

# Otago Primary Schools 2010 SWIMMING CHAMPIONSHIPS

Saturday 27th March at Moana Pool

## Session 1 Heats of Individual Events

Warm-up at 8:30 am, Start 9 am

- Ev 1 Mixed Open 50 metre Freestyle
- Ev 2 Mixed Open 50 metre Backstroke
- Ev 3 Mixed Open 50 metre Breaststroke

Swum with the finals of the  
Otago Secondary School  
Swimming Championships

## Session 2 Finals and Relays

Warm-up at 3:30 pm, Start 4.00 pm.

<b>Ev 1</b> Girls 9 yrs & Under 50 metre Freestyle Girls 10 years 50 metre Freestyle Girls 11 years 50 metre Freestyle Girls 12 & Over 50 metre Freestyle Boys 9 yrs & Under 50 metre Freestyle Boys 10 years 50 metre Freestyle Boys 11 years 50 metre Freestyle Boys 12 & Over 50 metre Freestyle	<b>Ev 3</b> Girls 10 yrs & Under 50 metre Breaststroke Girls 11 years 50 metre Breaststroke Girls 12 & Over 50 metre Breaststroke Boys 10 yrs & Under 50 metre Breaststroke Boys 11 years 50 metre Breaststroke Boys 12 & Over 50 metre Breaststroke
<b>Ev 2</b> Girls 9 yrs & Under 50 metre Backstroke Girls 10 years 50 metre Backstroke Girls 11 years 50 metre Backstroke Girls 12 & Over 50 metre Backstroke Boys 9 yrs & Under 50 metre Backstroke Boys 10 years 50 metre Backstroke Boys 11 years 50 metre Backstroke Boys 12 & Over 50 metre Backstroke	<b>Ev 4</b> Mixed 12 years & Over Freestyle Relay <b>Ev 5</b> Mixed 11 years Freestyle Relay <b>Ev 6</b> Mixed 10 years Freestyle Relay <b>Ev 7</b> Mixed 9 years & Under Freestyle Relay <b>Ev 8</b> Yrs 7&8 Mixed Medley Relay (Bk, Br, Fly, Free) <b>Ev 9</b> Yrs 7&8 Mixed Freestyle Relay

- **The age is taken as on 26th March 2010.**
- **Boys and Girls of all ages will swim together in the heats.**
- **The heats will be seeded with the slowest heats being swum first.**
- **The fastest 8 girls and the fastest 8 boys in each age group will contest the finals.**
- A swimmer may swim in **3 individual events.**
- In the relays a swimmer must swim in **their age group relay only.**
- Relay team names to be submitted with entries.
- **Events 4, 5, 6 & 7:** teams may be any combination of boys and girls.
- **Events 8 & 9:** the Years 7&8 Medley Relay and the Years 7&8 Freestyle Relay are for Year 7 & 8 students only. The teams may be **any** combination of boys and/or girls.
- Children will need to be supervised at all times by a Team Manager.
- **The entry fee for individual events is \$2.50 per event. The entry fee for relay events is \$4 per team.**
- Spectators will be charged admission to the pool for each session.

- Schools will receive an entry confirmation prior to meet by e-mail. This will also be available on the Swimming Otago website: [www.swimotago.org.nz](http://www.swimotago.org.nz)
- Programmes will be for sale at the pool 30 minutes before the warm-up starts.
- **No late entries** will be accepted
- **Only entries with actual qualifying times** recorded to hundredths will be accepted.
- **No substitutions** will be permitted.
- The competition will be run under **Swimming NZ Rules**.
- **The one start rule will apply.**
- Results will be posted on the wall behind the old dive well & on windows behind meet office on the 1st floor.
- Send entries on the official entry form **together with entry fees** (cheques payable to Swimming Otago Inc) by

**12th March 2010 to:   Swimming Otago**  
**c/- Susan Sawtell**  
**82 Cherry Drive**  
**Mosgiel 9024**

### **Programme for Finals and Relays on Saturday Afternoon**

<b>Event</b>	
1	Mixed 50 Freestyle Primary
21	Mixed 50 Butterfly Secondary
4	Mixed 12 Years & Over 200 Freestyle Relay Primary
5	Mixed 11 Years 200 Freestyle Relay Primary
28	Boys 200 Medley Relay Secondary
29	Girls 200 Medley Relay Secondary
30	Mixed 200 Medley Relay Secondary
6	Mixed 10 Years 200 Freestyle Relay Primary
7	Mixed 9 Years & Under 200 Freestyle Relay Primary
22	Mixed 50 Backstroke Secondary
2	Mixed 50 Backstroke Primary
23	Mixed 50 Freestyle Secondary
3	Mixed 50 Breaststroke Primary
24	Mixed 50 Breaststroke Secondary
8	Years 7&8 Mixed 200 Medley Relay Primary
25	Boys 200 Freestyle Relay Secondary
26	Girls 200 Freestyle Relay Secondary
9	Years 7&8 Mixed 200 Freestyle Relay Primary
27	Mixed 200 Freestyle Relay Secondary

