

SOUTHLAND LONG COURSE CHAMPIONSHIPS

2022-2023



10th – 11th February 2023
Splash Palace, Invercargill

Meet Schedule

Championship rules and entry criteria:

This meet will be swum under SNZ regulations with specific conditions and criteria:

- ⇒ Age as at 10th February 2023
- ⇒ Open to all swimmers who are currently registered and financial Competitive Swimmers with Swimming New Zealand. Visitors entries are welcome.
- ⇒ Event age groupings will be 9 & under, 10/11 years, 12/13 years, 14/15 years, 16 years and over
- ⇒ The 800m maybe swum within the 1500m event. Each event must be entered and two entry fees paid. Event Age groupings for these events are 11/13 years, 14/15 years and 16 years and over.
- ⇒ The 400m IM and 400m Freestyle event age groupings are 10/11 years, 12/13 years, 14/15 years and 16 years and over.
- ⇒ 400m, 800m and 1500m events are all timed finals.
- ⇒ 200m events will be timed finals for age groups 13 years and below. Age groups 14 years and older will complete prelims and finals – with the exception of the 200m Fly, this will be a timed final
- ⇒ All 50m and 100m events for all age groups will be prelims and finals
- ⇒ The qualifying times shown are 50 metre (LC) times. Entry times swum in pools other than 50 metre must be converted using the SNZ conversion table. Entry qualifying times are to be from 01/01/2022.
- ⇒ Medals will be awarded to the first three Southland placegetters. Visitors will be awarded medals when gaining 1st, 2nd or 3rd. Finalist ribbons will be awarded from 4th-8th place.
- ⇒ Relays will be resulted as 1st, 2nd, 3rd (overall)
- ⇒ In all finals (except timed finals) at least 3 lanes shall be reserved for Swimming Southland affiliated swimmers. If there are not enough Swimming Southland affiliated swimmers to fill 3 lanes then these lanes maybe taken by swimmers who are not affiliated to Swimming Southland.
- ⇒ Warm-up will be available for 45 minutes prior to the start of each session. There will be a 15 minute period between the end of warm-up and the commencement of racing to allow for installation and testing of timing equipment.
- ⇒ Over the top starts maybe used for heats and finals.
- ⇒ The Martin Cup will be awarded to the Southland Club gaining the most points at the Championships. Points to be awarded as follows: 1st = 10, 2nd = 8, 3rd = 6, 4th = 5, 5th = 4, 6th = 3, 7th = 2, 8th = 1.
- ⇒ Pool entry passes will be issued to swimmers and team officials. These will allow free entry to the competition pools only during warm-up and competition periods. Outside of these times normal pool entry charges apply. Please note, spectators are required to pay pool entry also – Splash Palace provide great deals for weekend passes.
- ⇒ All participants must agree to comply with the Sports Anti Doping Rules
- ⇒ Medal Presentations are to take place throughout the meet. Please take note of these timings within the flyer and meet program.
- ⇒ Photographs taken during the meet may be used by Swimming Southland on the website – please make the Executive Officer aware if you do not wish your photograph to be used – admin@swimsouthland.org.nz

RELAYS

No Swimming Southland Championship points will be awarded for relay events.

First, second and third place medals will be awarded for relay events.

All relays are open to any clubs (ie, visiting clubs welcome)

Teams are to be mixed and comprise of no fewer than two female swimmers. This rule does not apply to the Flying Squadron event.

- Any swimmer who swims up in a higher age group must remain in that category throughout the relay events (ie, swimming in more than one age category shall not be permitted), excepting for the Flying Squadron event.
- The Murihiku Anniversary Trophy will be awarded to the Southland club gaining the most relay points.
- The Campers Memorial Shield will be awarded to the winning Southland club team in event 51 Flying Squadron 4 x 100m Freestyle.
- Names and order of relay team members is to be submitted to the Recorder prior to the commencement of the session in which they will swim.

ENTRIES

Entries are to be submitted via SNZ Database, **entries close 8pm Sunday 5th February 2023.** (late entries will not be accepted)

Entry Fees: \$10.00 per individual event
 \$15.00 per relay event

Queries to: Swimming Southland Executive
 admin@swimsouthland.org.nz

PSYCH SHEETS

Psych Sheets will be posted on the Swimming Southland website www.swimsouthland.org.nz on Monday 6th February 2023.

