



**Swimming**  
MANAWATU

2016-2017

[www.manswim.org.nz](http://www.manswim.org.nz)

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**SWIMMING MANAWATU**  
**2016-2017**  
POSTAL ADDRESS  
P O BOX 768, PALMERSTON NORTH

**BOARD 2016-2017**

|                 |  |   |
|-----------------|--|---|
| Chair           | Inga Hunter                                  | 027 444 2495                              |
| Deputy Chair    | David Moir                                   | 06 325 8025                               |
| Administration: | Dianne Farmer<br>admin@manswim.org.nz        | 06 356 4167                               |
| Finance         | David Moir<br>treasurer@manswim.org.nz       | 06 325 8025                               |
| Members         | Lin Tozer<br>Rhys Simpson<br>Karen Wilkinson | 06 354 0742<br>06 323 3099<br>06 359 3725 |

**Management Team 2016-2017**

|                  |   |                            |
|------------------|---|----------------------------|
|                  | Dianne Farmer   | 06 356 4167                |
|                  | Inga Hunter   | 027 442 495                |
|                  | David Moir  | 06 325 8025                |
|                  | Rhys Simpson  | 06 323 3099                |
|                  | Lin Tozer   | 06 354 0742                |
|                  | Karen Wilkinson                                       | 06 359 3725                |
| Health & Safety  | Rhys Simpson  | 06 323 3099                |
| Registrar:       | Dianne Farmer<br>registrar@manswim.org.nz             | 06 356 4167                |
| Selectors:       | Rhys Simpson<br>Lin Tozer<br>selectors@manswim.org.nz | 06 323 3099<br>06 354 0742 |
| Race Secretary:  | Lin Tozer<br>racing@manswim.org.nz                    | 06 354 0742                |
| Records Officer: | James Elkington<br>records@manswim.org.nz             | 06 353 1004                |

**Convenors:**

|                      |               |             |
|----------------------|---------------|-------------|
| Technical Committee: | Dianne Farmer | 06 356 4167 |
| Referees:            | Dianne Farmer | 06 356 4167 |
| Starters:            | Michael Pound | 06 376 6654 |
| Inspectors of Turns: | Tony Farmer   | 06 356 4167 |
| Timekeepers:         | Rhys Simpson  | 06 323 3099 |

## MANAWATU CLUB SECRETARIES 2016-2017

### ASHHURST

Kelly Nind 06 3268303 ashhurstaquanuts@gmail.com  
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### DANNEVIRKE

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### FEILDING

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### ICE BREAKER AQUATICS

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### PALMERSTON NORTH

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### TE KAWAU

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P O Box 207, Rongotea 4865

## Meet Calendar 2017

**2017**

|          |           |                           |                        |
|----------|-----------|---------------------------|------------------------|
| January  | 14        | SNZ Open Water            | Taupo                  |
|          | 15        | SNZ Open Water            | Taupo                  |
|          | 21        | Wellington LC             | Kilbirnie              |
|          | 22        | Wellington LC             | Kilbirnie              |
| February | 4         | Manawatu Age Groups       | Lido                   |
|          | 5         | Manawatu Age Groups       | Lido                   |
|          | 11        | Zonal Championships       | Auckland               |
|          | 12        | Te Kawau Carnival         | Rongotea               |
|          | 17 - 19   | NZ Junior Festival        | Kilbirnie              |
|          | 24        | Manawatu Summer Opens     | Lido                   |
| March    | 25        | Manawatu Summer Opens     | Lido                   |
|          | 26        | Manawatu Summer Opens     | Lido                   |
|          | 5 - 8     | Division II               | Rotorua                |
|          | 12        | Levin Carnival            | Levin                  |
|          | 21 - 25   | NZ Age Groups             | Kilbirnie              |
| April    | 3 - 7     | NZ Opens                  | Auckland               |
|          | 21 - 25   | World Masters Games       | Auckland               |
|          | 30        | Palmerston North Carnival | Freyberg               |
| May      | 7         | Winter League 1           | Freyberg               |
|          | 13        | North Island Sec Schools  | Freyberg               |
|          | 21        | Winter League 2           | Makino                 |
|          | 27        | Ice Breaker Carnival      | Freyberg               |
| June     | 11        | Winter League 3           | Freyberg               |
|          | 25        | Winter League 4           | Freyberg               |
| July     | 1         | Wellington Long Distance  |                        |
|          | 9         | Kiwi West Carnival        | Freyberg               |
| August   | 4         | Winter League Distance    | Freyberg               |
|          | 5         | Manawatu Winter Opens     | Freyberg               |
|          | 6         | Manawatu Winter Opens     | Freyberg               |
|          | 13        | Dannevirke Carnival       | Dannevirke             |
|          | 27        | Palmerston North Carnival | Freyberg               |
|          | September | 2                         | Wellington Long Course |
| 3        |           | Wellington Long Course    | Kilbirnie              |
| 9        |           | Wellington Long Course    | Kilbirnie              |
| 10       |           | Wellington Long Course    | Kilbirnie              |
| 16 - 17  |           | NZ Secondary Schools      | ??                     |
| 24       |           | Dolphin Carnival          | Makino                 |
| October  |           | 3 - 7                     | NZ Short Course        |
|          | 15        | Levin Carnival            | Levin                  |
|          | 29        | Dannevirke Carnival       | Dannevirke             |
| November | 5         | Kiwi West Carnival        | Freyberg               |
|          | 26        | Ice Breaker Carnival      | Lido                   |
| December | 3         | Dolphin Carnival          | Makino                 |
|          | 16        | Manawatu Age Groups SC    | Freyberg               |
|          | 17        | Manawatu Age Groups SC    | Freyberg               |

## CARNIVALS - GENERAL INFORMATION

### START TIMES

The times shown in the fixtures list are **warm up** times. Warm up times for meets vary between 30 minutes and an hour. Please check the published flyers for the details pertaining to individual fixtures.

