

SWIMMING MANAWATŪ INC

WINTER CHAMPIONSHIPS 2023

FRIDAY 14 July to SUNDAY 16 July 2023

FREYBERG POOL, PALMERSTON NORTH

FRIDAY 14 July 2023

SESSION 2 Warm Up 2.25pm - Start 3.00pm

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|--------------|-----------------|----------------|-----------------|
| 1. Male Open | 800m Freestyle | 2. Female Open | 800m Freestyle |
| 3. Male Open | 1500m Freestyle | 4. Female Open | 1500m Freestyle |

SATURDAY 15 July 2023

SESSION 2 Warm Up Males - 7.55am, Females - 8.25am - Start 9.00am

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|---------------------------|-------------------|-----------------------------|-------------------|
| 5. Male Open | 200m Breaststroke | 6. Female Open | 200m Breaststroke |
| 7. Male Open | 50m Butterfly | 8. Female Open | 50m Butterfly |
| 9. Male Open | 200m Medley | 10. Female Open | 200m Medley |
| 11. Male Age Group & Para | 100m Backstroke | 12. Female Age Group & Para | 100m Backstroke |
| 13. Male Open | 200m Freestyle | 14. Female Open | 200m Freestyle |
| 15. Male RELAY 13&U | 4 x 50m Freestyle | 16. Female RELAY 13&U | 4 x 50m Freestyle |
| 17. Male RELAY 14&O | 4 x 50m Freestyle | 18. Female RELAY 14&O | 4 x 50m Freestyle |

SESSION 3 Warm Up Females – 1.55pm, Males - 2.25pm - Start 3.00pm

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|-----------------------------|------------------|---------------------------|------------------|
| 19. Female Open | 50m Freestyle | 20. Male Open | 50m Freestyle |
| 21. Female Open | 200m Backstroke | 22. Male Open | 200m Backstroke |
| 23. Female Age Group & Para | 100m Butterfly | 24. Male Age Group & Para | 100m Butterfly |
| 25. Female Open | 50m Breaststroke | 26. Male Open | 50m Breaststroke |
| 27. Female Age Group & Para | 100m Medley | 28. Male Age Group & Para | 100m Medley |
| 29. Female Open | 400m Freestyle | 30. Male Open | 400m Freestyle |
| 31. Female RELAY 13&U | 4 x 50m Medley | 32. Male RELAY 13&U | 4 x 50m Medley |
| 33. Female RELAY 14&O | 4 x 50m Medley | 34. Male RELAY 14&O | 4 x 50m Medley |

SUNDAY 16 July 2023

SESSION 4 Warm Up Males - 7.55am, Females - 8.25am - Start 9.00am

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|---------------------------|--------------------|-----------------------------|-------------------|
| 35. Male Open | 400m Medley | 36. Female Open | 400m Medley |
| 37. Male Age Group & Para | 100m Breaststroke | 38. Female Age Group & Para | 100m Breaststroke |
| 39. Male Open | 50m Backstroke | 40. Female Open | 50m Backstroke |
| 41. Male Age Group & Para | 100m Freestyle | 42. Female Age Group & Para | 100m Freestyle |
| 43. Male Open | 200m Butterfly | 44. Female Open | 200m Butterfly |
| 45. Mixed RELAY | 4 x 100m Freestyle | | |

SWIMMING MANAWATU

WINTER CHAMPIONSHIPS 2023

MEET CONDITIONS

- **No late entries accepted**
 - **Entries close 22:00 Saturday 8 July 2023** via the SNZ database.
 - **Entry fees are \$7.50 per event (including relays) to be paid at the time of entry.**
 - Parking for **all** swimmers is in the main car park, please do not park adjacent to the pool unless you are eligible to use the disabled parking.
 - ***All Club Team Managers and Coaches will be required to have a current Police Check held by Swimming New Zealand.***
 - No water is available for warm up or warm down during the sessions
 - All events will be swum as Timed Finals
 - 400m events may be restricted to fastest 24 swimmers.
 - SNZ Policy 008 will apply. Scratchings from all events must be received before the conclusion of the preceding session. Session 2 scratchings must be received Friday night (14 July) before 8pm.
 - The scratching penalty fee will be \$50.00 for each event where the scratching rule is not observed. The Protest fee will be \$100.00 cash.
 - Refunds will be made up to 11 July 2023, thereafter on production of a medical certificate presented on the day.
 - All swimmers must be registered competitive members of Swimming New Zealand. Age is as at first day of the meet.
 - Swimming Manawatu reserves the right to alter the programme and limit entries should the need arise.
 - An official's break may be held half way through each session.
 - Medals will be awarded for first, second and third places. Medals are to be collected from meet control by the Club Team Manager only please.
 - **Swimmers may only enter events for which they have times in the database.**
 - **Please note: results for events 7, 8, 19, 20, 23, 24, 33, 34, 37, 38 will be published in age groups of 10 years and under, 11-12 years, 13-14 years, 15 years and over, and Open age group for Para swimmers (Open Para).**
 - Relay events 11, 12, 13, 14, 27, 28, 29, 30, 41 are open to all Clubs, Manawatu Clubs will earn points for the Norm Still Relay Trophy.
 - Time trials (\$15.00 fee) may be accepted at the discretion of the Race Secretary but only if lane space is available – heats will not be reseeded or added. Applications will be accepted on a first in basis.
 - Meet conducted under WA, SNZ & Para rules where sufficient officials are available.
 - Mixed relays must include two swimmers of each gender.
 - Clubs to provide 1 timekeeper per four swimmers in each session.
 - The Organisers will not be liable for any loss or damage during the period of the meet. All participants must agree to comply with the Sports' Anti-Doping Rules.
- Pysch sheets will be emailed wherever possible and will also be available on the Manawatu website – www.manawatu.swimming.org.nz**

All queries to: manswim.racing@gmail.com