



**CENTRAL SWIMMING & ATHLETES WITH DISABILITY**

# **LONG COURSE CHAMPIONSHIPS**

**21-23 MARCH 2014**

**Waterworld  
Garnett Avenue, Hamilton**

**\*(Asterix) denotes events to be swum by AWD Athletes**

**HEATS:**

AWD Athletes will swim their heats with able-bodied swimmers

**FINALS:**

Event numbers 101-114 are Finals events for AWD Swimmers Only

<b>SESSION 1 Friday 21st March</b>					
Event	Warm up 7.30am			Start 8.45am	
<b>1</b>	Female	50m	Breast	Heats	
<b>2</b>	Male	50m	Breast	Heats	
<b>3</b>	Female	200m	Fly	Heats	
<b>4</b>	Male	200m	Free	Heats	
<b>5</b>	Female	100m	Back	Heats	
<b>6</b>	Male	100m	Back	Heats	
<b>7</b>	Female	400m	Free	Heats	
<b>8</b>	Male	100m	Fly	Heats	
<b>9</b>	Female	200m	Medley	Heats	
<b>10</b>	Male	400m	Medley	Heats	
<b>11</b>	Female	4x50m	Free Relay	T/F	Club
<b>12</b>	Male	4x50m	Free Relay	T/F	Club

<b>Qualifying Times Heats</b>		
<b>13</b>	<b>14 &amp;15</b>	<b>16/0</b>
50.00	46.00	44.00
50.00	44.00	42.00
3.35.00	3.20.00	3.15.00
2.55.00	2.48.00	2.35.00
1.35.00	1.34.00	1.35.00
1.35.00	1.34.00	1.26.00
6.00.00	5.30.00	5.30.00
1.35.00	1.32.00	1.25.00
3.20.00	3.15.00	3.15.00
6.30.00	6.30.00	6.20.00
<b>14yrs/Under</b>		
<b>14yrs/Under</b>		
<b>15yrs/Over</b>		
<b>15yrs/Over</b>		

<b>SESSION 2 Friday 21st March</b>					
Event	Warm up 4.00pm			Start 5.00pm	
<b>*101</b>	Female	100m	Back	Finals	AWD
<b>*102</b>	Male	100m	Back	Finals	AWD
<b>1-6</b>	A,B & C Finals				
<b>*103</b>	Female	400m	Free	Finals	AWD
<b>7-10</b>	A,B & C Finals				
<b>*104</b>	Female	200m	Medley	Finals	AWD
<b>13</b>	Female	4x50m	Free Relay	T/F	Regional
<b>14</b>	Female	4x50m	Free Relay	T/F	Regional

<b>Finals</b>
<b>Age groups are not declared</b>
<b>AWD</b>
<b>AWD</b>
<b>Fastest 24 (see conditions)</b>
<b>AWD</b>
<b>Fastest 24 (see conditions)</b>
<b>AWD</b>
<b>14yrs/Under</b>
<b>15yrs/Over</b>
<b>14yrs/Under</b>
<b>15yrs/Over</b>

**SESSION 3  
Saturday 22nd March**

Event	Warm up 7.30am			Start 8.45am	
15	Female	50m	Back	Heats	
16	Male	50m	Back	Heats	
17	Female	100m	Fly	Heats	
18	Male	400m	Free	Heats	
19	Female	100m	Free	Heats	
20	Male	100m	Free	Heats	
21	Female	200m	Breast	Heats	
22	Male	200m	Back	Heats	
23	Female	50m	Fly	Heats	
24	Male	50	Fly	Heats	
25	Female	800m	Free	Finals	
26	Male	100m	Breast	Heats	
27	Female	4x50m	Medley Relay	T/F	Club
28	Male	4x50m	Medley Relay	T/F	Club

**Heats**

13	14 &15	16/0
47.00	43.00	42.00
47.00	40.00	38.00
1.37.00	1.36.00	1.28.00
5.55.00	5.30.00	5.30.00
1.20.00	1.20.00	1.15.00
1.20.00	1.17.00	1.10.00
3.45.00	3.32.00	3.30.00
3.25.00	3.10.00	3.10.00
40.00	39.00	38.65
40.00	38.65	38.00
<b>Fastest 24 (see conditions)</b>		
1.45.00	1.40.00	1.32.00
<b>14yrs/Under</b>		
<b>14yrs/Under</b>		
<b>15yrs/Over</b>		
<b>15yrs/Over</b>		

**SESSION 4  
Saturday 9th February**

Event	Warm up 4.00pm			Start 5.00pm	
*105	Male	400m	Free	Finals	AWD
*106	Female	100m	Free	Finals	AWD
15-20	A, B & C Finals				
*107	Male	100m	Free	Finals	AWD
21-23	A, B & C Finals				
*108	Female	50m	Fly	Finals	AWD
24	A, B & C Finals				
*109	Male	50m	Fly	Finals	AWD
25	Female	800m	Free	T/F	Fastest Heat
26	Male	100m	Breast	Finals	
*110	Male	100m	Breast	Finals	AWD
29	Female	4x50	Medley Relay	T/F	Regional
30	Male	4x50	Medley Relay	T/F	Regional

