



2019 13 & Over Long Course Championships

KEY DETAILS

Competition: 2019 Swimming Wellington 13&O
Long Course Championships
Location: Wellington Regional Aquatic Centre
Date: January 19th – 21st 2019

Session Start Times

Session 1: Sat 19 Jan - Warm-up 7.30am, Start 8.20am
Session 2: Sat 19 Jan - Warm up 3pm, Start 3.50pm
Session 3: Sun 20 Jan - Warm-up 7.30am, Start 8.20am
Session 4: Sun 20 Jan - Warm up 3pm, Start 3.50pm
Session 5: Mon 21 Jan - Warm up 7.30am, Start 8.20am
Session 6: Mon 21 Jan - Warm up 3pm, Start 3.50pm

Programmes

There will be no printed programmes available for spectators during this meet. Final programmes will be available at www.wellington.swimming.org.nz prior to the start of each session. Results will be available on Meet Mobile for the duration of the meet.

OPEN TO 13 & OVER

HEATS & FINALS

LONG COURSE

OUR VALUES

RESPECT



EXCELLENCE



TEAMWORK



KEEP UP TO DATE !
@SWIMWELLINGTON

Event Contacts

Angus Pashley: Events@swimwn.co.nz
Technical Director – Greg Forsythe
RTOP@swimwn.co.nz

Club Duty Roster available in Dropbox. This is in addition to the technical officials clubs are required to provide.

| 2019 MALE QUALIFYING TIMES | | | | | 2019 FEMALE QUALIFYING TIMES | | | |
|----------------------------|----|----|-------|-------|------------------------------|----|----|-------|
| 13 | 14 | 15 | 16-18 | DIST. | 13 | 14 | 15 | 16-18 |

| FREESTYLE | | | | | | | | |
|-------------------|------|-------|-------|------|------|------|-------|-------|
| 0.36 | 0.35 | 0.34 | 0.32 | 50 | 0.38 | 0.37 | 0.36 | 0.35 |
| 1.15 | 1.11 | 1.10 | 1.09 | 100 | 1.17 | 1.16 | 1.15 | 1.14 |
| 2.30 | 2.20 | 2.18 | 2.16 | 200 | 2.35 | 2.30 | 2.29 | 2.28 |
| 5.10 | 5.00 | 4.50 | 4.40 | 400 | 5.10 | 5.05 | 5.00 | 4.50 |
| | | 10.30 | 10.00 | 800 | | | 10.40 | 10.20 |
| | | 19.00 | 18.00 | 1500 | | | 19.40 | 19.20 |
| BACKSTROKE | | | | | | | | |
| 0.42 | 0.41 | 0.40 | 0.39 | 50 | 0.44 | 0.43 | 0.42 | 0.41 |
| 1.26 | 1.25 | 1.24 | 1.23 | 100 | 1.29 | 1.28 | 1.27 | 1.26 |
| 2.58 | 2.53 | 2.50 | 2.49 | 200 | 3.04 | 2.59 | 2.56 | 2.55 |
| BREASTSTROKE | | | | | | | | |
| 0.45 | 0.44 | 0.43 | 0.42 | 50 | 0.46 | 0.45 | 0.44 | 0.43 |
| 1.35 | 1.34 | 1.33 | 1.32 | 100 | 1.39 | 1.38 | 1.37 | 1.36 |
| 3.14 | 3.13 | 3.12 | 3.11 | 200 | 3.25 | 3.20 | 3.19 | 3.18 |
| BUTTERFLY | | | | | | | | |
| 0.43 | 0.42 | 0.41 | 0.39 | 50 | 0.43 | 0.42 | 0.41 | 0.40 |
| 1.27 | 1.26 | 1.25 | 1.22 | 100 | 1.28 | 1.27 | 1.26 | 1.25 |
| 3.18 | 3.10 | 3.09 | 3.08 | 200 | 3.18 | 3.12 | 3.11 | 3.10 |
| INDIVIDUAL MEDLEY | | | | | | | | |
| 3.08 | 2.54 | 2.52 | 2.50 | 200 | 3.08 | 3.00 | 2.59 | 2.58 |
| 6.30 | 6.25 | 6.23 | 6.20 | 400 | 6.30 | 6.25 | 6.23 | 6.20 |

