

## OPEN CHAMPIONSHIPS 2023

LIDO POOL, PALMERSTON NORTH

### FRIDAY 10 March 2023

#### SESSION 1

Warm Up 6.00pm Start 6.30pm

- |                |                                |                 |                                |
|----------------|--------------------------------|-----------------|--------------------------------|
| 1. Female Open | 50m Freestyle ( <i>heats</i> ) | 2. Male Open    | 50m Freestyle ( <i>heats</i> ) |
| 3. Female Open | 800m Freestyle                 | 3a. Male Open   | 800m Freestyle                 |
| 4. Male Open   | 1500m Freestyle                | 4a. Female Open | 1500m Freestyle                |

### SATURDAY 11 March 2023

#### SESSION 2

Warm Up 8.25am Start 9.00am

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 100m Backstroke
12. Female Age Group 100m Backstroke
13. Male Open 200m Freestyle
14. Female Open 200m Freestyle

#### SESSION 3

Warm Up 1.55pm Start 2.30pm

1. Female Open FINAL 50m Freestyle
2. Male Open FINAL 50m Freestyle
15. Female Open 200m Backstroke
16. Male Open 200m Backstroke
17. Female Age Group 100m Butterfly
18. Male Age Group 100m Butterfly
19. Female Open 50m Breaststroke
20. Male Open 50m Breaststroke
21. Female Open 400m Medley
22. Male Open 400m Medley

### SUNDAY 12 March 2023

#### SESSION 4

Warm Up 8.25am Start 9.00am

- |                    |                   |                      |                   |
|--------------------|-------------------|----------------------|-------------------|
| 23. Male Open      | 400m Freestyle    | 28. Female Age Group | 100m Breaststroke |
| 24. Female Open    | 400m Freestyle    | 29. Male Open        | 200m Butterfly    |
| 25. Male Open      | 50m Backstroke    | 30. Female Open      | 200m Butterfly    |
| 26. Female Open    | 50m Backstroke    | 31. Male Age Group   | 100m Freestyle    |
| 27. Male Age Group | 100m Breaststroke | 32. Female Age Group | 100m Freestyle    |



# SWIMMING MANAWATU OPEN CHAMPIONSHIPS 2023 MEET CONDITIONS



- **Entry via the SNZ Database, closing date for entries is 10:00pm 5 March 2023.**
- **Age as at first day of the meet.**
- **Entry fees - \$8.50 per event.** Payment is to be made through the SNZ database at the time of entry. \$1.00 from each entry fee will go to the Hokowhitu Fund.
- Pool will be open from 8.15am and 1.45pm – spectators free.
- Sprint lanes - one lane all warm up.
- No water is available for warm up or warm down during the sessions.
- **1500m, 800m and 400m events plus the 200m Butterfly all have a qualifying time:**

1500m Male 21:30.00	800m Female 12:00.00	400m Fr Male 6:00.00	400m IM Female 6:45.00	200m Fly Male 3:00.00
1500m F 23:00.00	800m M 11:30.00	400m Fr Female 6:15.00	400m IM Male 6:30.00	200m Fly Female 3:15.00

- All events, except for the 50m Freestyle events, will be swum as Timed Finals.
- SNZ Policy 008 will apply. Scratchings from all events, excluding the 50m Freestyle heats, must be received before the conclusion of the preceding session. For the 800m and 1500m scratchings must be received Thursday night. The scratching penalty fee is \$50.00. The protest fee is \$100.00.
- Refunds will be made up to 7 March 2023, thereafter on production of a medical certificate presented on the day.
- Swimming Manawatu reserves the right to alter the programme and limit entries should the need arise.
- **Times are required in the SNZ database for all events – NT's will not be accepted. Swimmers will be removed from events for which they do not have times.**

- An official's break may be held halfway through each session.
- Medals will be awarded for first, second and third places. A same gender representative may stand in to collect a medal if the recipient is unavailable. Medals may be collected prior to the presentation time if the swimmer is leaving the complex. If there is no swimmer or representative at hand the medal will not be presented.
- **Manawatu trophies awarded:** 50m female and male cups; Harkess Cup – Premier Club; Rush Cup; Hodges Cup.
- **Please note: results for 100m events will be published in the following age groups - 10 years and under, 11-12 years, 13-14 years, 15 years and over, and Open age group for Multi-class swimmers (Open Multi-class).**
- Time trials (\$20.00 fee) may be accepted at the discretion of the Race Secretary but only if lane space is available – heats will not be reseeded. Applications will be accepted on a first in basis.
- Meet conducted under World Aquatics, SNZ & Para rules.
- All participants must agree to comply with the sports anti-doping rules.
- An official photographer may be present at the event.
- **Liability disclaimer:** *Swimming Manawatu, its representatives, officials or its contractors will not accept any liability for any accident, loss, damage or injury to swimmers, spectators, officials or any other person or property caused by their negligence, breach of contract or in any other way whatsoever.*
- Psych sheets will be emailed to addresses provided and will also be available on the Manawatu website – [www.manawatu.swimming.org.nz](http://www.manawatu.swimming.org.nz)

Enquiries: [manswim.racing@gmail.com](mailto:manswim.racing@gmail.com)