Any queries	phone:	Susan Sawtell (03) 4898349 (evenings)
	email:	ssawtell@ihug.co.nz

# QUALIFYING TIMES

## OTAGO PRIMARY SCHOOLS SWIMMING CHAMPIONSHIPS

- Qualifying times are the **same** for both **girls** and **boys**.
- Actual qualifying times to the **hundredths** are required so that heats may be seeded.
- Individual events are all **50 metres** and relays are **4 x 50 metres**.
- **Heats** of individual events will start at the deep end, turn at the bulkhead, and finish at the deep end.
- **Relays** will start at the deep end and finish at the deep end.
- **Age** is taken as on **26th March 2010**.
- **Late entries or entries without qualifying times will not be accepted.**
- **No substitutions are permitted.**
- **Enter only children who have bettered the qualifying time recently.**

Age	Stroke	Qualifying Time (50 metre)
9 Yrs & Under	Freestyle Backstroke 4 x 1 Freestyle Relay	58 seconds 1 minute 3 seconds 4 minutes 20 seconds
10 Years 10 Years & Under	Freestyle Backstroke Breaststroke 4 x 1 Freestyle Relay	53 seconds 58 seconds 1 minute 3 seconds 3 minutes 50 seconds
11 Years	Freestyle Backstroke Breaststroke 4 x 1 Freestyle Relay	48 seconds 53 seconds 58 seconds 3 minutes 20 seconds
12 & Over	Freestyle Backstroke Breaststroke 4 x 1 Freestyle Relay	43 seconds 48 seconds 53 seconds 3 minutes
Years 7&8 Years 7&8	4 x 1 Medley Relay 4 x 1 Freestyle Relay	3 minutes 10 seconds 2 minutes 40 seconds

### Suggested Distances and Conversions For Time Trials

- 15 metre pool - swim 4 lengths use actual time
- 25m - swim 2 lengths use actual time
- $33\frac{1}{3}$  metre pool - swim 1 length and multiply the time swum by 1.6
- $33\frac{1}{3}$  yard pool - swim 1 length and multiply the time swum by 1.75

# Swimming Instructions

## **START OF SWIM SPORTS**

- Competitors must be seated in the Spectators Gallery with their team manager until reporting to the marshals on poolside.
- Substitutes for swimmers who have not turned up for their races will not be permitted.
- The carnival will be run in accordance with Swimming New Zealand Rules.

## **MARSHALLING**

- The event number will be written on a whiteboard by the marshalling area.
- Swimmers will join their heat as soon as the event is displayed by using the steps from the Gallery and walking around the shallow end of the pool or around the old diving well by the walls.
- Swimmers will stay with the marshal and walk to the starting end for their race.
- Swimmers must swim in the correct event, heat and lane as indicated in the programme.

## **ELECTRONIC TIMING**

- Touch pads will be at the deep end where the races will finish. Swimmers must leave the water from the sides of the pool and not over pads at the end.
- Swimmers will need to touch firmly on the pad to activate the timing device.

## **STARTING SIGNAL**

- After one long whistle from the referee in the Freestyle and Breaststroke races the swimmers may stand in the starting position. The starter will say "TAKE YOUR MARKS". Swimmers must stay still until the beeper is sounded.
- In the Backstroke races, after the second whistle from the referee the starter will say "TAKE YOUR MARKS". Swimmers must stay still until the beeper is sounded.
- Swimmers must dive from the starting block or wall for the start of their freestyle and breaststroke races.

## **DURING A RACE**

- Competitors must swim the correct stroke in backstroke and breaststroke.
- Turns at the 25m must be correctly done for all strokes during the heats as the pool will be short course.

## **END OF RACE**

- Swimmers will need to touch correctly at the finish of a race.
- In individual events swimmers must stay in the water until a short whistle from the referee is given.
- Swimmers will then go back quickly to their teams in the Spectators Gallery using the steps up from the pool deck to the Gallery.

## **RESULTS BOARD**

- Results will be posted on the wall behind the old dive well & on windows behind meet office on the 1<sup>st</sup> floor.
- Team managers please check if any of your swimmers have made finals.

## **FINALS PROGRAMMES**

- A Finals Programme will be on sale in the pool foyer for \$1 at the beginning of the finals session.

## **RIBBONS**

- Placegetters ribbons will be posted to schools after the results have been confirmed.

## **FULL SET OF RESULTS**

- These will be available on the Swimming Otago website [www.swimotago.org.nz](http://www.swimotago.org.nz)