



CENTRAL SWIMMING & ATHLETES WITH DISABILITY

LONG COURSE CHAMPIONSHIPS

10 –12 FEBRUARY 2012

**Waterworld
Garnett Avenue, Hamilton**

PRIZES FOR TOP SWIMS IN EACH AGE GROUP

SPONSORED BY



SWIM T3

New Zealand's Swimming and Triathlon Specialists

***(Asterix) denotes events to be swum by AWD Athletes**

HEATS:

AWD Athletes will swim their heats with able-bodied swimmers

FINALS:

Event numbers 101-107, 101A—106A and 118 are Finals events for AWD Swimmers Only

SESSION 1 Friday 10th February					
Event	Warm up 7.30am			Start 8.45am	
1	Female	50m	Breast	Heats	
2	Male	50m	Breast	Heats	
3	Female	200m	Fly	Heats	
4	Male	200m	Free	Heats	
*5	Female	100m	Back	Heats	AWD Heat
*6	Male	100m	Back	Heats	AWD Heat
*7	Female	400m	Free	Heats	AWD Heat
8	Male	100m	Fly	Heats	
*9	Female	200m	Medley	Heats	AWD Heat
10	Male	400m	Medley	Heats	

Qualifying Times Heats		
13	14 &15	16/0
50.00	46.00	44.00
50.00	44.00	42.00
3.35.00	3.20.00	3.15.00
2.55.00	2.48.00	2.35.00
1.35.00	1.34.00	1.35.00
1.35.00	1.34.00	1.26.00
6.00.00	5.30.00	5.30.00
1.35.00	1.32.00	1.25.00
3.20.00	3.15.00	3.15.00
6.30.00	6.30.00	6.20.00

SESSION 2 Friday 10th February					
Event	Warm up 4.00pm			Start 5.00pm	
*101	Female	100m	Back	Finals	AWD Only
*101A	Male	100m	Back	Finals	AWD Only
1-7	A,B & C Finals				
*107	Female	400m	Free	Finals	AWD Only
8-10	A,B & C Finals				
11	Female	4x50m	Free Relay	T/F	Regional
12	Female	4x50m	Free Relay	T/F	Regional
13	Male	4x50m	Free Relay	T/F	Regional
14	Male	4x50m	Free Relay	T/F	Regional

Finals
Age groups are not declared
AWD
AWD
Fastest 24 (see conditions)
AWD
Fastest 24 (see conditions)
14yrs/Under
15yrs/Over
14yrs/Under
15yrs/Over

SESSION 3 Saturday 11th February					
Event	Warm up 7.30am			Start 8.45am	
15	Female	50m	Back	Heats	
16	Male	50m	Back	Heats	
17	Female	100m	Fly	Heats	
*18	Male	400m	Free	Heats	AWD Heat
*19	Female	100m	Free	Heats	AWD Heat
*20	Male	100m	Free	Heats	AWD Heat
21	Female	200m	Breast	Heats	
22	Male	200m	Back	Heats	
*23	Female	50m	Fly	Heats	AWD Heat
*24	Male	50m	Fly	Heats	AWD Heat
25	Female	800m	Free	T/F	Slower Heat
*26	Male	100m	Breast	Heats	AWD Heat

Heats		
13	14 &15	16/0
47.00	43.00	42.00
47.00	40.00	38.00
1.37.00	1.36.00	1.28.00
5.55.00	5.30.00	5.30.00
1.20.00	1.20.00	1.15.00
1.20.00	1.17.00	1.10.00
3.45.00	3.32.00	3.30.00
3.25.00	3.10.00	3.10.00
40.00	39.00	38.65
40.00	38.65	38.00
Fastest 24 (see conditions)		
1.45.00	1.40.00	1.32.00

SESSION 4
Saturday 11th February

Event	Warm up 4.00pm			Start 5.00pm	
*102	Female	100m	Free	Finals	AWD Only
*102A	Male	100m	Free	Finals	AWD Only
15-18	A, B & C Finals				
*118	Male	400m	Free	Finals	AWD Only
19-22	A, B & C Finals				
*103	Female	50m	Fly	Finals	AWD Only
*103A	Male	50m	Fly	Finals	AWD Only
23-24	A, B & C Finals				
25	Female	800m	Free	T/F	Fastest Heat
*104	Female	100m	Breast	Finals	AWD Only
*104A	Male	100m	Breast	Finals	AWD Only
26	A, B & C Finals				
27	Female	4x50m	Medley Relay	T/F	Regional
28	Female	4x50m	Medley Relay	T/F	Regional
29	Male	4x50m	Medley Relay	T/F	Regional
30	Male	4x50m	Medley Relay	T/F	Regional

