



AQUAKNIGHTS SWIMMING

LONG COURSE CHAMPIONSHIPS

2ND MARCH to 4TH MARCH 2018

**ROTORUA AQUATIC CENTRE
Tawera Road, Rotorua**

Note: Rotorua Aquatic Centre charge a \$2 spectator fee.

***(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

SESSION 1						Qualifying Times		
Friday 2ND March 2018						Heats		
Event	Warm up 7.30am			Start 8.30am		13	14 & 15	16/O
1	Female	50m	Breast	Heats		50.00	46.00	44.00
2	Male	200m	Breast	Heats		3.45.00	3.36.00	3.32.00
3	Female	200m	Fly	Heats		3.35.00	3.20.00	3.15.00
4	Male	200m	Free	Heats		2.55.00	2.48.00	2.35.00
*5	Female	100m	Back	Heats	Para	1.35.00	1.34.00	1.35.00
*6	Male	100m	Back	Heats	Para	1.35.00	1.34.00	1.26.00
*7	Female	400m	Free	Heats	Para	6.00.00	5.30.00	5.30.00
8	Male	100m	Fly	Heats		1.35.00	1.32.00	1.25.00
*9	Female	200m	Medley	Heats	Para	3.20.00	3.15.00	3.15.00
10	Male	400m	Medley	Heats		6.30.00	6.30.00	6.20.00
11	Female	4x50m	Free Relay	T/F	Club	15yrs & Under		
12	Male	4x50m	Free Relay	T/F	Club	15yrs & Under		

SESSION 2						Finals		
Friday 2nd March 2018								
Event	Warm up 4.00pm			Start 5.00pm		Age groups are not declared		
*101	Female	100m	Back	Finals	Para	Para		
*102	Male	100m	Back	Finals	Para	Para		
1-6	A,B & C Finals					Fastest 24 (see conditions)		
*103	Female	400m	Free	Finals	Para	Para		
7-10	A,B & C Finals					Fastest 24 (see conditions)		
*104	Female	200m	Medley	Finals	Para	Para		
13	Female	4x100m	Free Relay	T/F	Club	Open		
14	Male	4x100m	Free Relay	T/F	Club	Open		

SESSION 3
Saturday 3rd March 2018

Event	Warm up 7.30am			Start 8.30am	
15	Female	50m	Back	Heats	
16	Male	50m	Back	Heats	
17	Female	100m	Fly	Heats	
*18	Male	400m	Free	Heats	Para
*19	Female	100m	Free	Heats	Para
*20	Male	100m	Free	Heats	Para
21	Female	200m	Breast	Heats	
22	Male	200m	Back	Heats	
*23	Female	50m	Fly	Heats	Para
*24	Male	50m	Fly	Heats	Para
25	Male	800m	Free	T/F	Slower Heats
26	Female	800m	Free	T/F	Slower Heats
*27	Male	100m	Breast	Heats	Para
28	Female	4x50m	Medley Relay	T/F	Club
29	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	38.00
40.00	38.00	38.00
Fastest 24 (see conditions)		
Fastest 24 (see conditions)		
1.45.00	1.40.00	1.32.00
15yrs & Under		
15yrs & Under		

SESSION 4
Saturday 3rd March 2018

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

Finals

Age groups are not declared
Para
Para
Fastest 24 (see conditions)
Para
Fastest 24 (see conditions)
Para
Fastest 24 (see conditions)
Para
Fastest 8
Fastest 8
Fastest 24 (see conditions)
Para
Open
Open



SESSION 5
Sunday 4th March 2018

Event	Warm up 7.30am			Start 8.45am	
*32	Female	50m	Free	Heats	Para
*33	Male	50m	Free	Heats	Para
34	Female	400m	Medley	Heats	
35	Male	200m	Fly	Heats	
36	Female	200m	Free	Heats	
37	Male	50m	Breast	Heats	
*38	Female	100m	Breast	Heats	Para
39	Male	200m	Medley	Heats	
40	Female	200m	Back	Heats	
41	Male	1500m	Free	T/F	Slower Heats
42	Female	1500m	Free	T/F	Slower Heats
43	Mixed	10 x	Free Relay	T/F	Regional

Heats

13	14 &15	16/0
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
50.00	44.00	42.00
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
Fastest 24 (see conditions)		
Fastest 24 (see conditions)		

SESSION 6
Sunday 4th September 2017

Event	Warm up TBA			Start TBA	
41	Male	1500	Free	T/F	Fastest Heat
42	Female	1500	Free	T/F	Fastest Heat
*112	Female	50m	Free	Finals	Para
*113	Male	50m	Free	Finals	Para
32-36	A, B & C Finals				
*114	Female	100m	Breast	Finals	Para
37-40	A, B & C Finals				

Finals

Age groups are not declared
Fastest 8 (see conditions)
Fastest 8 (see conditions)
Para
Para
Fastest 24 (see conditions)
Para
Fastest 24 (see conditions)

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 2nd March 2018.
3. **Closing Date :** for entries 11.00pm. Monday 26th February 2018.
4. **Qualifying Period :** from 1st January 2016 to 26th February 2018.
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. **ENTRY PROCEDURE: Entries will be accepted via the SNZ Database**
7. **Please include names of officials that can assist at the meet (including role and session(s)).**
8. Payments must be received for entries by Friday 2nd March 2018.
9. **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.
10. **No Time (NT)** will not be accepted.
11. **Entry Times:** Converted times can be used.
12. **Session 6 will commence approximately 90 minutes (TBC) after the completion of Session 5.**
13. **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 medical certificate is required for refunds.
 - **Fees** for Withdrawals and Protests will apply and are as follows:
 - There will be a \$10 scratching fee payable for all scratchings from FINALS (payable on the day)
 - Failure to scratch within stipulated time frame: **\$50.00 (payable on the day)**
 - Protest fee: **\$100.00**
 - **Protests:** SNZ Protest rules will apply.
14. **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.
15. **Awards**
 - **Heats Central Swimming Age Group Medals** will be awarded to **1st, 2nd, & 3rd** Male and Female for the following age groups: **13, 14, 15, 16, 17/O.**
 - **Open Central Swimming CASH** awarded to **1st, 2nd & 3rd** Male & Female in the 'A' Final
 - **Relays: All swimmers must have entered and be competing in the Aquaknights Swimming Long Course Championships to be eligible to compete in a Relay Team. 1st, 2nd & 3rd place getters will receive medals. The Regional relay must have 1 athlete from each gender in each age bracket.**
16. **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.
17. **Starts :** are over the top for Heats & Timed Finals in the morning sessions only
18. **Para:** See over-page details for Para meet conditions.
19. **Electronic Timing :** will be used at these championships
20. **Queries to :** centralswimmingaquaknights@gmail.com Ph 027 6688966

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 copy of this certification must be email to centralswimmingaquaknights@gmail.com

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

Para are required to enter through their swim club.

