



# **2026 CANTERBURY WEST COAST SHORT COURSE CHAMPIONSHIPS**

**Session 1: Friday, 3<sup>rd</sup> July 2026 - Warm up 5.30pm, Start 6.15pm**  
Duty Clubs: QEII, North Canterbury

**Session 2: Saturday, 4<sup>th</sup> July 2026 - Warm up 8.00am, Start 8.45am**  
Duty Clubs: Triton, Wharenui

**Session 3: Saturday, 4<sup>th</sup> July 2026 - Warm up 3.00pm, Start 3.45pm**  
Duty Clubs: Waitaha, Selwyn

**Session 4: Sunday, 5<sup>th</sup> July 2026 - Warm up 8.00am, Start 8.45am**  
Duty Clubs: Jasi, Swim Timaru

**Session 5: Sunday, 5<sup>th</sup> July 2026 - Warm up 2.30pm, Start 3.15pm**  
Duty Clubs: Vikings, Aquagym

**at Parakiore Recreation and Sports Centre, Christchurch (25m)**

**This is a National Qualifying Meet**

Technical Advisor: Christine Cassin

Meet Organiser: Events Committee

## **CONDITIONS OF ENTRY**

1. All registered competitive swimmers are eligible to enter.
2. Age as at 3<sup>rd</sup> July 2026. Entry is restricted to swimmers who meet the qualifying standards.
3. ENTRY FEES: \$16 per individual event (including SCWC levy of \$1) and \$20.00 per relay event GST inclusive.
4. Entries close midnight Wednesday the 24<sup>th</sup> June 2026. All individual entries are to be completed ONLINE only through the Swimming NZ database. Individual entries are paid during the online process. Club entries will be invoiced based on entries processed as at Wednesday the 2<sup>nd</sup> July 2025.
5. Relays may be entered online until midnight Thursday 25<sup>th</sup> June 2026.
6. There will be no refunds on entry fees except as per the scratching rules.
7. NO LATE ENTRIES WILL BE ACCEPTED.
8. Qualifying times are 25m times only. Converted long course times may be used.
9. To enter the SCWC Championships a swimmer must achieve the qualifying times during the qualifying period between 1<sup>st</sup> June 2024 and 3<sup>rd</sup> July 2026.
10. SCWC reserves the right to restrict entries to ensure the timeline and the Health and Safety requirements of the venue are adhered to.
11. Submission of entries constitutes acceptance of these Meet rules and Conditions. Psych Sheets will be posted on the SCWC website on Friday 26<sup>th</sup> June. Clubs are to check swimmers entries, events and times are correct. Any changes must be sent to [admin@swimcanterbury.org.nz](mailto:admin@swimcanterbury.org.nz) by Monday 29<sup>th</sup> June 2026 prior to the final Psych Sheets being posted.
12. Athletes from other regions are eligible to enter and will be treated as visitors. There will be a maximum of two visitors per final.
13. Para Swimmers are eligible to compete at this event and will compete under IPC Swimming Rules. They will be seeded in the heats according to their entry times.

14. Para swimmers are eligible for the following events 50m & 100m all strokes, 200m freestyle and 200IM for all classifications; 400m freestyle for S6 and above. One Open male and one Open female final for Para swimmers will be swum in these events, if required. Para only events will be resulted as Open events using the Para Swimming Points System. Medals will be awarded to the top 3 male and top 3 female swimmers.

There will be no qualifying times for Para events but athletes must have a time (ie. No NTs)

Para Swimmers can also enter any other event but they must have a time, ie. No NT's, but there will be no Para only final.

PLEASE NOTE – Should a non-Para final only be contested by Para athletes, the results for that final will be resulted as Open events using the Para Swimming Points System.

15. Age Groups for individuals are: 10yrs & under, 11 yrs, 12 yrs, 13-14yrs, 15-16yrs, 17yrs & over.

Age Groups for relays are: 12yrs & under, 13-14yrs and 15yrs and over.