SESSION 5
Sunday 12th February

Event	Warm up 7.30am			Start 8.45am	
*31	Female	50m	Free	Heats	AWD Heat
*32	Male	50m	Free	Heats	AWD Heat
33	Female	400m	Medley	Heats	
34	Male	200m	Fly	Heats	
35	Female	200m	Free	Heats	
36	Male	200m	Breast	Heats	
37	Female	100m	Breast	Heats	
*38	Male	200m	Medley	Heats	AWD Heat
39	Female	200m	Back	Heats	
40	Male	1500m	Free	T/F	Slower Heat

SESSION 6
Sunday 12th February

Event	Warm up TBA			Start TBA	
*105	Female	50m	Free	Finals	AWD Only
*105A	Male	50m	Free	Finals	AWD Only
31-37	A, B & C Finals				
*106	Female	200m	Medley	Finals	AWD Only
*106A	Male	200m	Medley	Finals	AWD Only
38-39	A, B & C Finals				
40	Male	1500m	Free	T/F	Fastest Heat
41	Squad/Club	8x50m	Free Relay	T/F	

Finals

Age groups are not declared

AWD

AWD

Fastest 24 (see conditions)

AWD

Fastest 24 (see conditions)

AWD

AWD

Fastest 24 (see conditions)

Fastest 24 (see conditions)

AWD

AWD

Fastest 24 (see conditions)

14yrs/Under

15yrs/Over

14yrs/Under

15yrs/Over

Heats

13	14 &15	16/0
37.00	35.00	34.00
37.00	34.00	32.00
6.30.00	6.30.00	6.20.00
3.35.00	3.28.00	3.15.00
2.55.00	2.45.00	2.45.00
3.45.00	3.36.00	3.32.00
1.48.00	1.40.00	1.36.00
3.15.00	3.11.00	3.00.00
3.25.00	3.20.00	3.20.00

Fastest 24 (see conditions)

Finals

Age groups are not declared

AWD

AWD

Fastest 24 (see conditions)

AWD

AWD

Fastest 24 (see conditions)

Fastest 24 (see conditions)

