

2020 12 & OVER SHORT COURSE CHAMPIONSHIPS

ORGANISERS ON BEHALF OF SWIMMING
WELLINGTON ARE:

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EVENT SCHEDULE – EACH SESSION



Male/Female	Stroke	Distance	10 MINUTE SESSION BREAK	Male/Female	Stroke	Distance
Male	Free	400		Male	Fly	200
Female	Free	400		Female	Fly	200
Male	Breast	50		Male	Free	50
Female	Breast	50		Female	Free	50
Male	Back	200		Male	IM	100
Female	Back	200		Female	IM	100
Male	Fly	100		Male	Free	200
Female	Fly	100		Female	Free	200
Male	IM	200		Male	Breast	100
Female	IM	200		Female	Breast	100
Male	Back	50		Male	Fly	50
Female	Back	50		Female	Fly	50
Male	Breast	200		Male	Back	100
Female	Breast	200		Female	Back	100
Male	Free	100		Male	IM	400
Female	Free	100		Female	IM	400

SESSIONS & START TIMES

SESSION 1 – 12 YEARS:

Fri 18th Sept - Warm-up 4.00 – 4.55pm, Start 5.00pm

SESSION 2 – 13 YEARS:

Sat 19th Sept - Warm up 7.30 – 8.25pm, Start 8.30am

SESSION 3 – 14 YEARS:

Sat 19th Sept - Warm-up 3.00 – 3.55pm, Start 4.00pm

SESSION 4 – 15 YEARS:

Sun 20th Sept - Warm up 7.30 – 8.25pm, Start 8.30am

SESSION 5 – 16 YEARS & OVER:

Sun 20th Sept - Warm up 3.00 – 3.55pm, Start 4.00pm

ALERT LEVEL 2 CONDITIONS

Restriction of 4 entries per swimmer.

ONE Team Manager and ONE Coach for the duration of each session

No spectators

No medal presentations: Medals will be available for collection from the medal desk for the duration of the meet.

If swimmer numbers exceed Alert Level 2 limits, preference will be given to Wellington region swimmers.

Individuals must either sign in using the NZ COVID Tracer app, or the paper and pen version that will be available at the southern entrance.

2020 QUALIFYING TIMES

MALE		FREESTYLE					FEMALE				
12	13	14	15	16+		12	13	14	15	16+	
0.40	0.35	0.34	0.34	0.33	50	0.40	0.37	0.36	0.35	0.35	
1:20	1:12	1:08	1:08	1:08	100	1:20	1:14	1:10	1:10	1:10	
2:53	2:38	2:34	2:32	2:28	200	2:53	2:44	2:42	2:41	2:39	
6.12	5.35	5.24	5.24	5.24	400	6.12	5.50	5.42	5.42	5.38	

MALE		BACKSTROKE					FEMALE				
12	13	14	15	16+		12	13	14	15	16+	
0.45	0.40	0.39	0.38	0.37	50	0.45	0.42	0.41	0.41	0.40	
1:28	1:24	1:20	1:20	1:20	100	1:28	1:24	1:24	1:24	1:24	
3.10	3.00	2.55	2.50	2.49	200	3.14	3.06	3.01	3.00	2.58	

MALE		BREASTSTROKE					FEMALE				
12	13	14	15	16+		12	13	14	15	16+	
0.49	0.45	0.44	0.43	0.42	50	0.49	0.46	0.45	0.45	0.44	
1.47	1.36	1.33	1.32	1.31	100	1.40	1.39	1.38	1.38	1.37	
3.38	3.21	3.14	3.12	3.10	200	3.29	3.28	3.27	3.20	3.20	

MALE		BUTTERFLY					FEMALE				
12	13	14	15	16+		12	13	14	15	16+	
0.44	0.40	0.39	0.39	0.38	50	0.44	0.41	0.40	0.40	0.40	
1.40	1.28	1.25	1.24	1.24	100	1.41	1.35	1.30	1.29	1.28	
3.37	3.08	3.06	3.04	3.03	200	3.42	3.25	3.20	3.20	3.18	

MALE		INDIVIDUAL MEDLEY					FEMALE				
12	13	14	15	16+		12	13	14	15	16+	
1:32	1:26	1:24	1:24	1:24	100	1:32	1:26	1:24	1:24	1:24	
2:56	2:50	2:50	2:50	2:50	200	3:04	3:00	3:00	3:00	3:00	
7.02	6.31	6.24	6.24	6.18	400	7.02	6.53	6.47	6.47	6.43	

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 to make sure they're at the starting block on time.

