over the top starts may be used for Heats and Time Finals.
- All entries must include swimmer details and times. Individual entries with “**no times**” (NT) will **not** be accepted. All relay entries must include swimmers’ names.
- Visitor entries will be allowed. Visitors are limited to a maximum of 2 in Final events unless Otago Swimmers cannot make up the rest of the lanes.
- All participants must agree to comply with the Sports Anti Doping Rules.
- The 800m may be swum within the 1500m event – each event must be entered.
- All scratchings must be made by Team Managers to the Recorder. The SNZ Scratching Regulations 3.1 & 3.2 will apply.
- Time trials may be permitted if there are lanes and time available at a charge of \$5 per time trial. Time trials must be arranged and paid for by Team Managers.
- Pool entry passes will be issued to swimmers and team officials. These will allow free entry to the competition pools only during the warm-up and competition periods. Outside of these times normal pool entry charges will apply.
- In all individual events the eight fastest times per age and gender qualify for the finals
- Individual events: Medals will be awarded to the first 3 place getters from Otago in the final. Visitors will be awarded a medal according to their placing in the final if they finish in the first 3 places. Ribbons will be awarded to the top 8 finalists who do not receive medals.
- Only Swimming Otago swimmers will be eligible for the regional trophies and records.
- Relay events: Ribbons will be awarded to the first 3 teams.
- Points will be awarded to Otago Finalists as follows: 18, 14, 12, 10, 8, 6, 4, 2

## **ENTRIES**

- Entries close with Swimming Otago at 12 midnight on Wednesday 20<sup>th</sup> January 2010. Late entries will not be accepted.
- Refunds for any withdrawals (including medical) will be given only at the discretion of the Meet Director.
- Entries are to be submitted by Clubs as a cfile or hyp file to [swimming.otago@xtra.co.nz](mailto:swimming.otago@xtra.co.nz)
- Entry fees are \$6.50 individual events and \$10.00 relay events.

# 2010 South Island Country & Town Competition

Invercargill – 27-28 February 2010

## 25m Qualifying Times

<b>Male</b>					
	<b>10 yr</b>	<b>11&amp;12 yr</b>	<b>12yr&amp; under</b>	<b>13&amp;14 yr</b>	<b>15 &amp; Over</b>
<b>Freestyle</b>					
50m	44.00	39.00		34.00	32.00
100m	1:35.00	1:27.00		1:17.00	1:11.00
200m			3:05.00	2:46.00	2:34.00
<b>Backstroke</b>					
50m	49.00	44.00		41.00	38.00
100m	1:46.00	1:40.00		1:32.00	1:24.00
200m			3:31.00	3:12.00	2:56.00
<b>Breaststroke</b>					
50m	56.00	49.00		45.00	43.00
100m	2:00.00	1:50.00		1:41.00	1:33.00
200m			3:51.00	3:36.00	3:22.00
<b>Butterfly</b>					
50m	53.00	47.00		41.00	38.00
100m	2:00.00	1:47.00		1:33.00	1:24.00
200m Open					3:20.00
<b>Medley</b>					
100m	1:55.00	1:35.00		1:27.00	1:26.00
200m			3:21.00	3:10.00	3:02.00
<b>Female</b>					
	<b>10 yr</b>	<b>11&amp;12 yr</b>	<b>12yr &amp; Under</b>	<b>13&amp;14 yr</b>	<b>15 &amp; Over</b>
<b>Freestyle</b>					
50m	44.00	39.00		36.00	35.00
100m	1:35.00	1:27.00		1:20.00	1:17.00
200m			3:05.00	2:51.00	2:45.00
<b>Backstroke</b>					
50m	49.00	44.00		42.00	42.00
100m	1:46.00	1:40.00		1:33.00	1:30.00
200m			3:31.00	3:14.00	3:09.00
<b>Breaststroke</b>					
50m	56.00	49.00		46.00	46.00
100m	2:00.00	1:50.00		1:44.00	1:40.00
200m			3:51.00	3:37.0	3:35.00
<b>Butterfly</b>					
50m	53.00	47.00		42.00	40.00
100m	2:00.00	1:47.00		1:34.00	1:29.00
200m Open					3:20.00
<b>Medley</b>					
100m	1:55.00	1:35.00		1:32.00	1:32.00
200m			3:21.00	3:16.00	3:08.00