## **RULES OF THE CHAMPIONSHIPS**

1. This meet will be conducted under the Swimming NZ Regulations, SNZ By-Laws and World Aquatics Rules with the exception of local meet rules. The SCWC Technical Suit Policy will be enforced at this meet.
2. All 100m and 200m events (except 200m Butterfly) will be swum as single gender timed finals for all swimmers aged 12yrs and under and as prelims for swimmers aged 13yrs and over, seeded slowest to fastest in the morning with finals for each gender in the 13 & over age groups in the evenings as indicated in the programme of events. The 50's all strokes, 400, 800, 1500 Freestyle, 200m Butterfly and the 400m Individual Medley will be swum as single gender timed finals seeded fastest to slowest.
3. Entries for the 200m Butterfly, 400m Freestyle, 400IM, 800m Freestyle and 1500m Freestyle are restricted to those aged 12yrs & Over
4. The 800m and 1500m freestyle events will be restricted to the top 20 competitors based on entry time.
5. Swimming Canterbury West Coast reserves the right to combine the distance events if necessary.
6. Over the top starts may be used at the discretion of the Referee or Technical Advisor.
7. Reseeding may be done at the discretion of the Referee or Technical Advisor.
8. Entry into the pool for backstroke events shall be feet first. No swim backs permitted.
9. No FINS permitted in the main pool AT ANY TIME
10. Protests shall be lodged as per SNZ Regulation 4 accompanied by the \$100 fee.
11. Electronic timing will be used at this meet.
12. Fins are **NOT** to be used at any time in the competition pool.
13. Please exit the pool at the side. **Do not** swim over the lane ropes.
14. Cameras and Photography

SCWC and/or the host Club may take photos and videos may be taken during the meet: all spectators and athletes agree to allow photos, video and audio recording to be taken by an SCWC approved and/or accredited person to be used for any legitimate purposes by SCWC and/or the meet organisers. Any concerns should be directed to the meet organisers. Spectators agree upon entry that photographic, video or audio recording equipment is prohibited for any purpose, with the exclusion of personal cell phones. The meet organisers will, at their sole discretion, determine whether or not an item which could be used for the purposes of taking photos, video or audio recordings is permitted for use during the meet. Photos remain copyright of the approved/accredited person

## **SCRATCHING/WITHDRAWAL RULE**

1. Late withdrawals will incur a penalty fee of \$50.00
2. All event scratching received **before midday 1<sup>st</sup> July 2026** will be exempt from Entry Fees
3. Withdrawals for the first session of timed finals will close at **7.00pm on July 2<sup>nd</sup> 2026** with Swimming Canterbury West Coast [admin@swimcanterbury.org.nz](mailto:admin@swimcanterbury.org.nz)
4. Subsequent timed finals withdrawals will need to be with the Control Room Supervisor by the end of the previous session.
5. Withdrawals from the finals need to be with the CRS 30 minutes after the completion of the event in which the qualification occurred.

## **GENERAL**

1. At the beginning of each race when the whistle is blown there is to be silence and no movement on the pool deck.
2. Swimmers are to leave the pool by the sides when the preceding race has started by swimming **under** the lanes ropes. Swimmers are **not** to exit the pool over the end or touch the pads.
3. The designated area is to be used for warm-up and warm-down **ONLY**.
4. **Warm Up** - Swimmers and coaches must adhere to the official warm-up procedures as per Swimming Canterbury West Coast warm-up procedure guidelines.  
*(Warm-up is the responsibility of the clubs, coaches and swimmers involved. **Officials are not** responsible for managing or controlling the warm-up procedures.)*
5. Marshaling area will be located at the Dive Well end of the pool by the main entry doors into the competition pool complex. All swimmers should be in the marshaling area four (4) races prior to their event for distances of 200m and under and at least two (2) races prior for the 400m and above races.

## **RELAYS**

1. All relays are timed finals.
2. All relay swimmers must complete in an individual event at this meet to be eligible to compete in the relays. If a swimmer swims up an age group for a relay in the meet, they may not swim for their own age group relays as well.
3. Mixed relays must consist of 2 male and 2 female swimmers.
4. Any changes to the entered relay swimmers' names or the order in which they are to swim must be with the Control Room 30 minutes prior to the start of the session in which the relay is to be swum.

## **DUTY CLUBS**

All participating Swimming Canterbury West Coast clubs are expected to assist with normal duty club responsibilities (including catering) during sessions. A list of duties will be sent to clubs.

## **PRIZES**

1. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in individual events.
2. Medals for Mixed Open Para events will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> male and female swimmers.
3. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in the relay events.



