



**CENTRAL SWIMMING & PARA SWIMMERS**

# **LONG COURSE CHAMPIONSHIPS**

**27 February to 1 March 2015**

**Waterworld  
Garnett Avenue, Hamilton**

Note: Waterworld now charge a \$2 spectator fee.

Swimming New Zealand are using the Central Long Course Champs as a selection event for the 2015 Australian Age Group Champs.

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

**HEATS:**

PARA Athletes will swim their heats with able-bodied swimmers

**FINALS:**

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

<b>SESSION 1 Friday 27 February 2015</b>					
<b>Event</b>	<b>Warm up 7.30am</b>			<b>Start 8.45am</b>	
<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	Para
<b>*6</b>	Male	100m	Back	Heats	Para
<b>*7</b>	Female	400m	Free	Heats	Para
<b>8</b>	Male	100m	Fly	Heats	
<b>*9</b>	Female	200m	Medley	Heats	Para
<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>15yrs &amp; Under</b>		
<b>15yrs &amp; Under</b>		

<b>SESSION 2 Friday 27 February 2015</b>					
<b>Event</b>	<b>Warm up 4.00pm</b>			<b>Start 5.00pm</b>	
<b>*101</b>	Female	100m	Back	Finals	Para
<b>*102</b>	Male	100m	Back	Finals	Para
<b>1-6</b>	A,B & C Finals				
<b>*103</b>	Female	400m	Free	Finals	Para
<b>7-10</b>	A,B & C Finals				
<b>*104</b>	Female	200m	Medley	Finals	Para
<b>13</b>	Female	4x100m	Free Relay	T/F	Club
<b>14</b>	Male	4x100m	Free Relay	T/F	Club

<b>Finals</b>
<b>Age groups are not declared</b>
<b>Para</b>
<b>Para</b>
<b>Fastest 24 (see conditions)</b>
<b>Para</b>
<b>Fastest 24 (see conditions)</b>
<b>Para</b>
<b>Open</b>
<b>Open</b>

**SESSION 3  
Saturday 28 February 2015**

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

**Heats**

<b>13</b>	<b>14 &amp;15</b>	<b>16/0</b>
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>15yrs &amp; Under</b>		
<b>15yrs &amp; Under</b>		

**SESSION 4  
Saturday 28 February 2015**

Event	Warm up 4.00pm			Start 5.00pm	
<b>*105</b>	Male	400m	Free	Finals	Para
<b>*106</b>	Female	100m	Free	Finals	Para
<b>15-20</b>	A, B & C Finals				
<b>*107</b>	Male	100m	Free	Finals	Para
<b>21-23</b>	A, B & C Finals				
<b>*108</b>	Female	50m	Fly	Finals	Para
<b>24</b>	A, B & C Finals				
<b>*109</b>	Male	50m	Fly	Finals	PARA
<b>25</b>	Female	800m	Free	T/F	Fastest Heat
<b>26</b>	Male	100m	Breast	Finals	
<b>*110</b>	Male	100m	Breast	Finals	Para
<b>29</b>	Female	4x100	Medley Relay	T/F	Club
<b>30</b>	Male	4x100	Medley Relay	T/F	Club

**Finals**

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



**SESSION 5  
Sunday 1 March 2015**

Event	Warm up 7.30am			Start 8.45am	
<b>*31</b>	Female	50m	Free	Heats	Para
<b>*32</b>	Male	50m	Free	Heats	Para
<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	Para
<b>38</b>	Male	200m	Medley	Heats	
<b>39</b>	Female	200m	Back	Heats	
<b>40</b>	Male	1500m	Free	T/F	Slower
<b>41</b>	Mixed	8x	Free Relay	T/F	Regional

**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>		

**SESSION 6  
Sunday 1 March 2015**

Event	Warm up TBA			Start TBA	
<b>40</b>	Male	1500	Free	T/F	Fastest Heat
<b>*111</b>	Female	50m	Free	Finals	Para
<b>*112</b>	Male	50m	Free	Finals	Para
<b>31-36</b>	A, B & C Finals				
<b>*113</b>	Female	100m	Breast	Finals	Para
<b>37</b>	A, B & C Finals				
<b>*114</b>	Male	200m	Medley	Finals	Para
<b>38-39</b>	A, B & C Finals				

**Finals**

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

# Meet Conditions

1. **Swimmers from all regions may enter this meet.** A maximum of six (6) visitors are permitted to swim in the finals (including timed finals) subject to there being no more than two (2) visitors in each final (A,B,C). 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 27 February 2015.
3. **Closing Date :** for entries 8.00pm, Wednesday 11th February 2015 – **late entries not accepted**
4. **Qualifying Period :** from 1<sup>st</sup> January 2014 to 8th February 2015.
5. **Entry fee :** \$9.00 per event, \$18.00 per relay team - payable to 'Central Swimming Incorporated'. For payments by electronic banking our bank account details are **12-3134-0067191-00**
6. **Fee Payment :** to be *paid* by **Friday 20th February 2015.**
7. **Entry Fee Reports and payment to :** Lisa Rowe, Central Swimming Inc -  
Ph 021-454-003, or email [centralswimmingaquaknights@gmail.com](mailto:centralswimmingaquaknights@gmail.com)  
Address: 59 Western Avenue, Omokoroa, RD2, Tauranga 3172 with cheques payable to : Central Swimming Incorporated.
8. **Please include names of officials that can assist at the meet (including role and session(s)).**
9. **'Proof of times', Entry Files and Entry Report** (by name) to accompany file (when emailing) and a hardcopy for *all* postal entries to: Stu Woods—swimwoods@xtra.co.nz. 3 Gavin Heights, Bramley, Hamilton
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. **Scratching's/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, PARA 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> place getters to receive ribbons., ie. medals/ribbons can be awarded to visitors.
  - **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> place getters will receive medals.**
17. **Poolside Officials:** We shall endeavor 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.
18. **Starts :** are over the top for Heats & Timed Finals in the morning sessions **only**
19. **Para:** See over-page details for Para meet conditions.
20. **Electronic Timing :** will be used at these championships
21. **Queries to :** **Stu Woods (Meet Entries) - Ph 07 8540266 (evenings) | [swimwoods@xtra.co.nz](mailto:swimwoods@xtra.co.nz)**  
**Jo Davidson (Meet Director) - Ph 021 629 224 (evenings) | [jo.davidson@xtra.co.nz](mailto:jo.davidson@xtra.co.nz)**

# Para Conditions

## BACKGROUND

These Championships are a key event for our Para athletes.

## PARA FINALS

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

## PARA RULES

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

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

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

1 set of medals (gold, silver, bronze) shall be awarded per Para 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, Para can enter and swim in the heats of events that do not have Para 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 Para events.

Para are required to enter through their swim club.

