



STEELFORMERS  
*West Coast*  
**CHAMPS**

**Sunday 15 March 2026**  
**Splash Centre, Whanganui**

**SESSION 1**

**Warm Up: 8:30am-9:05am**

**Start Time: 9:15am**

1. 25m Butterfly 9 & under only
2. 50m Freestyle
3. 100m Individual Medley
4. 50m Breaststroke
5. 25m Backstroke 9 & under only
6. 100m Butterfly
7. 200m Freestyle
8. 4 x 50m Medley Relay Mixed - 12 & under
9. 4 x 50m Medley Relay Mixed - 13 & over
10. 100m Backstroke
11. 200m Breaststroke

**SESSION 2**

**30 minute break between  
Sessions 1 & 2**

**(Warm up first 20 minutes of break)**

12. 25m Breaststroke 9 & under only
13. 400m Freestyle
14. 50m Backstroke
15. 100m Breaststroke
16. 25m Freestyle 9 & under only
17. 200m Individual Medley
18. 4 x 50m Freestyle Relay Mixed - 12 & under
19. 4 x 50m Freestyle Relay Mixed - 13 & over
20. 100m Freestyle
21. 50m Butterfly
22. 200m Backstroke

**Session 2 will start 30 minutes after Session 1 finishes**

*Pool will be available for warm up during the first 20  
minutes of this break between sessions*



# Sunday 15 March 2026

## Splash Centre

## Whanganui

### Conditions of entry

1. This event will be swum short course. Please note the pool depth is 1.4m. Care is required when diving. Feet first entry during warm up. Diving is permitted in lanes 1 and 8, deep end only, for the last 15 minutes of warm up.
2. Sessions 1 & 2: Warm up 8:30am – 9:05am, 9:15am Start with a 30 minute break between Session 1 and Session 2. The pool will be available for warm up during the first 20 minutes of the break between sessions.
3. This meet is an official meet and will be swum under SNZ/World Aquatics and local rules with events run as mixed timed finals with over the top starts.
4. Open to Swimming New Zealand competitive-registered swimmers.
5. The meet will be limited to 160 swimmers – please enter early to avoid disappointment.
6. Age as at 15 March 2026.
7. Entries will be via Fast Lane and close at 10pm on Tuesday 10 March 2026 - late entries will not be accepted.
8. Entry fees are \$10.50 per individual event.
9. There is no charge to enter relays. All relays are mixed. Relay teams for 12 & under event may include any combination of male and female swimmers. Relay teams for 13 & over event must include two male and two female swimmers. Swimmers aged 12 & under may swim up but if doing so must not swim in the equivalent 12 & under relay.
10. NTs will be accepted but coach estimated times will be requested and appreciated.
11. No refunds for scratchings will be considered after the psych sheets have been compiled unless supported by a medical certificate.
12. A lane will be available in the training pool from 9:15am until 2:30pm for warm up and swim down.
13. Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> for male and female in the following age groups:
  - 25m events: 9 & under
  - 50m & 100m events (excluding 100m Butterfly): 9 & under, 10, 11, 12, 13, 14, 15 & over
  - 100m Butterfly: 10 & under, 11-12 years, 13-14 years, 15 & over
  - 200m events: 12 & under, 13 & over
  - 400m event: Open
  - and Open age group for Multi Class swimmers (Open Para)

*Please note medals will not be awarded for Relay events*
14. Programmes will be provided for clubs as follows: 1-10 swimmers (2), 11-20 (3), 21+ (4)
15. Free spectator entry. Raffle tickets and programmes (\$5) will also be available - cash only please (no EFTPOS facility).
16. The organisers reserve the right to restrict entries, combine events or alter the programme.
17. All clubs are required to provide one timekeeper for every four swimmers entered.
18. Participants who have entered this event agree to allow images (e.g. photography, video etc) to be taken by accredited media approved by the Whanganui Swimming Club. Images are only to be used for legitimate purposes by the Whanganui Swimming Club or Swimming Manawatu in accordance with the SNZ Member Protection Policy. Club photographers should seek prior approval from the Meet Organiser prior to the start of the meet.
19. Whanganui Swimming Club will not be liable for any loss, damage or injury incurred during the meet.
20. Any queries to [racingwsc@gmail.com](mailto:racingwsc@gmail.com).