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# 2010 South Island Country & Town Competition

## This meet will be swum under SNZ and FINA Regulations

- Age as at 27<sup>th</sup> February 2010
- The qualifying period is from the 28<sup>th</sup> February 2009 to 14<sup>th</sup> February 2010
- The 2010 South Islands Country and Town Competition will be swum in a short course (25m) pool, using automatic timing if available.
- **A swimmer to enter must achieve a qualifying time but not have qualified for 2010 South Island Championships, 2010 NZ Junior Championships, 2010 NZ Division II Competition, 2010 NZ Age Group Championships, 2010 NZ Open Championships, 2010 NZ Spring Competition.**
- Swimmers may enter one (1) unqualified event.
- A "No Time entry" will not be accepted.
- Age groups ARE 10years and under, 11 - 12years, 13 - 14years, 15years and over
- Events shall be swum as timed finals.
- The 200m Freestyle, Backstroke, Breaststroke and IM will be swum as mixed open events to be resulted in 12 yrs & under, 13-14 years and 15 years and over.
- Relays will be regional and swum in each age group; 10 years and under, 11-12 years, 13-14 years and 15 years and over. Swimmers may swim up an age group but not in more than in one age group per event. Relays can be mixed or single sex. "No Time" entries will be accepted for relay events. Names of the swimmers who make up the relay team and the must be submitted with entries.
- Ribbons will be presented to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place getters in individual and relay events.
- Individual entry times may be verified against the SNZ results database. Performances from regional and local competitions not held within the SNZ results database may not be eligible for entry
- Qualifying times are published as short course 25m. Qualifying times swum in pools other than 25m must be converted using the SNZ Conversions
- Individual events shall be scored as follows: 1<sup>st</sup> = 8, 2<sup>nd</sup> = 6, 3<sup>rd</sup> = 4, 4<sup>th</sup> = 3, 5<sup>th</sup> = 2, 6<sup>th</sup> = 1.
- The points accumulated by a region, over the meet, are to be divided by the number of competitors in the team (at the commencement of the competition) to find the overall winning team. A trophy will be presented to the winning team.

## ENTRIES

- **REGIONAL ASSOCIATIONS** must submit entries for SNZ members. No club entries are permitted.
- **CLUBS** entries and fees are to be submitted to their **REGIONAL ASSOCIATION**.
- **CLUBS** need to check with their **REGIONAL ASSOCIATION** for their entry closing dates. Late entries will not be accepted
- **NO REFUNDS** for any withdrawals (including medical) will be given at the discretion of the organising committee.
- Entry fees are \$7.50 individual events and \$12.50 relay events.
- Entry fees: per individual per relay event including GST.

## 50m Qualifying Times

Male				Female			
10 & U	11 yr	12 yr	12 & U	10 & U	11 yr	12 yr	12 & U
<b>FREESTYLE</b>							
36.75	34.00	32.20		<b>50</b>	36.80	34.00	32.20
1:20.50	1:14.00	1:10.00		<b>100</b>	1:20.00	1:14.00	1:10.00
2:56.20	2:42.00	2:33.00		<b>200</b>	2:56.20	2:42.00	2:33.00
			5:25.00	<b>400</b>			5:25.00
<b>BACKSTROKE</b>							
42.50	39.60	37.30		<b>50</b>	42.30	39.60	37.70
1:31.60	1:26.00	1:20.50		<b>100</b>	1:31.00	1:25.50	1:21.55
3:15.00	3:02.50	2:50.75		<b>200</b>	3:16.60	3:04.30	2:54.50
<b>BREASTSTROKE</b>							
48.50	44.65	41.20		<b>50</b>	48.00	44.25	41.85
1:45.40	1:37.00	1:31.50		<b>100</b>	1:45.00	1:36.70	1:31.70
3:49.00	3:30.00	3:18.00		<b>200</b>	3:50.00	3:28.50	3:18.00
<b>BUTTERFLY</b>							
41.70	39.10	36.35		<b>50</b>	42.40	39.25	36.50
1:35.00	1:28.10	1:20.50		<b>100</b>	1:38.00	1:29.00	1:21.85
			3:10.00	<b>200</b>			3:15.00
<b>MEDLEY</b>							
3:20.00	3:06.00	2:54.00		<b>200</b>	3:20.45	3:06.00	2:54.00
			6:18.00	<b>400</b>			6:18.00

