



SNM Long Course Championships 2022

Event Schedule

Session 1 Warm-up from 7.15am Racing from 8.00am			Session 2 Warm-up from 3.15pm Racing from 4.00pm			Session 3 Warm-up from 7.15am Racing from 8.00am			Session 4 Warm-up from 2.15pm Racing from 3.00pm		
1	1500m Freestyle	M	13	1500m Freestyle	F	22	800m Freestyle	M	35	800m Freestyle	F
2	400m IM	F	14	400m Freestyle	M	23	400m Freestyle	F	36	400m IM	M
3	50m Freestyle	M	15	200m Breaststroke	M	24	200m Backstroke	M	37	200m Butterfly	F
4	50m Freestyle	F	16	200m Breaststroke	F	25	200m Backstroke	F	38	200m Freestyle	M
5	100m Backstroke	M	17	50m Backstroke	M	26	50m Breaststroke	M	39	100m Breaststroke	F
6	100m Backstroke	F	18	50m Backstroke	F	27	50m Breaststroke	F	40	100m Breaststroke	M
7	200m Butterfly	M	19	100m Fly	M	28	200m IM	M	41	100m Freestyle	F
8	200m Freestyle	F	20	100m Fly	F	29	200m IM	F	42	50m Butterfly	M
9	100m Freestyle	M	21	Bacon Cup 8x50	M/F	30	12xUnder 4x50m Freestyle	M/F	43	50m Butterfly	F
10	12 & Under 4x50m	M/F		Medley Relay			Relay		44	Laurie Crabb 12x50	
11	13-14years 4 x100m	M/F				31	13-14years 4x100m	M/F		Medley Relay	
	Medley Relay					32	Open 4 x 100m Freestyle	M	34	Adam & Eve 2 x 50	M/F
12	15 & Over 4x100m	M/F					Relay Workers Co-op			Relay	
	Medley Relay					33	Open 4x100m Freestyle	F			
							Relay Tom Boulton				

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Junior Regional Championship Age Group Matrix as per Appendix 6 – SNZ Competition Restructure & Competitive Pathway Review

	Freestyle						Backstroke			Breaststroke			Butterfly			Individual Medley		
	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
9 & under	✓	✓	✓	✓			✓	✓		✓	✓		✓	✓		✓	✓	
10 years	✓	✓	✓	✓			✓	✓		✓	✓		✓	✓		✓	✓	
11 years	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
12 years	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Senior Regional Championship Age Group Matrix as per Appendix 6 – SNZ Competition Restructure & Competitive Pathway Review

	Freestyle						Backstroke			Breaststroke			Butterfly			Individual Medley		
	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
13 years	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
14 years	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15 & over	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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