**2026 Canterbury West Coast Short Course Championships**  
**Qualifying**  
**Times**

**Qualifying Period 1st June 2024 - 3rd July 2026**

		<b>10yrs</b>	<b>10yrs</b>	<b>11 - 12</b>	<b>11 - 12</b>	<b>13 -14</b>	<b>13 -14</b>	<b>15 &amp; Over</b>	<b>15 &amp;</b>		
		<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Over</b>	<b>PARA</b>	
									<b>Female</b>		
Freestyle	50	44.15	44.15	37.15	37.15	33.15	34.15	31.15	32.15	No QT	
	100	1:37.30	1:37.30	1:34.30	1:34.30	1:06.30	1:08.30	1:02.30	1:07.30	No QT	
	200	3:16.60	3:16.60	2:56.60	2:56.60	2:24.60	2:33.60	2:16.60	2:28.60	No QT	
						<b>12 -14</b>	<b>12 -14</b>				
						<b>Male</b>	<b>Female</b>				
	400					5:01.20	5:23.20	4:48.20	5:18.20	No QT	
	800					10:30.00	10:50.00	10:00.00	10:25.00	No QT	
1500					20:15.00	20:40.00	19:20.00	20:00.00	No QT		
<b>Backstroke</b>											
Backstroke	50	51.15	51.15	44.15	44.15	36.95	37.95	34.95	35.95	No QT	
	100	1:52.30	1:52.30	1:35.30	1:35.30	1:18.30	1:23.30	1:13.30	1:19.30	No QT	
	200	3:43.60	3:43.60	3:26.60	3:26.60	2:48.60	2:56.60	2:41.60	2:56.60	No QT	
<b>Breaststroke</b>											
Breaststroke	50	59.00	59.00	49.00	49.00	41.5	42.5	39.5	40.5	No QT	
	100	2:12.00	2:12.00	1:48.00	1:48.00	1:34.00	1:37.00	1:24.00	1:34.00	No QT	
	200	4:26.00	4:26.00	3:54.00	3:54.00	3:19.00	3:26.00	3:06.00	3:21.00	No QT	
<b>Butterfly</b>											
Butterfly	50	54.30	54.30	47.30	47.30	35.19	36.20	33.20	34.2	No QT	
	100	2:02.60	2:02.60	1:43.60	1:43.60	1:31.60	1:35.60	1:13.60	1:21.60	No QT	
	200					<b>12 -14</b>	<b>12 -14</b>				
					<b>Male</b>	<b>Female</b>					
	200				3:07.20	3:22.20	2:47.20	3:07.20	No QT		
<b>IM</b>											
IM	100	2:00.00	2:00.00	1:47.00	1:47.00	1:18.30	1:23.30	1:13.30	1:19.30	No QT	
	200	3:45.60	3:46.60	3:29.60	3:29.60	2:41.60	2:51.60	2:31.60	2:44.60	No QT	
	400					<b>12 -14</b>	<b>12 -14</b>				
					<b>Male</b>	<b>Female</b>					
	400				5:58.20	6:13.20	5:33.20	5:58.20	No QT		



## Swimming Canterbury West Coast Short Course Championships 3<sup>rd</sup> – 5<sup>th</sup> July 2026 - Event Schedule

### Session 1 - Friday 3<sup>rd</sup> July 2026

Warm-up 5.30pm – 6.10pm

Racing Starts 6.15pm

- |   |                                      |             |
|---|--------------------------------------|-------------|
| 1 | Male 50m Freestyle                   | Timed Final |
| 2 | Female 50m Freestyle                 | Timed Final |
| 3 | Mixed Para Open 50m Freestyle        | Timed Final |
| 4 | Male 12 & O 1500m Freestyle (Top 20) | Timed Final |

**Medal Presentations for Events 1-3 will take place during Event 4**

- |   |                                       |             |
|---|---------------------------------------|-------------|
| 5 | Male 50m Breaststroke                 | Timed Final |
| 6 | Female 50m Breaststroke               | Timed Final |
| 7 | Mixed Para Open 50m Breaststroke      | Timed Final |
| 8 | Female 12 & O 800m Freestyle (Top 20) | Timed Final |

**Medal Presentations for Events 4-8 will take place during and at the conclusion of Event 8**

### Session 2 - Saturday 4<sup>th</sup> July 2026

Warm-up 8.00am – 8.40am

Racing Starts 8.45am

- |    |  |                              |
|----|--|------------------------------|
| 9  | Mixed 12yrs & U 200m Freestyle Relay     | Timed Final                  |
| 10 | Male 13-14 400m Freestyle Relay          | Timed Final                  |
| 11 | Female 13-14 400m Freestyle Relay        | Timed Final                  |
| 12 | Male 15 & O 400m Freestyle Relay         | Timed Final                  |
| 13 | Female 15 & O 400m Freestyle Relay       | Timed Final                  |
| 14 | Male 50m Butterfly                       | Timed Final                  |
| 15 | Female 50m Butterfly                     | Timed Final                  |
| 16 | Mixed Para Open 50m Butterfly            | Timed Final                  |
| 17 | Male 200m IM (Incl Para)                 | 13&O Prelim/12&U Timed Final |
| 18 | Female 200m IM (Incl Para)               | 13&O Prelim/12&U Timed Final |
| 20 | Male 100m Backstroke (Incl Para)         | 13&O Prelim/12&U Timed Final |
| 21 | Female 100m Backstroke (Incl Para)       | 13&O Prelim/12&U Timed Final |
| 23 | Male 200m Freestyle (Incl Para)          | 13&O Prelim/12&U Timed Final |
| 24 | Female 200m Freestyle (Incl Para)        | 13&O Prelim/12&U Timed Final |
| 26 | Male 100m Breaststroke (Incl Para)       | 13&O Prelim/12&U Timed Final |
| 27 | Female 100m Breaststroke (Incl Para)     | 13&O Prelim/12&U Timed Final |
| 29 | Male 12 & O 400m IM (except fastest 8)   | Timed Final                  |
| 30 | Female 12 & O 400m IM (except fastest 8) | Timed Final                  |
| 31 | Male 50m Backstroke                      | Timed Final                  |
| 32 | Female 50m Backstroke                    | Timed Final                  |
| 33 | Mixed Para Open 50m Backstroke           | Timed Final                  |
| 34 | Male 12 & O 800 Freestyle (Top 20)       | Timed Final                  |