## Meet Conditions and Criteria

**This meet will be swum under SNZ Regulations with the specific conditions & criteria:**

- Age as at 20<sup>th</sup> February 2009.
- The qualifying period is from 21<sup>st</sup> February 2009 to 31<sup>st</sup> January 2010.
- The age groups to be swum for both male and female are 10 years and under, 11 years and 12 years.
- Relays will be regional and swum as 12 years and under.
- Individual entry times may be verified against the SNZ Results Database. Performances from regional and local competitions not held within the Results Database may not be eligible for entry to national competitions.
- The qualifying times shown are 50 metre times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- All swimmers shall only enter qualified events
- All events shall be swum as timed-finals in age groups.
- SNZ Regulation 2.10 regarding over the top starts in timed-finals may not apply at the discretion of, and subject to prior approval of SNZ.
- All entries must include swimmer details and times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. All relay entries must include swimmers' names whose times were used to produce the entry time. Only swimmers who have met at least one required individual qualifying standard may be entered in relay events.
- No international visitor entries allowed.
- All participants must agree to comply with the Sports Anti-Doping Rules.

## ENTRIES

- **REGIONAL ASSOCIATIONS** must submit entries for SNZ members. No club entries are permitted.
- **CLUBS** entries and fees are to be submitted to their **REGIONAL ASSOCIATION**.
- **CLUBS** need to check with their **REGIONAL ASSOCIATION** for their entry closing dates. Late entries will not be accepted
- **NO REFUNDS** for any withdrawals (including medical) will be given once entries have closed.
- Entry fees are \$15.00 individual events and \$30.00 relay events.

**50m Qualifying Times**

**Male**

**13 yr      14 yr      15 yr      16 yr      17-18 yr**

**FREESTYLE**

<b>50</b>	28.93	27.82	27.21	26.80	26.30
<b>100</b>	1:03.70	1:01.00	59.00	58.50	57.50
<b>200</b>	2:18.50	2:12.00	2:09.50	2:09.00	2:07.00
<b>400</b>	4:52.00	4:40.50	4:37.00	4:35.00	4:33.00
<b>1500</b>	19:15.00	18:33.00	18:00.00	17:55.00	17:45.00

**BACKSTROKE**

<b>50</b>	33.40	31.90	31.10	31.05	30.85
<b>100</b>	1:11.34	1:08.60	1:07.13	1:06.81	1:06.37
<b>200</b>	2:33.00	2:29.00	2:25.97	2:25.00	2:23.58

**BREASTSTROKE**

<b>50</b>	36.92	35.61	34.72	34.60	34.42
<b>100</b>	1:20.25	1:17.17	1:15.47	1:14.96	1:14.28
<b>200</b>	2:53.87	2:48.14	2:46.19	2:44.33	2:43.31

**BUTTERFLY**

<b>50</b>	31.41	30.21	29.54	29.34	28.80
<b>100</b>	1:10.11	1:06.76	1:05.51	1:05.33	1:03.43
<b>200</b>	2:38.86	2:32.24	2:28.32	2:27.46	2:26.51

**MEDLEY**

<b>200</b>	2:37.00	2:30.00	2:27.00	2:25.00	2:24.00
<b>400</b>	5:33.50	5:20.00	5:15.00	5:13.50	5:09.89

**50m Qualifying Times**

**Female**

**13 yr      14 yr      15 yr      16 yr      17-18 yr**

**FREESTYLE**

<b>50</b>	30.25	29.95	29.60	29.50	29.20
<b>100</b>	1:05.50	1:04.75	1:04.50	1:04.00	1:04.00
<b>200</b>	2:24.00	2:22.00	2:19.80	2:19.25	2:19.00
<b>400</b>	4:58.00	4:54.00	4:52.00	4:50.00	4:48.00
<b>800</b>	10:15.00	10:05.00	10:00.00	9:55.00	9:50.00

**BACKSTROKE**

<b>50</b>	34.50	34.10	33.90	33.80	33.70
<b>100</b>	1:14.50	1:13.20	1:12.79	1:12.30	1:12.10
<b>200</b>	2:39.50	2:36.00	2:35.70	2:35.37	2:34.71