**Finals**

<b>Age groups are not declared</b>		
<b>AWD</b>		
<b>AWD</b>		
<b>Fastest 24 (see conditions)</b>		
<b>AWD</b>		
<b>Fastest 24 (see conditions)</b>		
<b>AWD</b>		
<b>Fastest 24 (see conditions)</b>		
<b>AWD</b>		
<b>Fastest 24 (see conditions)</b>		
<b>Fastest 24 (see conditions)</b>		
<b>AWD</b>		
<b>14yrs/Under</b>		
<b>15yrs/Over</b>		
<b>14yrs/Under</b>		
<b>15yrs/Over</b>		



**SESSION 5  
Sunday 23rd March**

Event	Warm up 7.30am			Start 8.45am	
<b>31</b>	Female	50m	Free	Heats	
<b>32</b>	Male	50m	Free	Heats	
<b>33</b>	Female	400m	Medley	Heats	
<b>34</b>	Male	200m	Fly	Heats	
<b>35</b>	Female	200m	Free	Heats	
<b>36</b>	Male	200m	Breast	Heats	
<b>37</b>	Female	100m	Breast	Heats	
<b>38</b>	Male	200m	Medley	Heats	
<b>39</b>	Female	200m	Back	Heats	
<b>40</b>	Male	1500m	Free	T/F	Slower

**Heats**

<b>13</b>	<b>14 &amp;15</b>	<b>16/0</b>
37.00	35.00	34.00
37.00	34.00	32.00
6.30.00	6.30.00	6.20.00
3.35.00	3.28.00	3.15.00
2.55.00	2.45.00	2.45.00
3.45.00	3.36.00	3.32.00
1.48.00	1.40.00	1.36.00
3.15.00	3.11.00	3.00.00
3.25.00	3.20.00	3.20.00
<b>Fastest 24 (see conditions)</b>		
<b>Mixed 13yrs/Over</b>		

**SESSION 6  
Sunday 23rd March**

Event	Warm up TBA			Start TBA	
<b>41</b>	Male	1500	Free	T/F	Fastest Heat
<b>*111</b>	Female	50m	Free	Finals	AWD
<b>*112</b>	Male	50m	Free	Finals	AWD
<b>31-36</b>	A, B & C Finals				
<b>*113</b>	Female	100m	Breast	Finals	AWD
<b>37</b>	A, B & C Finals				
<b>*114</b>	Male	200m	Medley	Finals	AWD
<b>38-41</b>	A, B & C Finals				

**Finals**

<b>Age groups are not declared</b>
<b>Fastest 24 (see conditions)</b>
<b>AWD</b>
<b>AWD</b>
<b>Fastest 24 (see conditions)</b>
<b>AWD</b>
<b>Fastest 24 (see conditions)</b>
<b>AWD</b>
<b>Fastest 24 (see conditions)</b>

