



SWIMMING MANAWATU

www.manswim.org.nz



WINTER CHAMPIONSHIPS 2019

SATURDAY 20 and SUNDAY 21 July 2019

FREYBERG POOL, PALMERSTON NORTH

SATURDAY 20 JULY 2019

SESSION 1 Warm Up Males - 7.55am, Females - 8.25am - Start 9.00am

1. Male Open	200m Breaststroke	2. Female Open	200m Breaststroke
3. Male Open	50m Butterfly	4. Female Open	50m Butterfly
5. Male Open	200m Medley	6. Female Open	200m Medley
7. Male Age Group	100m Backstroke	8. Female Age Group	100m Backstroke
9. Male Open	200m Freestyle	10. Female Open	200m Freestyle
11. Male RELAY 13&U	4 x 50m Freestyle	12. Female RELAY 13&U	4 x 50m Freestyle
13. Male RELAY 14&O	4 x 50m Freestyle	14. Female RELAY 14&O	4 x 50m Freestyle

SESSION 2 Warm Up Females – 2.55pm, Males - 3.25pm - Start 4.00pm

15. Male Open	50m Freestyle	16. Female Open	50m Freestyle
17. Male Open	200m Backstroke	18. Female Open	200m Backstroke
19. Male Age Group	100m Butterfly	20. Female Age Group	100m Butterfly
21. Male Open	50m Breaststroke	22. Female Open	50m Breaststroke
23. Male Age Group	100m Medley	24. Female Age Group	100m Medley
25. Male Open	400m Freestyle	26. Female Open	400m Freestyle
27. Male RELAY 13&U	Medley	28. Female RELAY 13&U	Medley
29. Male RELAY 14&O	Medley	30. Female RELAY 14&O	Medley

SUNDAY 21 JULY 2019

SESSION 3 Warm Up Females - 7.55am Males – 8.25am - Start 9.00am

31. Male Open	400m Medley	32. Female Open	400m Medley
33. Male Age Group	100m Breaststroke	34. Female Age Group	100m Breaststroke
35. Male Open	50m Backstroke	36. Female Open	50m Backstroke
37. Male Age Group	100m Freestyle	38. Female Age Group	100m Freestyle
39. Male Open	200m Butterfly	40. Female Open	200m Butterfly
41. Mixed RELAY	4 x 100m Freestyle		



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MEET CONDITIONS



- **No late entries accepted**
- **Entries close midnight Saturday 13 July 2019** via the SNZ database.
- **Entry fees are \$7.00 per event - to be paid via the database at the time of entry. Relays entry fees are \$7.00, Clubs will be invoiced.**
- Swimmers may enter with NT, but a time must be supplied within 24 hours of the psych sheets being circulated or the swimmer will be withdrawn from the event.
- There will be no pool access until 7.30am on 20 July 2019, there is no charge for spectators.
- No water is available for warm up or warm down during the sessions
- All events will be swum as Timed Finals
- 400m events may be restricted to fastest 24 swimmers.
- Events will be swum in the order listed
- SNZ Policy 008 will apply. Scratchings from all events must be received before the conclusion of the preceding session. Session 1 scratchings must be received Friday night (19 July) before 8pm.
- Swimmers with strapping must report with a medical certificate from an appropriate health professional.
- The scratching penalty fee will be \$25.00 for all events where the scratching rule is not observed. The Protest fee will be \$100.00 cash.
- Refunds will be made up to 16 July 2019, thereafter on production of a medical certificate presented on the day.
- All swimmers must be registered competitive members of Swimming New Zealand. Age is as at first day of the meet.
- An official's break may be held half way through each session.

- Swimming Manawatu reserves the right to alter the programme and limit entries should the need arise.
- Medals will be awarded for first, second and third places. A same gender representative may stand in to collect a medal if the recipient is unavailable. Medals may be collected prior to the presentation time if the swimmer is leaving the complex. If there is no swimmer or representative, the medal will not be presented.
- **Please note: results for events 7, 8, 19, 20, 23, 24, 33, 34, 37, 38 will be published in age groups 10 years & under, 11-12 years, 13-14 years and 15 years and over.**
- Relay events 11, 12, 13, 14, 27, 28, 29, 30 are open to all Clubs, Manawatu Clubs will earn points for the Norm Still Relay Trophy.
- Time trials (\$15.00 fee) may be accepted at the discretion of the Race Secretary but only if lane space is available – heats will not be reseeded or added. Applications will be accepted on a first in basis
- Meet conducted under FINA, SNZ & Para rules where sufficient officials are available. Para swimmers must present their classification card prior to the commencement of the meet.
- Mixed relays must include two swimmers of each gender.
- Clubs to provide 1 timekeeper per four swimmers please.
- The Organisers will not be liable for any loss or damage during the period of the meet. All participants must agree to comply with the Sports' Anti-Doping Rules.

Psych sheets will be emailed wherever possible and will also be available on the Manawatu website – www.manawatu.swimming.org.nz

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