1 Male & 1 Female per age group
for 13,14,15,16 yrs)

Meet Conditions

1. **Closed Championship:** Only swimmers registered with Swimming Bay of Plenty, Swimming Taranaki, Swimming Waikato or Swimming Hawkes Bay/Poverty Bay Regions may enter with the exception of AWD swimmers.
2. **Age :** as at Friday 10th February 2012.
3. **Closing Date :** for entries 8.00pm, Monday 30th January 2012– **late entries not accepted**
4. **Qualifying Period :** from 29th January 2011 to 30th January 2012
5. **Entry fee :** \$9.00 per event, \$18.00 per relay team - payable to 'Central Swimming' with Fee Report.
6. **Fee Payment :** to be paid by **Friday 3rd February 2012**.
7. **Entries (to be submitted by Clubs) & payment to :** Stu Woods - Ph 07 8540266 (evenings), or email swimwoods@xtra.co.nz
Address: 3 Gavin Heights, Bramley, Hamilton with cheques payable to : Central Swimming.
8. **Club Recorders to assist with planning; please include names of officials that can assist at the meet (including role and session(s))**
9. **'Proof of times':** entry report (by name) to accompany file (when emailing) and a hardcopy for all postal entries.
10. **Qualifying Times:** All Swimmers to have met the stated qualifying times. If a swimmer qualifies for only **one(1) event**, they may enter **one (1) other unqualified event – limited to : 50m, 100m or 200m only**.
11. **No Time (NT)** will not be accepted.
12. **Entry Times:** **Converted times can be used.**
13. **Session 6 will commence approximately 90 minutes (TBC) after the completion of Session 5.**
14. **Scratchings/withdrawals :** are required for **Timed Finals & Finals only :**
 - Withdrawals from **Finals** to be advised to control within **30 mins** of the **heat results being posted**
 - Finalists are deemed to include the **first 2 reserves**
 - Withdrawals from **Timed Finals** to be advised to control **45 mins before the start** of the session in which the first heat of the timed final will be swum.
 - **Relays:** Teams must be confirmed to Control **45 mins before the start** of the session in which they are to be swum.
 - A Doctor's certificate is required for refunds **AND** subject to acceptance by the Meet Director.
 - **Fees** for Withdrawals and Protests will apply and are as follows :
 - Failure to scratch within stipulated time frame: **\$50.00 (payable on the day)**
 - Protest fee: **\$50.00**
 - **Protests:** SNZ Protest rules will apply.
15. **Events**
 - **All Events :** Heats, AWD Finals, A, B & C Finals & Timed Finals will be swum as stated in the programme
 - **Heats** will be swum as **mixed** age group separate male & female seeded on time & swum slowest to fastest.
 - The slowest heats of the 800m and 1500m free events will be swum in the morning sessions
 - Age Group Winners will be awarded from the Heat swims only
 - **Finals** will be swum as A, B & C Finals, fastest 24 males & 24 females (regardless of age) starting with the 'C' final give the following conditions :
 - i. A minimum of **24** swimmers are required in an event for A, B and C finals to be run, otherwise
 - ii. The event reverts to an A and B Final requiring a minimum of **16** swimmers.
 - iii. If **less than** 16 swimmers then only an A Final will be run.
 - Meet organisers reserve the right to combine any heat, timed final or final where necessary
16. **Awards**
 - **Heats :** **'Central Swimming Age Group Medals** will be awarded to **1st, 2nd, & 3rd** Male and Female for the following age groups: **13, 14, 15, 16, 17/O**.
 - **Open 'Central swimming' Medals** awarded to **1st, 2nd & 3rd** Male & Female in the 'A' Final and **4th-24th** placegetters to receive ribbons.
 - **Relays: All swimmers must have entered and be competing in the Central Swimming Long Course Championships to be eligible to compete in a Relay Team. 1st, 2nd & 3rd placegetters will receive Certificates – sent to Regions after the meet.**
17. A **\$100 T3 Voucher** will be awarded for each stroke to the top Male and Female Stroke Champion of the meet. FINA Points will be used to calculate winners.
18. A **\$200 T3 Voucher** will be awarded to the highest overall FINA point's scorers for both female and male.
19. T3 spot prize vouchers will be drawn at the end of each Finals session. Only swimmers who swim personal bests will be eligible for spot prizes. Poolside Officials: We shall endeavour to provide the necessary number of officials, however the number on pool-deck may be more or less than that stated by Swimming NZ depending on availability of officials on the day.
20. **Starts :** are over the top for Heats & Timed Finals in the morning sessions only
21. **AWD:** See over-page details for AWD meet conditions.
22. **Electronic Timing :** will be used at these championships
23. **Queries to :** Stu Woods Ph 07 8540266 (evenings) or Bronwen Radford Ph 027 6688966

AWD Conditions

BACKGROUND

These Championships are a pinnacle event for our AWD athletes.

This is the first stage qualifying event for our Paralympic swimmers heading towards London 2012. From here they may have the opportunity to attend the British National Championships in Sheffield which is the last chance qualifying event for London 2012.

AWD FINALS

50m Freestyle
100m Freestyle
100m Backstroke
100m Breaststroke
50m Butterfly
200m Individual Medley
400m Freestyle

AWD RULES

AWD shall swim their heats as part of the able-bodied programme.

AWD must register an official time in the heat swims to qualifying for the AWD finals.

All AWD finals shall be swum as a mixed age group and classification events.

1 set of medals (gold, silver, bronze) shall be awarded per AWD final.

Medals and placing's shall be determined based on the competitors' results in comparison to their relevant world record in their respective classification. This shall mean the competitor who achieves the lowest percentage of their own relevant world record (ie: the closest to their relevant world record) will be placed first, and so forth.

In addition, AWD can enter and swim in the heats of events that do not have AWD finals.

ENTRY

Competitors must hold at a minimum a provisional level classification (obtained through Paralympics NZ).

A section for this should be included on the entry forms.



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