# Meet Conditions

1. **Swimmers from all regions may enter this meet.** A maximum of two (2) visitors are permitted to swim in the finals (including timed finals) - ie 2 out of the 24 places may be taken by visitors unless there are lanes available for additional visitor swimmers to take. Notwithstanding this, no more than 2 visitors may swim in an "A" final or the fastest heat of a timed finals. For the purposes of this meet the definition of a visitor swimmer is any swimmer not affiliated to Swimming Bay of Plenty, Swimming Hawkes Bay Poverty Bay, Swimming Taranaki or Swimming Waikato.
2. **Age :** as at Friday 21<sup>st</sup> March 2014.
3. **Closing Date :** for entries 8.00pm , Wednesday 5<sup>th</sup> March 2014 – **late entries not accepted**
4. **Qualifying Period :** from 1<sup>st</sup> January 2013 to 2<sup>nd</sup> March 2014.
5. **Entry fee :** \$9.00 per event, \$18.00 per relay team - payable to 'Central Swimming Incorporated' with Fee Report. For payments by electronic banking our bank account details are **12-3134-0067191-00**
6. **Fee Payment :** to be *paid* by **Friday 14th March 2014.**
7. **Entries (to be submitted by Clubs) & payment to :** Stu Woods - Ph 07 8540266 (evenings), or email [swimwoods@xtra.co.nz](mailto:swimwoods@xtra.co.nz)  
Address: 3 Gavin Heights, Bramley, Hamilton with cheques payable to : Central Swimming Incorporated.
8. **Club Recorders to assist with planning; please include names of officials that can assist at the meet (including role and session(s))**
9. **'Proof of times':** entry report (by name) to accompany file (when emailing) and a hardcopy for all postal entries.
10. **Qualifying Times:** All Swimmers to have met the stated qualifying times. If a swimmer qualifies for only **one(1) event**, they may enter **one (1) other unqualified event – limited to : 50m, 100m or 200m only.**
11. **No Time (NT)** will not be accepted.
12. **Entry Times:** Converted times can be used.
13. **Session 6 will commence approximately 90 minutes (TBC) after the completion of Session 5.**
14. **Scratchings/withdrawals :** are required for **Timed Finals & Finals only :**
  - Withdrawals from **Finals** to be advised to control within **30 mins** of the **heat results being posted**
  - Finalists are deemed to include the **first 2 reserves**
  - Withdrawals from **Timed Finals** to be advised to control **45 mins before the start** of the session in which the first heat of the timed final will be swum.
  - **Relays:** Teams must be confirmed to Control **45 mins before the start** of the session in which they are to be swum.
  - A Doctor's certificate is required for refunds **AND** subject to acceptance by the Meet Director.
  - **Fees** for Withdrawals and Protests will apply and are as follows :
    - Failure to scratch within stipulated time frame: **\$50.00 (payable on the day)**
    - Protest fee: **\$50.00**
  - **Protests:** SNZ Protest rules will apply.
15. **Events**
  - **All Events :** Heats, AWD Finals, A , B & C Finals & Timed Finals will be swum as stated in the programme
  - **Heats** will be swum as **mixed** age group separate male & female seeded on time & swum slowest to fastest.
  - The slowest heats of the 800m and 1500m free events will be swum in the morning sessions
  - Age Group Winners will be awarded from the Heat swims only
  - **Finals** will be swum as A, B & C Finals, fastest 24 males & 24 females (regardless of age) starting with the 'A' final subject to the following conditions:
    - i. A minimum of **24** swimmers are required in an event for A , B and C finals to be run, otherwise
    - ii. The event reverts to an A and B Final requiring a minimum of **16** swimmers.
    - iii. If **less than** 16 swimmers then only an A Final will be run.
- Meet organisers reserve the right to combine any heat, timed final or final where necessary
16. **Awards**
  - **Heats : 'Central Swimming Age Group Medals** will be awarded to **1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup>** Male and Female for the following age groups: **13, 14, 15, 16, 17/O**. Ribbons will be awarded to visitor swimmers who finish **1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>** in their respective age group.
  - **Open 'Central Swimming' Medals** awarded to **1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>** Male & Female in the 'A' Final and **4<sup>th</sup>-24<sup>th</sup>** placegetters to receive ribbons. Ribbons will be awarded to visitor swimmers who finish **1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>** in an "A" final.
  - **Relays: All swimmers must have entered and be competing in the Central Swimming Long Course Championships to be eligible to compete in a Relay Team. 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placegetters will receive medals.**
17. A **\$100 T3 Voucher** will be awarded for each stroke to the top Male and Female Stroke Champion of the meet. FINA Points will be used to calculate winners.
18. A **\$200 T3 Voucher** will be awarded to the highest overall FINA point's scorers for both female and male.
19. **Poolside Officials:** We shall endeavour to provide the necessary number of officials, however the number on pool-deck may be more or less than that stated by Swimming NZ depending on availability of officials on the day.
20. **Starts :** are over the top for Heats & Timed Finals in the morning sessions only
21. **AWD:** See over-page details for AWD meet conditions.
22. **Electronic Timing :** will be used at these championships
23. **Queries to :** Stu Woods Ph 07 8540266 (evenings)

[swimwoods@xtra.co.nz](mailto:swimwoods@xtra.co.nz)

# AWD Conditions

## BACKGROUND

These Championships are a key event for our AWD athletes, many of whom are aiming to qualify for the 2014 Commonwealth Games to be held in Glasgow, Scotland.

## AWD FINALS

50m Freestyle  
100m Freestyle  
100m Backstroke  
100m Breaststroke  
50m Butterfly  
200m Individual Medley  
400m Freestyle

## AWD RULES

AWD shall swim their heats as part of the able-bodied programme.

AWD must register an official time in the heat swims to qualifying for the AWD finals.

All AWD finals shall be swum as a mixed age group and classification events.

1 set of medals (gold, silver, bronze) shall be awarded per AWD final.

Medals and placing's shall be determined based on the competitors' results in comparison to their relevant world record in their respective classification. This shall mean the competitor who achieves the lowest percentage of their own relevant world record (ie: the closest to their relevant world record) will be placed first, and so forth.

In addition, AWD can enter and swim in the heats of events that do not have AWD finals.

## ENTRY

Competitors must hold at a minimum a provisional level classification (obtained through Paralympics NZ). A section for this should be included on the entry forms.

There shall be no qualifying standards for competitors to compete in the AWD events.

AWD are required to enter through their swim club.

