



**RULES AND CONDITIONS OF CUPS AND SHIELDS
HELD BY
SWIMMING MANAWATŪ**

HODGES CUP

This cup is awarded to the junior girl (15 years and under) who gains the most points over the Manawatū Age Group Championships and the Age Group events of the Summer Open Championships.

Points to be	1st place	5 points
	2nd place	3 points
	3rd place	1 point

It shall be competed for annually.

It may never be won outright.

The trophy shall remain the property of Swimming Manawatū

Alterations to these Rules may be made by the Administrative body of Swimming Manawatū Incorporated.

RUSH CUP

(1) The trophy is for competition in the Manawatū Age Group Championships, and the Age Group events of the Summer Open Championships, for junior boys (15 years and under) only.

(2) It shall be competed for annually.

(3) It may never be won outright.

(4) Points to be	1st place	5 points
	2nd place	3 points
	3rd place	1 point

(5) The trophy shall remain the property of Swimming Manawatū

(6) Alterations to these Rules may be made by the Administrative body of Swimming Manawatū Incorporated.

LEVIN CUP

4 X 100 yds or 100 metres Flying Squadron

The Club holding the cup has the privilege of holding the Event the following year. In the event of the Club not holding a carnival, Swimming Manawatū has the power to allocate the Event.

Points to be	1st Place	3 points
	2nd Place	2 points
	3rd Place	1 point

MONK CUP

Open Relay - 1 team per club (2 males and 2 females)
- 4 x 1 length or 4 x 2 lengths in pools shorter than 33 1/3 yards.

The cup shall be swum for at any carnival provided the club holding the carnival desires the event. The cup shall be won on a points basis:

1st Place	3 points
2nd Place	2 points
3rd Place	1 point

The winner of the cup for the season shall be the club gaining the most points after the last carnival of the season.

FOXTON CUP

Girls 13 years and under 5 x 1 length

Boys 13 years and under 5 x 1 length

Points	1st Place	5 points
	2nd Place	3 points
	3rd Place	1 point

(Where pools are less than 33 1/3 yds the distance shall be two lengths)

May be swum at any carnival held by a Swimming Manawatū Club.

SWIMMER OF THE YEAR AWARD

(The trophy presented by Mr J G Hogan)

The swimmer of the year will be chosen by the Management Committee and shall be awarded to the swimmer who, in their opinion, has performed:

- (a) the most outstanding swimming performance(s) for the season, and/or
- (b) conducted himself/herself in the best interest of sportsmanship, and /or
- (c) assisted where possible with Club, and/or Centre training, coaching and teaching and/or
- (d) the potential to render further service to the sport of swimming.

The trophy cannot be won outright, but shall remain the property of Swimming Manawatū. The Management Committee shall announce the award in September of each year.

JUNIOR SWIMMER OF THE YEAR AWARD

(The trophy presented by Mr G and Mrs L Bilton)

The swimmer of the year will be chosen by the Management Committee and shall be awarded to the swimmer who, in their opinion, has performed:

- (a) the most outstanding swimming performance(s) for the season, and/or
- (b) conducted himself/herself in the best interest of sportsmanship, and /or
- (c) assisted where possible with Club, and/or Centre training, coaching and teaching and/or
- (d) the potential to render further service to the sport of swimming

The swimmer must be thirteen years of age or younger at the time the award is made.

The trophy cannot be won outright, but shall remain the property of Swimming Manawatū. The Management Committee shall announce the award in September of each year.

HARKNESS CUP - Premier Club

Points to be	1st Place	5 points
	2nd Place	3 points
	3rd Place	1 point

Points gained in recognised Manawatū Championship swimming events, excluding relay's.

