

2009 Otago Swimming Championships

29th January – 1st February, Moana Pool, Dunedin



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

- Age as at 29th January 2009
- 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.
- Individual events: Medals will be awarded to the first 3 place getters from Otago. Visitors will be awarded a medal according to their placing if they finish in the first 3 places. Ribbons will be awarded to the top 8 finalists who do not receive medals.
- 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 21st January 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 swimming.otago@xtra.co.nz.

Entries must include:

- Entries by swimmer – word format
- Entry fee summary – word format
- Relay names report
- Club Coaches and Managers Form

Entry fees are \$6.50 individual events and \$10.00 relay events.

Entry fees have to be received by Swimming Otago, P O Box 79, Dunedin by Tuesday 27th January 2009.

Psych Sheets

Psych Sheets will be posted on the Swimming Otago website by Friday 23rd January 2009

www.swimotago.org.nz

Corrections to swimming.otago@xtra.co.nz by Midnight on Sunday 25th January 2009

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Programme

<p>Session 1 - Thursday evening 29th January 2009 Warm-up 6pm Start 6.30pm</p> <p>Event 1 800m Freestyle Mixed Timed Final Event 2 1500m Freestyle Mixed Timed Final</p>	<p>Session 4 - Saturday morning 31st January 2009 Warm-up 8am Start 8.45am</p> <p>Event 10 100m Breaststroke Mixed Heats Event 11 200m Backstroke Mixed Heats Event 12 50m Freestyle Mixed Heats Event 13 200m Butterfly Mixed Heats</p>	<p>Session 6 - Sunday morning 1st February 2009 Warm-up 8am Start 8.45am</p> <p>Event 17 100m Butterfly Mixed Heats Event 18 50m Backstroke Mixed Heats Event 19 100m Freestyle Mixed Heats Event 20 50m Breaststroke Mixed Heats Event 21 200m IM Mixed Heats</p>
<p>Session 2 - Friday morning 30th January 2009 Warm-up 8am Start 8.45am</p> <p>Event 3 100m Backstroke Mixed Heats Event 4 200m Breaststroke Mixed Heats Event 5 50m Butterfly Mixed Heats Event 6 200m Freestyle Mixed Heats</p>	<p>Session 5 - Saturday evening 31st January 2009 Warm-up 3.30pm Start 4.15pm</p> <p>Event 14 400m Freestyle Mixed Timed Final Event 10 100m Breaststroke age/sex Final Event 11 200m Backstroke age/sex Final Event 12 50m Freestyle age/sex Final Event 13 200m Butterfly age/sex Final Event 15 200m Medley relay Mixed Timed Final Event 16 200m Medley relay Mixed Timed Final</p>	<p>Session 7 - Sunday afternoon 1st February 2009 Warm-up 1pm Start 1.45pm</p> <p>Event 17 100m Butterfly age/sex Finals Event 18 50m Backstroke age/sex Finals Event 19 100m Freestyle age/sex Finals Event 20 50m Breaststroke age/sex Finals Event 21 200m IM age/sex Finals Event 22 Zenith Alternate Trophy Women Timed Final Event 23 Festival Cup Men Timed Final</p>
<p>Session 3 - Friday evening 30th January 2009 Warm-up 5pm Start 5.45pm</p> <p>Event 7 400m IM Mixed Timed Final Event 3 100m Backstroke age/sex Final Event 4 200m Breaststroke age/sex Final Event 5 50m Butterfly age/sex Final Event 6 200m Freestyle age/sex Final Event 8 200m Freestyle relay Mixed Timed Final Event 9 200m Freestyle relay Mixed Timed Final</p>		

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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