Any alterations are to be submitted to admin@swimsouthland.org.nz by 8pm Wednesday 8th February 2023.

Meet Program, session timetable, seating plan, meet information – to be posted to www.swimsouthland.org.nz by Thursday evening.

Rules for Withdrawals

Withdrawals must be made by the end of the session preceding the event in which the swimmer wishes to withdraw from.

Withdrawals must be made at the control room.

Session one withdrawals must be made before 12pm on Thursday 9th February 2023. These withdrawals are to be advised to Swimming Southland Executive Officer - admin@swimsouthland.org.nz.

A swimmer who does not comply with the above will be liable to a \$50.00 fine.

No refunds for any withdrawals will be given once the final psych sheets have been published. Medical certificates will be considered upon application.

Officials and Timekeepers

All clubs are to please supply as many timekeepers as they are able, please submit names at time of entry.

Timekeepers are to report to the Chief Timekeeper at least 30 minutes prior to the commencement of the session for lane allocation and watches.

Officials – if clubs from out of the region are able to supply officials, please submit names at time of entry.

SOUTHLAND CHAMPIONSHIPS - SCHEDULE OF EVENTS

SESSION 1 – Friday 10th February 2023 Warm-up 6.00pm - 6.45pm, Start 7.00pm

- 1 Male 800m Freestyle Timed Final
- 2 Female 800m Freestyle Timed Final
- 3 Male 1500m Freestyle Timed Final
- 4 Female 1500m Freestyle Timed Final

SESSION 2 - Saturday 11th February 2023 Warm-up 8:00am - 8.45am, Start 9.00am

Presentations for events 1, 2, 3, 4

- 5 Male 100m Backstroke Prelim
- 6 Female 100m Backstroke Prelim
- 7 Male 13 & Under 200m Breaststroke Timed Final
- 8 Female 13 & Under 200m Breaststroke Time Final
- 9 Male 14 & Over 200m Breaststroke Prelim
- 10 Female 14 & Over 200m Breaststroke Prelim
- 11 Male 50m Butterfly Prelim
- 12 Female 50m Butterfly Prelim
- 13 Male 13 & Under 200m Freestyle Timed Final
- 14 Female 13 & Under 200m Freestyle Timed Final
- 15 Male 14 & Over 200m Freestyle Prelim
- 16 Female 14 & Over 200m Freestyle Prelim
- 17 Male 50m Breaststroke Prelim
- 18 Female 50m Breaststroke Prelim
- 19 Male 100m Freestyle Prelim
- 20 Female 100m Freestyle Prelim
- 21 11 & U 200m Medley Relay Timed Final
- 22 12 & Over 200m Medley Relay Timed Final

Presentations for events 7, 8, 13, 14, 21, 22

SESSION 3 - Saturday 11th February 2023 Warm-up 4.00pm - 4.45pm, Start 5.00pm

- 23 Male 400m Medley Timed Final
- 24 Female 400m Medley Timed Final
- 5 Male 100m Backstroke Finals
- 6 Female 100m Backstroke Finals
- 9 Male 14 & Over 200m Breaststroke Finals
- 10 Female 14 & Over 200m Breaststroke Finals

Presentations for events 23, 24, 5, 6, 9, 10

- 11 Male 50m Butterfly Finals
- 12 Female 50m Butterfly Finals
- 15 Male 14 & Over 200m Freestyle Final
- 16 Female 14 & Over 200m Freestyle Final
- 17 Male 50m Breaststroke Finals
- 18 Female 50m Breaststroke Finals

Presentations for events 11, 12, 15, 16, 17, 18

- 19 Male 100m Freestyle Finals
- 20 Female 100m Freestyle Finals
- 25 Mixed 11 & U 200m Freestyle Relay Timed Final
- 26 Mixed 12 & Over 200m Freestyle Relay Timed Final

