

2009 Otago Country Clubs Championships

29th November 2009, Balclutha



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

- Age as at 29th November 2009
- Swimmers must meet the qualifying time to enter the meet. The qualifying times will be based on 25 metre times. Entry times swum in pools other than 25m must be converted using the SNZ Conversions.
- Certificates will be awarded for First, Second and Third place in each age group and gender.
- Over the top starts may be used for Timed Finals.
- All relay entries must include swimmers' names.
- All participants must agree to comply with the Sports Anti Doping Rules.
- All scratchings must be made by Team Managers to the Recorder. The SNZ Scratching Regulations 3.1 & 3.2 will apply.
- 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.
- Points will be awarded to Clubs as follows: 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 events will 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), Open Mixed Medley 100m Relay must have one swimmer from each age group. Open Mixed Freestyle Relay 200m must have 4 swimmers from 11&under and 4 swimmers from 12 and over.
- The age groups shall be
 - 9 and under
 - 10 and 11
 - 12 and 13
 - 14 and over

Entries

Entries close with Clutha United Swimming Club at 12 midnight on 21st November 2009. 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 hyv file to carkar@ihug.co.nz

Entries must include:

- Entries by swimmer – word format or pdf
- Entry fee summary – word format or pdf
- Relay names report
- Club Coaches and Managers Form
- Officials available for the Meet

Entry fees are \$3 individual events and \$4.00 relay events.

Entry fees have to be received by Karen Ramsay 87 Wilson Road Balclutha 9230 by Thursday 26th November 2009.

Psych Sheets

Psych Sheets will be posted on the Swimming Otago website by Monday 23rd November 2009

www.swimotago.org.nz

Corrections to carkar@ihug.co.nz by Midnight on Wednesday 25th November 2009

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Programme

Session 1		
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
Break		
Session 2		
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

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25m Qualifying Times

25m Qualifying Times							
Male				Female			
9 & Uyr	10-11yr	12-13 yr	14 & Oyr	9 & Uyr	10-11yr	12-13 yr	14& Oyr
FREESTYLE							
1:00.00	50.00			1:01.50	52.00		
		1:31.50	1:26.00	50		1:36.00	1:31.00
				100			
BACKSTROKE							
1:09.00	55.50			1:10.50	58.00		
		1:41.00	1:36.00	50		1:46.00	1:41.00
				100			
BREASTSTROKE							
1:16.00	1:02.00			1:17.50	1:03.5		
		1:51.00	1:46.00	50		1:55.50	1:51.00
				100			
BUTTERFLY							
34.00	1:03.00			35.00	1:04.50		
		52.00	42.50	25		55.50	49.00
				50			
MEDLEY							
2:03.00	1:51.00	1:40.00	1:35.00	100	2:07.00	1:56.00	1:45.00
						1:45.00	1:40.00