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.

Meet Conditions:

1. Meet will be swum short course under SNZ/FINA rules except where local rules and conditions apply.
2. All events will be swum as timed finals. Starts will be from the deep end.
3. 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.
4. Age as at 18th September 2020.
5. Restriction of 4 entries per swimmer.
6. Qualifying times must have been obtained between **4th March 2019** and the entry closing date of **15th September 2020** and be held within SNZ database. Converted times are permissible.
7. Medals will be available throughout the sessions, to those placed 1st, 2nd and 3rd in each event. Ribbons will be available for collection for those placed 4th – 10th.
8. Age group points will be earned as 20, 14, 10, 7, 6, 5, 4, 3, 2, 1 for first to tenth inclusive. Two trophies will be awarded to Wellington Regional Clubs only. (1) To the club team of more than four swimmers that achieves the best average individual event points over the meet, i.e. points divided by the number of swimmers; (2) for the Club with the highest points score.
9. Self-marshalling will operate throughout the meet.
10. Entry fees are \$11.00 per event per swimmer.
11. Entries and payment will be via the SNZ Database, pay later not an option. Entries open on 10 August 2020 and close at 23:59:59 (Midnight) on Tuesday 15 September 2020. Late entries will NOT be accepted.
12. Initial psych sheets will be posted on the website on Wednesday 16th September and final psych sheets on the Thursday 17th September.
13. Swimmers may withdraw from Session 1 by email (events@swimwn.co.nz) or with the recorder at the venue 1 (one) hour prior to the start of session one. For subsequent sessions, withdrawals must be submitted before the completion of the session prior. If any swimmer is unwell they are not to attend, with no penalty.
14. Classified para swimmers (including those with provisional classification) are eligible to compete at this meet. Para swimmers are requested to report to the Technical Director prior to the warm-up. Entries for para swimmers must be submitted manually by email to events@swimwn.co.nz on or before Tuesday, 15th September 2020
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 first session the 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 policy 008 with \$100 cash.

CLUB / SPECTATOR INFORMATION

1. Swimming Wellington strongly encourages good hygiene practices at the event. Swimmers, coaches and officials are encouraged to:
 - a. wear masks when in the seating areas
 - b. maintain at least 1 meter physical distance from others when not in the water
 - c. keep groups of swimmers from different clubs physically separate as much as practical
 - d. wash hands or use hand sanitiser regularly
 - e. avoid hugs, high fives and hand-shakes.
2. All participating Swimming Wellington clubs will be required to provide officials for this meet. Qualified visiting officials are welcome, and may apply via email RTOP@swimwn.co.nz by 5pm Tuesday 15 September.
3. NO Spectators permitted
4. A Seating plan for clubs will be distributed on Wednesday 16th September 2020
5. There will be an officials meeting in the marshaling room 20 minutes prior to the start of each session.
6. 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 are to display their NZSCTA cards throughout the meet. 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.
7. 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 signing in desk on entry via Kilbirnie Crescent.
8. Final programmes for the all sessions will be available via www.wellington.swimming.org.nz at midday on Thursday September 17th.
9. There will be a team manager meeting in the marshaling room 15 minutes prior to the start of warm-up for each session.

WARM UP PROCEDURE

All lanes: General Swimming unless specified. Feet first entry except in specified dive lanes.

Lanes 0/1 & 8/9: To become dive lanes for the last 20 minutes of each warm-up

Lane 2: Designated pace lane

Lane 9: Designated to (any) para swimmers for the first 35 minutes of each warm-up.

Shallow end lanes 6/7/8/9: During warm-ups and for warm-up and cool down (only) throughout meet. Feet first entry at all times.