Presentations for events 19, 20, 25, 26

SESSION 4 - Sunday 12th February 2023 Warm-up 8:00am – 8.45am, Start 9.00am

- 27 Male 100m Breaststroke Prelims
- 28 Female 100m Breaststroke Prelims
- 29 Male 50m Freestyle Prelims
- 30 Female 50m Freestyle Prelims
- 31 Male 200m Butterfly Timed Final
- 32 Female 200m Butterfly Timed Final
- 33 Male 50m Backstroke Prelims
- 34 Female 50m Backstroke Prelims
- 35 Male 100m Butterfly Prelim
- 36 Female 100m Butterfly Prelim
- 37 Male 13 & Under 200m Backstroke Timed Final
- 38 Female 13 & Under 200m Backstroke Timed Final
- 39 Male 14 & Over 200m Backstroke Prelim
- 40 Women 14 & Over 200m Backstroke Prelim
- 41 Flying Squadron 400m Freestyle Relay

Presentations 31, 32, 37, 38, 41

SESSION 5 - Sunday 12th February 2023 Warm-up 2.00pm - 2.45pm, Start 3.00pm

- 42 Male 400m Freestyle Timed Finals
- 43 Female 400m Freestyle Timed Finals
- 27 Male 100m Breaststroke Finals
- 28 Female 100m Breaststroke Finals

Presentations 42, 43, 27, 28

- 29 Male 50m Freestyle Finals
- 30 Female 50m Freestyle Finals
- 33 Male 50m Backstroke Finals
- 34 Female 50m Backstroke Finals

Presentations 29, 30, 33, 34

- 35 Male 100m Butterfly Finals
- 36 Female 100m Butterfly Finals
- 39 Male 14 & Over 200m Backstroke Finals
- 40 Female 14 & Over 200m Backstroke Finals
- 44 Male 200m Medley Timed Final
- 45 Female 200m Medley Timed Final

Presentations 35, 36, 39, 40, 44, 45

QUALIFYING TIMES (50m)
Southland Long Course Championships 2023

Male

	9 & Under	10 & 11	12 & 13	14 & Over
50 Free	50:00	46:00	42:00	38:00
100 Free	1:50.00	1:45.00	1:35.00	1:20.00
200 Free	3:35.00	3:25.00	3:10.00	2:50.00
400 Free		6:30.00	6:20.00	5:35.00
800 Free		11:50.00	11:30.00	11:10.00
1500 Free		22:00.00	20:00.00	20:00.00
50 Back	56:00	55:00	52:00	42:00
100 Back	1:55.00	1:50.00	1:45.00	1:33.00
200 Back	3:45.00	3:42.00	3:40.00	3:15.00
50 Breast	1:05.00	1:02.00	59:00	45:00
100 Breast	2:10.00	2:05.00	2:00.00	1:45.00
200 Breast	4:20.00	4:10.00	4:00.00	3:45.00
50 Fly	1:04.00	1:01.00	58:00	42:00
100 Fly	2:08.00	2:05.00	1:55.00	1:33.00
200 Fly		3:50.00	3:50.00	3:15.00
200 IM	3:55.00	3:50.00	3:40.00	3:12.00
400 IM		6:50.00	6:50.00	6:20.00

Female

	9 & Under	10 & 11	12 & 13	14 & Over
50 Free	50:00	46:00	42:00	38.00
100 Free	1:50.00	1:45.00	1:35.00	1:21.00
200 Free	3:35.00	3:25.00	3:10.00	2:50.00
400 Free		6:30.00	6:30.00	5:40.00
800 Free		11:50.00	11:40.00	11:30.00
1500 Free		22:00.00	20:00.00	20:00.00
50 Back	56:00	55:00	52:00	44.00
100 Back	1:58.00	1:50.00	1:45.00	1:35.00
200 Back	3:45.00	3:42.00	3:40.00	3:15.00
50 Breast	1:08.00	1:02.00	55:00	48:00
100 Breast	2:10.00	2:05.00	2:00.00	1:45.00
200 Breast	4:20.00	4:10.00	4:00.00	3:45.00
50 Fly	1:04.00	1:01.00	58:00	43:00
100 Fly	2:08.00	2:05.00	1:55.00	1:35.00
200 Fly		3:50.00	3:50.00	3:20.00
200 IM	3:55.00	3:50.00	3:40.00	3:18.00
400 IM		7:00.00	6:50.00	6:25.00