**BREASTSTROKE**

<b>50</b>	38.61	38.13	37.70	37.52	37.36
<b>100</b>	1:24.15	1:23.20	1:22.72	1:22.24	1:21.73
<b>200</b>	3:00.26	2:57.79	2:55.88	2:54.09	2:53.95

**BUTTERFLY**

<b>50</b>	32.76	32.29	32.10	31.90	31.80-
<b>100</b>	1:13.45	1:12.39	1:11.81	1:11.62	1:11.48
<b>200</b>	2:45.12	2:41.30	2:37.92	2:36.99	2:36.49

**MEDLEY**

<b>200</b>	2:41.00	2:38.50	2:38.50	2:38.20	2:37.50
<b>400</b>	5:43.83	5:38.00	5:35.75	5:34.10	5:32.68

## Meet Conditions and Criteria

### This meet will be swum under SNZ Regulations with the specific conditions & criteria:

- Age as at 2<sup>nd</sup> March 2010.
- The qualifying period is from 3<sup>rd</sup> March 2009 to 14<sup>th</sup> February 2010.
- The age groups to be swum for both male and female are 13 years, 14 years, 15 years, 16 years and 17-18 years combined.
- Relay events shall be swum as 15 and under and 16 and over. In any relay event swimmers 15 and under may swim in either their correct age group or 16 and over.
- Relays will be swum as heats and finals if the number of entries is greater than the number of lanes and will be swum at the end of the respective sessions.
- The NZ Disabled Swimming Championships shall be conducted as part of the NZ Age Group Championships. Specific qualifying times and criteria are detailed in the *SNZ National Competitions Qualifying Criteria and Programmes Booklet*.
- Individual entry times may be verified against the SNZ Results Database. Performances from regional and local competitions not held within the Results Database may not be eligible for entry to national competitions.
- The qualifying times shown are 50 metre times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- All swimmers shall only enter qualified events.
- All entries must include swimmer details and times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. All relay entries must include swimmers' names whose times were used to produce the entry time. Only swimmers who have met at least one required individual qualifying standard may be entered in relay events.
- A maximum of two (2) international visitors may progress from heats to finals in any one event. There is no limit on international visitor entries for timed-finals but only two (2) international visitors may swim in the fastest timed-final.
- All participants must agree to comply with the Sports Anti-Doping Rules.

### ENTRIES

- **REGIONAL ASSOCIATIONS** must submit entries for SNZ members. No club entries are permitted.
- **CLUBS** entries and fees are to be submitted to their **REGIONAL ASSOCIATION**.
- **CLUBS** need to check with your **REGIONAL ASSOCIATION** for their entry closing dates. Late entries will not be accepted
- **NO REFUNDS** for any withdrawals (including medical) will be given once entries have closed.
- Entry fees are \$15.00 individual events and \$30.00 relay events.

**25m Qualifying Times**

**Male**

**13 & U**

**14 yr**

**15 yr**

**16 & O**

**FREESTYLE**

<b>50</b>	29.80	28.60	28.40	27.90
<b>100</b>	1:04.90	1:03.00	1:02.80	1:00.70
<b>200</b>	2:23.00	2:19.00	2:17.50	2:13.00
<b>400</b>	5:00.35	4:50.00	4:48.90	4:42.15
<b>1500</b>	19:57.70	19:35.00	19:24.50	18:58.90

**BACKSTROKE**

<b>50</b>	34.90	33.50	33.25	32.35
<b>100</b>	1:14.05	1:13.60	1:13.45	1:11.40
<b>200</b>	2:42.05	2:37.00	2:35.30	2:34.35

**BREASTSTROKE**

<b>50</b>	39.25	38.20	37.95	37.15
<b>100</b>	1:25.95	1:23.00	1:22.10	1:20.70
<b>200</b>	3:06.45	2:59.00	2:57.05	2:55.00

**BUTTERFLY**

<b>50</b>	35.20	33.60	33.40	33.00
<b>100</b>	1:18.45	1:14.65	1:14.55	1:13.65
<b>200</b>	2:53.45	2:51.00	2:49.60	2:48.45