RULES OF THE MANAWATŪ PENTATHLON TROPHY

1. The trophy shall be known as the Manawatū Pentathlon Trophy.
2. The trophy shall always remain the property of the Swimming Manawatū and as such can never be won outright.
3. The trophy shall be won at an annual competition, completed in one session of swimming and promoted as a Swimming Manawatū fixture not earlier than the 1st day of February each year.
4. The trophy shall be held by the winner until the 14th day of January of the following year, upon which date the trophy shall be returned to Swimming Manawatū.
5. The trophy shall be presented on the day of the competition. The winner shall also receive a miniature plaque which can be retained.
6. The trophy shall be completed for over the following events:
 - (a) 400 metres freestyle
 - (b) 400 metres breaststroke
 - (c) 400 metres backstroke
 - (d) 200 metres butterfly
 - (e) 200 metres medley (4 stroke)

(Note: After the first year the order of these 5 events will alter each succeeding year and the events swum first the previous year will become the last event in the current year).

7. The trophy shall be completed for under the following regulations:
 - (a) All events to be scratch races, starting at half hour intervals.
 - (b) In the event of heats being required, lanes and heats shall be allocated by ballot and the times for each competitor recorded for points allocation. There will be no finals.
 - (c) Points will be allocated as follows:

Each event will have a maximum of 5,000 points based on a time which at the time of swimming is faster than the New Zealand record - actual or estimated. For each one tenth second swum slower than the basic time, one point will be deducted. The basic times for women will of course be slower than the times for men.

- (d) Competitors must complete in all five events.
- (e) Competition is open to all competitive swimmers registered with Swimming New Zealand.
- (f) An entry fee will be payable at the time of entry. This fee will be determined by Swimming Manawatū.
- (g) The referee shall verify the points allocation prior to the announcement of the winner of the trophy.
- (h) A Jury of Appeal shall be appointed prior to the event.
- (i) The competition shall be held in fifty metre pools within the Swimming Manawatū regional boundary only.
- (j) The events will be swum in the order laid down in Rule 6 but shall rotate so that any one event shall not be swum first more than one year in every five.
- (k) Timing of events will be 30 minutes from the start of the first event to start of second event and so on until completion of the programme. The Referee shall be responsible for the correct timing being maintained between events.
- (l) After the second year of competition any competitor who established a new record in any event shall receive a bonus of 200 points per record added to his final aggregation of points. (Records shall be established for each individual event in Pentathlon).
- (m) All swimming will be held under the rules of FINA, Swimming New Zealand and local rules where applicable.

50 METRE TROPHIES

The trophies for the 50 metre Men and 50 metre Ladies events shall be competed for during the programme of the Manawatū Championships. Awarded to Swimming Manawatū members only.

NORM STILL RELAY CHAMPIONSHIP

The Norm Still Shield shall be presented to the Club earning the most points in designated relay events as determined by Swimming Manawatū Incorporated.

Points shall be awarded to Clubs as follows.

7 points for 1 st
6 points for 2 nd
5 points for 3 rd
4 points for 4 th
3 points for 5 th
2 points for 6 th
1 point for 7 th

Names of relay team members to be advised to Swimming Manawatū 30 minutes prior to the start of the session in which the event is being swum.

Clubs may enter more than one team in each of the relay events but only one nominated team shall receive points.

KEITH OLIVER CUPS

To be awarded to the Boys 9 years and Girls 9 years Championship at Manawatū Age Group Championships.

Points to be awarded for 50m Freestyle, Breaststroke, Backstroke and Butterfly as follows:

1st	5 points
2nd	3 points
3rd	1 point

CLOUGH AND ROLLE 8 YEARS AND UNDER CUPS

To be awarded to winner of the Boys 8 years and Girls 8 years Championship at Manawatū Age Group Championships.

Points to be awarded for 50m Freestyle, Breaststroke, Backstroke and Butterfly as follows:

1st	5 points
2nd	3 points
3rd	1 point

JUNIOR PENTATHLON - SUE NEWTH MEMORIAL TROPHY

1. The aim of this event is to encourage younger swimmers to take part in a wide variety of swimming competition and to foster interest in the Pentathlon type of event.
2. The event shall be held annually and is to be known as the "Sue Newth Memorial Trophy". The winner shall retain the trophy for the ensuing year. It cannot be won outright.
3. The trophy shall be presented on the day of competition. The winner shall receive a miniature which shall be retained.
4. These rules shall be read in conjunction with the rules of Swimming New Zealand and FINA.
5. Competition shall be, where practical, held separately for boys and girls in age groups of 8 and under, 9 years, 10 years, 11 years and 12 years. Age as at day of the event.
6. The events shall consist of the following:
 - a. 8 years and under
 - 50 metres freestyle
 - 50 metres breaststroke
 - 50 metres backstroke
 - 25 metres butterfly
 - 100 metres Individual Medley
 - b. 9 and 10 years
 - 100 metres freestyle
 - 100 metres breaststroke
 - 100 metres backstroke
 - 50 metres butterfly
 - 100 metres Individual Medley
 - c. 11 and 12 years
 - 100 metres freestyle
 - 100 metres breaststroke
 - 100 metres backstroke
 - 50 metres butterfly
 - 100 metres Individual Medley

These events to be swum on a rota with a 5 year cycle, so each stroke is fairly presented to the competitor.

7. The 'Standard Time' shall be the current Manawatū Age Group record as at 31 March for boys 8 years, 9 years, 10 years, 11 years 12 years and girls 8 years, 9 years, 10 years, 11 years, 12 years in each stroke.
8. Each of the five cycles to be commenced with a minimum rest period of 30 minutes from the commencement of the previous cycle. All events to be scratch races.

9. Swimming Manawatū shall have the right to combine boys and girls of the same age groupings in any one stroke to obtain the best competition.
10. The points scoring system shall be as follows:
Each swimmer will start with 5000 points. Points shall be subtracted at the rate of 1 point for each 0.10 second slower than the standard time. No points shall be added or subtracted if the recorded time is equal to or less than the standard time.
11. Swimming Manawatū shall have the right to restrict entries if required.
12. The key officials will be appointed by Swimming Manawatū.
13. An entry fee will be payable at the time of entry. This fee may be altered by Swimming Manawatū.
14. A Jury of Appeal will be appointed by Swimming Manawatū prior to the event.
15. Competition is open to all competitive swimmers registered with Swimming New Zealand and shall be swum in a 25 metre indoor pool within the Swimming Manawatū regional boundary only.
16. Competitors must compete in all 5 events.
17. The Referee shall be responsible for the correct timing being maintained between events.
18. After the second year of competition any competitor who establishes a new record in any event shall receive a bonus of 200 points per record added to his final aggregation of points. (Records will be established for each individual event in the Pentathlon).
19. The Referee shall verify the points allocation prior to the announcement of the winner of the trophy.

PAYNE - VAN DE WAARDT TROPHY

(Trophy donated by Mrs L van de Waardt and Daughters)

Trophy to be won by the Club earning the most points over the Winter League. The formula for the awarding of points shall be at the discretion of the Management Committee.

LOCHORE SHIELD

(Shield donated by Mrs V Lochore)

Shield to be won by the Club earning the most points from all relays races run through the Winter League series.

Clubs may enter more than one team in each of the relay events but only one nominated team shall receive points.

Points shall be allocated as follows:

1st	5 points
2nd	3 points
3rd	1 point

POINTS TABLE FOR INTER CENTRE FIXTURES

Triangular Swim - Life Members Trophy

Manawatū, Whanganui, Taranaki

1st	5 points
2nd	3 points
3rd	1 point

Johnson Shield

Manawatū, Whanganui

1st	5 points
2nd	3 points
3rd	1 point

Miles Cup

Manawatū, Wellington, Wairarapa

Swimming	1st	6 points
	2nd	5 points
	3rd	4 points
	4th	3 points
	5th	2 points
	6th	1 point

Diving and Relays	1st	6 points
	2nd	4 points
	3rd	2 points

Monk Cup & Inter Centre Cup

Manawatū, Hawkes Bay/Poverty Bay, Whanganui

1st	5 points
2nd	3 points
3rd	1 point

Fairbrother Cup

Manawatū, Wairarapa, Wellington

1st	6 points
2nd	5 points
3rd	4 points
4th	3 points
5th	2 points
6th	1 point

MANAWATŪ LONG DISTANCE CUPS

Wes Hayward Trophy	1st Lady
Uncle Jack Trophy	1st Man
Bob Jenkinson Cup	Fastest Man
Maxine Harkness Cup	Fastest Lady