PROGRAMME OF EVENTS

| Day 1 Saturday 19 January | | | | Day 2 Sunday 20 January | | | | Day 3 Monday 21 January | | | |
|---------------------------|------------|---|-------|-------------------------|-----------|---|-------|-------------------------|------------|---|-------|
| SESSION 1 | | | | SESSION 3 | | | | SESSION 5 | | | |
| 1 | 200 IM | F | HEAT | 11 | 800 Free | F | T/F | 23 | 1500 Free | M | T/F |
| 2 | 50 Back | M | HEAT | 12 | 800 Free | M | T/F | 24 | 1500 Free | F | T/F |
| 3 | 50 Back | F | HEAT | 13 | 200 IM | M | HEAT | 25 | 200 Breast | M | HEAT |
| 4 | 100 Breast | M | HEAT | 14 | 100 Free | F | HEAT | 26 | 200 Breast | F | HEAT |
| 5 | 100 Breast | F | HEAT | 15 | 100 Free | M | HEAT | 27 | 100 Back | M | HEAT |
| 6 | 50 Fly | M | HEAT | 16 | 200 Back | F | HEAT | 28 | 100 Back | F | HEAT |
| 7 | 50 Fly | F | HEAT | 17 | 200 Back | M | HEAT | 29 | 200 Fly | M | HEAT |
| 8 | 200 Free | M | HEAT | 18 | 50 Breast | F | HEAT | 30 | 200 Fly | F | HEAT |
| 9 | 200 Free | F | HEAT | 19 | 50 Breast | M | HEAT | 31 | 50 Free | M | HEAT |
| | | | | 20 | 100 Fly | F | HEAT | 32 | 50 Free | F | HEAT |
| | | | | 21 | 100 Fly | M | HEAT | | | | |
| SESSION 2 | | | | SESSION 4 | | | | SESSION 6 | | | |
| 10 | 400 Free | M | T/F | 22 | 400 Free | F | T/F | 33 | 400 IM | M | T/F |
| 1 | 200 IM | F | FINAL | 13 | 200 IM | M | FINAL | 34 | 400 IM | F | T/F |
| 2 | 50 Back | M | FINAL | 14 | 100 Free | F | FINAL | 25 | 200 Breast | M | FINAL |
| 3 | 50 Back | F | FINAL | 15 | 100 Free | M | FINAL | 26 | 200 Breast | F | FINAL |
| 4 | 100 Breast | M | FINAL | 16 | 200 Back | F | FINAL | 27 | 100 Back | M | FINAL |
| 5 | 100 Breast | F | FINAL | 17 | 200 Back | M | FINAL | 28 | 100 Back | F | FINAL |
| 6 | 50 Fly | M | FINAL | 18 | 50 Breast | F | FINAL | 29 | 200 Fly | M | FINAL |
| 7 | 50 Fly | F | FINAL | 19 | 50 Breast | M | FINAL | 30 | 200 Fly | F | FINAL |
| 8 | 200 Free | M | FINAL | 20 | 100 Fly | F | FINAL | 31 | 50 Free | M | FINAL |
| 9 | 200 Free | F | FINAL | 21 | 100 Fly | M | FINAL | 32 | 50 Free | F | FINAL |



Meet Conditions:

1. Meet will be swum long course under SNZ/FINA rules except where local rules and conditions apply.
2. This meet is open to **financial SNZ registered competitive** swimmers. Overseas competitors may compete subject to providing a signed Travel Authorisation Form/Letter from their national federation.
3. Age as at 19th January 2019.
4. Qualifying times must have been achieved between 20th January 2018 and the entry closing date of 13th January 2019 and be held within SNZ database as approved meet times. Approved overseas visitors must provide verified proof of times from their national federation. Converted times are permissible.
5. Events will be swum and scored in the following age groups: 50m, 100m, 200m & 400m Events: 13, 14, 15, 16/17, 18&O and 800 & 1500m Events: 15/U, 16&O
6. 800m and 1500m races will be limited to: 15&U top 10 males and top 10 females. 16&O top 10 males and top 10 females
7. Points awarded: 15, 11, 8, 7, 6, 5, 4, 3, 2, and 1 (1-10 placing) with an additional 20 points per NZ record broken. There will be no visitors' limits in any race.
8. 50m-200m events will be swum as graded scratch heats with age group finals. 400m-1500m will be swum as timed finals.
9. Medals will be presented throughout the sessions, to those placed 1st, 2nd and 3rd in each event. Ribbons will be available for collection for those placed 4th – 10th. Overall age group awards will be presented for each MALE and FEMALE 13, 14, 15, 16/17, 18 at the end of the meet.
10. Self-marshalling will operate during the morning sessions and marshaling will operate during the evening sessions.
11. Entry fees are \$11.00 per event per swimmer. Entries and payment will be via the SNZ Database, payment must be made at time of entry. Entries open on 10th December 2018 and close at 23:59:59 (Midnight) on Sunday 13th January 2019. Late entries will NOT be accepted.
12. Initial psych sheets will be posted on the website on Tuesday 15th January 2019 and final psych sheets on Friday 18th January 2019, 5pm.
13. There will be no refunds for withdrawals after publication of the final psych sheets. Swimmers may withdraw without penalty from Session 1 by email (events@swimwn.co.nz) before 5pm on Friday 18th January 2019 or with the recorder at the venue 1 (one) hour prior to the start of the session one. For subsequent sessions, withdrawals must be submitted before the completion of the session prior. Withdrawals that fail to comply with these conditions, or swimmers who fail to swim in a timed-final or fail to marshal during the finals session, will incur a \$30 penalty..
14. Para swimmers will be eligible to compete in events for which they have an approved time. Para swimmers must present their classification card to the Technical Director prior to the first session they compete in at the meet. Entries for para swimmers must be submitted manually by email to events@swimwn.co.nz on or before Sunday, 13th January 2019
15. Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the start of the session where strapping is applied.
16. By entering this meet, swimmers agree to allow images (e.g. photography, video, etc.) to be taken by accredited media approved by Swimming Wellington. Images are only to be used for legitimate purposes by Swim Wellington in accordance with the SNZ Member Protection Policy.
17. Swimming Wellington reserves the right to restrict entries and amend the programme.
18. Swimming Wellington will not be liable for any loss, damage or injury that may occur at this meet.
19. All Participants must agree to comply with the Sports Anti-Doping Rules.
20. Protests shall be lodged as per SNZ Regulation 4 (accompanied by \$100 cash).

CLUB/SPECTATOR INFORMATION

1. All participating Wellington clubs will be required to provide officials for this meet. Visiting officials may apply via email RTOP@swimwn.co.nz by 5pm Tuesday 15 January. RTOP will advise specific numbers of officials required to Wellington clubs.
2. There will be an officials meeting in the marshaling room 20 minutes prior to the start of each session.
3. There will be a team manager meeting at 7.15am in the marshalling room on Saturday morning.
4. Duty Club requirements will be advised by SW in the drop box.
5. Entry for all swimmers, officials, team managers and coaches will be via the southern entrance on Kilbirnie Crescent. Swimmers and coaches to present Swimming Wellington pool entry passes. Coaches NZSCTA entry passes are to be used. Visiting clubs will be issued with temporary entry passes for the weekend. Officials (including timekeepers and duty clubs volunteers) are required to sign in on entry.
6. Entry and programmes for nominated team coaches & team managers will be; 1-10 swimmers [2], 11-20 [4], 21-35+ [6]. Programmes for team managers & coaches can be uplifted from the AOD room within one (1) hour of session 1, after a notification made by the announcer.
7. Entry fee \$3 for all spectators.
8. A seating plan will be provided by Swimming Wellington prior to meet commencing.

WARM UP PROCEDURE

1. Coaches/teams to supervise warm-up.
2. Warm up to be run for 40 minutes.
3. Feet first only during warm-up (except allocated dive lanes)
4. Lane 0 will be the designated pace lane.
5. Lane 9 designated to para swimmers (if required) for the last 20 minutes of warm-up for each session.
6. Lanes 0, 1, 8 & 9 will become dive lanes for the last 15 minute of each warm-up session.
7. The programmes pool will be available throughout the meet for warm-up/cool-down.

Access all Swimming Wellington Meet information on Meet Mobile

CHANGING THE WAY SWIM MEETS ARE EXPERIENCED:



SWIMMERS can check heat sheets and event timelines from anywhere

FANS can flag and track their favourite swimmers in real time, without needing to be at the meet

COACHES can flag their swimmers and/or teams as favourites and then easily drill down into heat and lane assignments