**MEDLEY**

<b>100</b>	1:17.90	1:15.00	1:14.90	1:14.80
<b>200</b>	2:46.00	2:41.00	2:40.00	2:39.00
<b>400</b>	5:56.95	5:50.50	5:49.00	5:43.65

	<b>Female</b>			
	<b>13 &amp; U</b>	<b>14 yr</b>	<b>15 yr</b>	<b>16 &amp; O</b>
	<b>FREESTYLE</b>			
<b>50</b>	31.20	31.00	30.90	30:85
<b>100</b>	1:08.20	1:07.95	1:07.90	1:06.85
<b>200</b>	2:29.00	2:27.00	2:26.55	2:24.30
<b>400</b>	5:15.00	5:09.00	5:07.00	5:04.70
<b>800</b>	10:55.00	10:42.00	10:38.35	10:37.00
	<b>BACKSTROKE</b>			
<b>50</b>	36.20	36.00	35.90	35.85
<b>100</b>	1:19.00	1:17.80	1:17.60	1:16.75
<b>200</b>	2:51.00	2:46.50	2:46.00	2:44.50
	<b>BREASTSTROKE</b>			
<b>50</b>	40.70	40.60	40.55	39.50
<b>100</b>	1:29.50	1:29.00	1:28.95	1:26.15
<b>200</b>	3:14.00	3:13.00	3:12.00	3:05.15
	<b>BUTTERFLY</b>			
<b>50</b>	35.50	35.00	34.90	34.80
<b>100</b>	1:20.00	1:19.50	1:19.10	1:18.00
<b>200</b>	2:57.75	2:56.00	2:55.30	2:54.85
	<b>MEDLEY</b>			
<b>100</b>	1:20.00	1:19.50	1:19.00	1:18.00
<b>200</b>	2:52.00	2:49.00	2:48.00	2:47.15
<b>400</b>	6:13.00	6:10.00	6:07.80	6:03.65

## Meet Conditions and Criteria

**This meet will be swum under SNZ Regulations with the specific conditions & criteria:**

- Age as at 17<sup>th</sup> March 2010.
- The qualifying period is from 18<sup>th</sup> March 2009 to 28<sup>th</sup> February 2010.
- The 2010 Division II Competition will be swum Short Course (25m).
- The age groups to be swum for both male and female are 13 years, 14years,15 years and 16 years and over.
- Relays will be regional and club and swum as 14 & under and 15 & over. In any relay event swimmers 14 & under may swim in either their correct age group or 15 & over.
- Relays will be swum as heats and finals if the number of entries is greater than the number of lanes and will be swum at the end of the respective sessions.
- Ribbons will be presented to the 1<sup>st</sup>,2<sup>nd</sup>,and 3<sup>rd</sup> New Zealanders in all events.
- Individual entry times may be verified against the SNZ Results Database. Performances from regional and local competitions not held within the Results Database may not be eligible for entry to national competitions.
- The qualifying times shown are 25 metre times. Qualifying times swum in pools other than 25m must be converted using the SNZ Conversions.
- All swimmers shall only enter qualified events.
- Any swimmer who qualifies for either the 2010 NZ Open Championships or the 2010 NZ Age Group Championships is ineligible to enter the 2010 Division II Competition.
- All entries must include swimmer details and times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. All relay entries must include swimmers' names whose times were used to produce the entry time. Only swimmers who have met the required individual qualifying standard may be entered in relay events.
- A maximum of two (2) international visitors may progress from heats to finals in any one event. There is no limit on international visitor entries for timed-finals but only two (2) international visitors may swim in the fastest timed-final.
- All participants must agree to comply with the Sports Anti-Doping Rules.

## ENTRIES

- **REGIONAL ASSOCIATIONS** must submit entries for SNZ members. No club entries are permitted.
- **CLUBS** entries and fees are to be submitted to their **REGIONAL ASSOCIATION**.
- **CLUBS** need to check with their **REGIONAL ASSOCIATION** for their entry closing dates. Late entries will not be accepted.
- **NO REFUNDS** for any withdrawals (including medical) will be given once entries have closed.
- Entry fees are \$15.0 individual events and \$30.00 relay events.