**Medal Presentations for Events 9-21 will take place during Event 34**

- |    |                                       |             |
|----|---------------------------------------|-------------|
| 35 | Female 12 & O 1500 Freestyle (Top 20) | Timed Final |
|----|---------------------------------------|-------------|

**Medal Presentations for Events 23-35 will take place during and at the conclusion of Event 35**

### Session 3 - Saturday 4<sup>th</sup> July 2026

Warm-up 4.00pm – 4.40pm

Racing Starts 4.45pm

17	Male 13 & O 200m IM	Final
18	Female 13 & O 200m IM	Final
19	Mixed Open Multi class 200m IM	Final
20	Male 13 & O 100m Backstroke	Final
21	Female 13 & O 100m Backstroke	Final
22	Mixed Open Multi class 100m Backstroke	Final
23	Male 13 & O 200m Freestyle	Final
24	Female 13 & O 200m Freestyle	Final
25	Mixed Open Multi class 200m Freestyle	Final
<b>Medal Presentations Events 17-25</b>		
26	Male 13 & O 100m Breaststroke	Final
27	Female 13 & O 100m Breaststroke	Final
28	Mixed Open Multi class 100m Breast	Final
29	Male 12 & O 400m IM (Fastest 8)	Final
30	Female 12 & O 400m IM(Fastest 8)	Final
36	Male 12 & O 200m Butterfly	Timed Final
37	Female 12 & O 200m Butterfly	Timed Final

**Medal Presentations Events 26-30, 36 & 37**

### Session 4 - Sunday 5<sup>th</sup> July 2026

Warm-up 8.00am – 8.40am

Racing Starts 8.45am

38	Mixed 12yrs & U 200m Medley Relay	Timed Final
39	Male 12-14 400m Medley Relay	Timed Final
40	Female 12-14 400m Medley Relay	Timed Final
41	Male 15 & O 400m Medley Relay	Timed Final
42	Female 15 & O 400m Medley Relay	Timed Final
43	Male 400m Freestyle (except fastest 8)	Timed Final
44	Female 400m Freestyle (except fastest 8)	Timed Final
<b>Medal Presentations Events 38 - 42</b>		
46	Male 100m Butterfly (Incl Para)	13&O Prelim/12&U Timed Final
47	Female 100m Butterfly (Incl Para)	13&O Prelim/12&U Timed Final
49	Male 200m Breaststroke	13&O Prelim/12&U Timed Final
50	Female 200m Breaststroke	13&O Prelim/12&U Timed Final
51	Male 100m Freestyle (Incl Para)	13&O Prelim/12&U Timed Final
52	Female 100m Freestyle (Incl Para)	13&O Prelim/12&U Timed Final
54	Male 200m Backstroke	13&O Prelim/12&U Timed Final
55	Female 200m Backstroke	13&O Prelim/12&U Timed Final
56	Male 100 IM	Timed Final
57	Female 100 IM	Timed Final
58	Mixed Open Multi class 100m IM	Timed Final

**Medal Presentations Events 46-58**

### Session 5 - Sunday 5<sup>th</sup> July 2026

Warm-up 2.30pm – 3.10pm

Racing Starts 3.15pm

43	Male 12 & O 400m Freestyle (Fastest 8)	Timed Final
44	Female 12 & O 400m Freestyle (Fastest 8)	Timed Final
45	Mixed Open Multi class 400m Freestyle	Timed Final
46	Male 13 & O 100m Butterfly	Final
47	Female 13 & O 100m Butterfly	Final
48	Mixed Open Multi class 100m Butterfly	Final
49	Male 13 & O 200m Breaststroke	Final
50	Female 13 & O 200m Breaststroke	Final
<b>Medal Presentations Events 43-50</b>		
51	Male 13 & O 100m Freestyle	Final
52	Female 13 & O 100m Freestyle	Final
53	Mixed Open Multi class 100m Freestyle	Final
54	Male 13 & O 200m Backstroke	Final
55	Female 13 & O 200m Backstroke	Final

**Medal Presentations Events 51-55**