

OPEN CHAMPIONSHIPS 2019

LIDO POOL, PALMERSTON NORTH

FRIDAY 1 March 2019

SESSION 1

Warm Up 6.00pm Start 6.30pm

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|----------------|--------------------------------|--------------|--------------------------------|
| 1. Female Open | 50m Freestyle (<i>heats</i>) | 2. Male Open | 50m Freestyle (<i>heats</i>) |
| 3. Female Open | 800m Freestyle | 4. Male Open | 1500m Freestyle |

SATURDAY 2 March 2019

SESSION 2

Warm Up 8.25am Start 9.00am

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| 5. Male Open | 200m Breaststroke |
| 6. Female Open | 200m Breaststroke |
| 7. Male Open | 50m Butterfly |
| 8. Female Open | 50m Butterfly |
| 9. Male Open | 200m Medley |
| 10. Female Open | 200m Medley |
| 11. Male Age Group | 100m Backstroke |
| 12. Female Age Group | 100m Backstroke |
| 13. Male Open | 200m Freestyle |
| 14. Female Open | 200m Freestyle |

SESSION 3

Warm Up 1.55pm Start 2.30pm

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| 1. Female Open FINAL | 50m Freestyle |
| 2. Male Open FINAL | 50m Freestyle |
| 15. Female Open | 200m Backstroke |
| 16. Male Open | 200m Backstroke |
| 17. Female Age Group | 100m Butterfly |
| 18. Male Age Group | 100m Butterfly |
| 19. Female Open | 50m Breaststroke |
| 20. Male Open | 50m Breaststroke |
| 21. Female Open | 400m Medley |
| 22. Male Open | 400m Medley |

SUNDAY 3 March 2019

SESSION 4

Warm Up 8.25am Start 9.00am

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| 23. Male Open | 400m Freestyle | 28. Female Age Group | 100m Breaststroke |
| 24. Female Open | 400m Freestyle | 29. Male Open | 200m Butterfly |
| 25. Male Open | 50m Backstroke | 30. Female Open | 200m Butterfly |
| 26. Female Open | 50m Backstroke | 31. Male Age Group | 100m Freestyle |
| 27. Male Age Group | 100m Breaststroke | 32. Female Age Group | 100m Freestyle |



SWIMMING MANAWATU OPEN CHAMPIONSHIPS 2019 MEET CONDITIONS



- **Entry via the SNZ Database, closing date for entries is 23:59 22 February 2019**
- **Entry fees - \$7.50 per event.** Payment is to be made through the SNZ database at the time of entry.
- Pool will be open from 8.15am and 2.15pm – spectators free
- Sprint lanes 1 and 7 for the last 20 minutes of warm up
- No water is available for warm up or warm down during the sessions
- 400m events may be restricted to fastest 28 swimmers only.
- All events, with the exception of the 50m Freestyle events, will be swum as Timed Finals.
- SNZ regulation 3.2 will apply. Scratchings from all events, excluding the 50m Freestyle heats, must be received before the conclusion of the preceding session. For the 800m and 1500m scratchings must be received Thursday night.
- Refunds will be made up to 25 February 2019, thereafter on production of a medical certificate presented on the day.
- Age as at first day of meet.
- Swimming Manawatu reserves the right to alter the programme and limit entries should the need arise.
- Times must be supplied for NT entries within 48 hours of the psych sheets being circulated or the swimmer will be withdrawn from the meet.
- An official's break may be held half way through each session.
- 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 at hand the medal will not be presented.

- **Manawatu trophies awarded:** 50m ladies and men's cups; Harkess Cup – Premier Club; Rush Cup; Hodges Cup
- **Please note: results for 100m events will be in the following age groups - 10 years & under, 11-12 years, 13-14 years, 15 years and over.**
- 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. Applications will be accepted on a first in basis.
- Meet conducted under FINA, SNZ & Para rules. Para swimmers must present their classification card prior to the commencement of the meet.
- All participants must agree to comply with the sports anti-doping rules
- An official photographer may be present at the event.

Liability disclaimer: *Swimming Manawatu, its representatives, officials or its contractors will not accept any liability for any accident, loss, damage or injury to swimmers, spectators, officials or any other person or property caused by their negligence, breach of contract or in any other way whatsoever*

Psych sheets will be emailed to addresses provided and will also be available on the Manawatu website – www.manawatu.swimming.org.nz

Enquiries: manswim.racing@gmail.com