



**AQUAKNIGHTS SWIMMING & PARA SWIMMERS**

# **SHORT COURSE CHAMPIONSHIPS**

**30<sup>th</sup> August to 1<sup>st</sup> September 2019**

**ROTORUA AQUATIC CENTRE**

**\*(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</b>					
<b>Friday 31st August 2018</b>					
<b>Event</b>	<b>Warm up 8.30am</b>			<b>Start 9.30am</b>	
<b>1</b>	Male	100	Medley	Heats	
<b>2</b>	Female	50m	Breast	Heats	
<b>3</b>	Male	50m	Breast	Heats	
<b>4</b>	Female	200m	Fly	Heats	
<b>5</b>	Male	200m	Free	Heats	
<b>*6</b>	Female	100m	Back	Heats	Para
<b>*7</b>	Male	100m	Back	Heats	Para
<b>*8</b>	Female	400m	Free	Heats	Para
<b>9</b>	Male	100m	Fly	Heats	
<b>*10</b>	Female	200m	Medley	Heats	Para
<b>11</b>	Male	400m	Medley	Heats	
<b>12</b>	Female	4x50m	Free Relay	T/F	Club
<b>13</b>	Male	4x50m	Free Relay	T/F	Club

<b>Qualifying Times</b>		
<b>Heats</b>		
<b>13</b>	<b>14 &amp; 15</b>	<b>16/O</b>
140.00	135.00	130.00
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</b>					
<b>Friday 31st August 2018</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>1-7</b>	A,B & C Finals				
<b>*103</b>	Female	400m	Free	Finals	Para
<b>8-11</b>	A,B & C Finals				
<b>*104</b>	Female	200m	Medley	Finals	Para
<b>14</b>	Female	4x100m	Free Relay	T/F	Club
<b>15</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 1st September 2018**

Event	Warm up 7.30am			Start 8.30am	
16	Female	100m	Medley	Heats	
17	Male	200m	Medley	Heats	Para
18	Female	50m	Back	Heats	
*19	Male	400m	Free	Heats	Para
20	Female	100m	Fly	Heats	
*21	Male	100m	Breast	Heats	Para
*22	Female	100m	Free	Heats	Para
23	Male	200m	Back	Heats	
24	Female	200m	Breast	Heats	
*25	Male	50m	Fly	Heats	Para
*26	Female	50m	Fly	Heats	Para
*27	Male	100m	Free	Finals	Para
28	Female	800m	Free	Heats	Slower heats
29	Male	800m	Free	Heats	Slower Heats
30	Male	4x50m	Medley Relay	T/F	Club
31	Female	4x50m	Medley Relay	T/F	Club

**Heats**

13	14 &15	16/0
1:45.00	1:40.00	1:35.00
3:15.00	3:11.00	3:00.00
47.00	43.00	42.00
5:55.00	5:30.00	5:30.00
1:37.00	1:36.00	1:28.00
1.45.00	1.40.00	1.32.00
1.20.00	1.20.00	1.15.00
3.25.00	3.10.00	3.10.00
3.45.00	3.32.00	3.30.00
40.00	38.65	38.00
40.00	39.00	38.65
1.20.00	1.17.00	1.10.00
<b>Fastest 24 (see conditions)</b>		
<b>Fastest 24 (see conditions)</b>		
<b>15yrs &amp; Under</b>		
<b>15yrs &amp; Under</b>		

**SESSION 4**  
**Saturday 1st September 2018**

Event	Warm up 4.00pm			Start 5.00pm	
*105	Male	400m	Free	Finals	Para
*106	Female	100m	Free	Finals	Para
16-20	A, B & C Finals				
*107	Male	100m	Breast	Finals	Para
21-24	A, B & C Finals				
*108	Male	200m	Medley	Finals	Para
*109	Female	50m	Fly	Finals	Para
25-26	A, B & C Finals				
*110	Male	50m	Fly	Finals	Para
27	Male	100m	Free	Finals	
28	Female	800m	Free	T/F	Fastest Heat
29	Male	800m	Free	T/F	Fastest Heat
*111	Male	100m	Free	Finals	Para
32	Female	4x100	Medley Relay	T/F	Club
33	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>Parra</b>		
<b>Fastest 24 (see conditions)</b>		
<b>Para</b>		
<b>Fastest 24 (see conditions)</b>		
<b>Fastest 8 (see conditions)</b>		
<b>Fastest 8 (see conditions)</b>		
<b>Para</b>		
<b>Open</b>		
<b>Open</b>		



**SESSION 5**  
**Sunday 2nd September 2018**

Event	Warm up 7.30am			Start 8.45am	
*34	Female	50m	Free	Heats	Para
*35	Male	50m	Free	Heats	Para
36	Female	400m	Medley	Heats	
37	Male	200m	Fly	Heats	
38	Female	200m	Free	Heats	
39	Male	200m	Breast	Heats	
*40	Female	100m	Breast	Heats	Para
41	Male	50m	Back	Heats	
42	Female	200m	Back	Heats	
43	Male	1500m	Free	T/F	Slower
44	Female	1500m	Free	T/F	Slower
45	Mixed	8x	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
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>Fastest 24 (see conditions)</b>		

**SESSION 6**  
**Sunday 2nd September 2018**

Event	Warm up TBA			Start TBA	
43	Male	1500	Free	T/F	Fastest Heat
44	Female	1500	Free	T/F	Fastest Heat
*112	Female	50m	Free	Finals	Para
*113	Male	50m	Free	Finals	Para
34-39	A, B & C Finals				
*114	Female	100m	Breast	Finals	Para
40-42	A, B & C Finals				

**Finals**

Age groups are not declared
<b>Fastest 8 (see conditions)</b>
<b>Fastest 8 (see conditions)</b>
Para
Para
<b>Fastest 24 (see conditions)</b>
Para
<b>Fastest 24 (see conditions)</b>

# Meet Conditions

- **Swimmers from all regions may enter this meet.**
- **Age :** as at Friday 30<sup>th</sup> August 2019.
- **Closing Date :** for entries midnight, Friday 23<sup>rd</sup> August 2019.
- **Entry fee :** \$9.50 per event, \$18.00 per relay team.
- **ENTRY PROCEDURE: Entries will be accepted via the SNZ Database**
- **Please include names of officials that can assist at the meet (including role and session(s)).**
- **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.
- **No Time (NT)** will not be accepted.
- **Entry Times:** Converted times can be used.
- **Session 6 will commence approximately 60 minutes (TBC) after the completion of Session 5.**
- **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 :
  - 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: **\$50.00**
- **Protests:** SNZ Protest rules will apply.
- **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:
- 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.
- **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.
- **Awards**
  - **Heats Aquaknights Swimming Age Group CASH** 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.**
  - **Open Aquaknights Swimming CASH** awarded to **1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>** Male & Female in the '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.**
- **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.
- **Starts :** are over the top for Heats & Timed Finals in the morning sessions only
- **Para:** See over-page details for Para meet conditions.
- **Electronic Timing :** will be used at these championships
- **Queries to :** [centralswimmingaquaknights@gmail.com](mailto: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

There shall be no qualifying standards for competitors to compete in the Para events.  
Para are required to enter through their swim club.