31 July 2009

**50m Qualifying Times**

<b>Male</b>		<b>Female</b>
<b>FREESTYLE</b>		
25.48	<b>50</b>	28.71
55.50	<b>100</b>	1:01.80
2:00.00	<b>200</b>	2:13.00
4:19.00	<b>400</b>	4:40.00
9:04.65	<b>800</b>	9:40.00
17:20.00	<b>1500</b>	
<b>BACKSTROKE</b>		
29.00	<b>50</b>	32.90
1:02.83	<b>100</b>	1:10.00
2:16.71	<b>200</b>	2:30.55
<b>BREASTSTROKE</b>		
32.51	<b>50</b>	36.36
1:10.68	<b>100</b>	1:18.71
2:32.75	<b>200</b>	2:49.28
<b>BUTTERFLY</b>		
27.66	<b>50</b>	30.66
1:00.51	<b>100</b>	1:07.84
2:14.95	<b>200</b>	2:29.00
<b>INDIVIDUAL MEDLEY</b>		
2:16.50	<b>200</b>	2:33.00
4:55.00	<b>400</b>	5:23.75

31 July 2009

## Meet Conditions and Criteria

**This meet will be swum under SNZ Regulations with the specific conditions & criteria:**

- Age as at 5<sup>th</sup> April 2010.
- The qualifying period is from 3<sup>rd</sup> March 2009 to 21<sup>st</sup> March 2010.
- Relays will be swum as open timed finals with all timed-finals will be swim in the finals session.
- Individual entry times may be verified against the SNZ Results Database. Performances from regional and local competitions not held within the Results Database may not be eligible for entry to national competitions.
- The qualifying times shown are 50 metre times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- All swimmers shall only enter qualified events.
- All entries must include swimmer details and times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. All relay entries must include swimmers' names whose times were used to produce the entry time. Only swimmers who have met the required individual qualifying standard may be entered in relay events.
- For 50m, 100m, 200m, 400m, 800m, 1500m events, there will be A and B Finals. B Finals will be swum when there are 20 or more swimmers that competed in the heats. The Open Championship placings will be determined from the A final.
- A maximum of two (2) international visitors may progress from heats to finals in any one event. There is no limit on international visitor entries for timed-finals but only two (2) international visitors may swim in the fastest timed-final.
- All participants must agree to comply with the Sports Anti-Doping Rules.

## ENTRIES

- **REGIONAL ASSOCIATIONS** must submit entries for SNZ members. No club entries are permitted.
- **CLUBS** entries and fees are to be submitted to their **REGIONAL ASSOCIATION**.
- **CLUBS** need to check with your **REGIONAL ASSOCIATION** for their entry closing dates. Late entries will not be accepted.
- **NO REFUNDS** for any withdrawals (including medical) will be given once entries have closed.
- Entry fees are \$15.00 individual events and \$30.00 relay events.



# CONVERSION TABLES

For the purpose of all national meets, pools of length 36 2/3yds will be treated as if they were of length 33 1/3 metres, and pools of length 55yds will be treated as if they were of length 50metres.

**NOTE THAT ONLY THE PRECEDING CONVERSIONS MAY BE USED FOR NATIONAL MEETS.**

## Conversions from 33 1/3 metre or 36 2/3 yard times to 50m time:

			<b>Seconds</b>
<b>Freestyle</b>	100m	Add	0.85
	200m	Add	1.70
	400m	Add	3.40
	800m	Add	6.80
	1500m	Add	12.75
<b>Backstroke</b>	100m	Add	0.85
	200m	Add	1.70
<b>Breaststroke</b>	100m	Add	1.00
	200m	Add	2.00
<b>Butterfly</b>	100m	Add	0.70
	200m	Add	1.40
<b>Medley</b>	400m	Add	3.40

## Conversion from 25 metre to 50 metre time:

			<b>Seconds</b>
<b>Freestyle</b>	50m	Add	0.85
	100m	Add	1.70
	200m	Add	3.40
	400m	Add	6.80
	800m	Add	13.60
	1500m	Add	25.50
<b>Backstroke</b>	50m	Add	0.85
	100m	Add	1.70
	200m	Add	3.40
<b>Breaststroke</b>	50m	Add	1.00
	100m	Add	2.00
	200m	Add	4.00
<b>Butterfly</b>	50m	Add	0.70
	100m	Add	1.40
	200m	Add	2.80
<b>Medley</b>	200m	Add	3.40
	400m	Add	6.80