### SCRATCHINGS

- The Scratching rule varies slightly from meet to meet and will be printed on the inside cover of your programme.

### MARSHALLING

- It is the responsibility of the swimmer or their Manager or Coach to ensure they report to the Marshal at the required number of heats or events prior to their race – as announced at the swim meet. Swimmers who do not marshal are not permitted to swim and will be disqualified.
- After reporting swimmers must remain in the Marshalling area and follow the instructions of the Marshal who will advise when they should move to the start area.
- Any misconduct or failure to follow the instructions of the Marshal will be reported to the Referee who may disqualify that swimmer/s.
- At some events a swimmer who does not report to the Marshal for a final or timed final may incur a penalty fine.
- ***Parents, Coaches and Team Managers are not permitted in the marshalling area.***

### TIMES

- Official times should be obtained from your Club Race Secretary after the meet. Times from the timekeepers are unofficial.

### PRESENTATION CEREMONIES

- Swimmers are requested to report to the presentation area **IMMEDIATELY** they are asked to do so.
- All swimmers are expected to be appropriately attired i.e. tracksuit, t-shirt and shorts etc.

**PRESENTATIONS WILL NOT BE MADE TO ANY SWIMMERS WEARING SWIM WEAR / TOWELS.**

### CLUB TEAM MANAGERS

- All Clubs must appoint a Team Manager for each meet they attend.
- Swimmers should report to their Team Manager when they first arrive and before they go to their races.
- For National events all dealings are done through the Manawatu Team Manager.
- Team Managers are the official contact point for any communication between swimmers and meet officials. Parents and swimmers cannot approach an official directly.
- Team Managers need to:
  - Be familiar with both Swimming Manawatu and Swimming New Zealand rules
  - Know when and where swimmers need to marshal
  - Advise Meet Control of withdrawals at the meet
  - Ensure swimmers and relay teams report to the Marshal when required
  - Notify swimmers if they are required for a final
  - Withdraw swimmers from finals within the correct time frames.

## POOL ETIQUETTE AND COURTESY

Walk: **DO NOT RUN** around the poolside

- Report to your Team Manager on arrival at the pool. It is preferable to sit with your Club/Team, coach and Manager. Do not wander away without permission.
- Identify the marshalling area and listen/watch for your event/s call up.
- Remain in the marshalling area until instructed to leave.
- Team Managers are the only people who may approach the meet control regarding scratchings, entries, queries, protests, and collection of results.
- Do not walk in front of the timekeepers or other officials.
- Observe the 'RULE OF SILENCE' when the whistle blows prior to the start of a race. If you are walking round the pool, stop and stand still until the race is underway.
- Stay in the water until the whistle signal to leave the pool.
- When asking for your time – remember your manners.
- Cheer on your team mates and friends remembering to keep back from the area needed by the Referee and other Officials who need to walk beside the pool.
- Foul language is not tolerated and you may be reported to the referee.
- Keep the area where you are sitting clean and put all rubbish in the bins.

## CODE OF BEHAVIOUR

Swimming Manawatu expects swimmers to adhere to the following guidelines when representing the Region:

To co-operate with and be responsible to the Team Management for the duration of the meet.

Advise the Team Manager of any medication that has been prescribed.

Swimmers must not possess, consume, administer, purchase or dispose of by any means any banned substances of any kind. This shall include alcoholic liquor, except where the Team Manager has given consent. Consent shall not be given or deemed to be given in respect of any member who is a minor.

Any breach of discipline or misbehaviour by any member of Swimming Manawatu may result in any or all of the following:

- (a) To be the subject of a report to the Swimming Manawatu
- (b) To be deprived of any privileges or allowances
- (c) To be dealt with as provided in Rule SRG 1.3 of the SNZ rules.

### *Swimming New Zealand Regulations*

*1.3 SNZ has the power to sanction any swimmer, coach, team member, technical official or any other person it has admitted to the venue for inappropriate behaviour at New Zealand Competitions. The sanction may include suspension from a race or the competition or expulsion from the venue or competition. SNZ shall advise the appropriate region of sanctions imposed.*

## **HEALTH AND SAFETY**

Swimming Manawatu is a Health and Safety conscious organisation. Health and Safety information is distributed to all Clubs prior to events – please ensure this information is passed to Team coaches, Managers and swimmers involved.

A Health and Safety manual is held in Meet Control.

## **CLUB RESPONSIBILITY AT CARNIVALS**

Each Club must ensure that a Team Manager is appointed for each meet (including National meets), and that parents and swimmers know who the Team Manager is. Queries regarding entries or scratchings must be directed through the official Team Manager. Scratchings **WILL NOT** be accepted from individual swimmers. Club team managers at National meets should liaise with the Regional Team Manager.

**Club Coaches and Team Managers are responsible for ensuring that swimmers adhere to the published warm up procedure at all meets.**

## **RESPONSIBILITIES OF DUTY CLUB**

Clubs are requested to report to the Carnival Secretary 15 minutes **BEFORE** warm up time. The following personnel are required:- 1 Announcer, 1 Marshal, 1 Adult for the recording table and computer, 1 Runner, 2 Programme / Raffle Sellers. At some meets 2 people will be required to prepare morning/afternoon tea for the officials.

## **RECORDS**

The following pools in Manawatu are certified as suitable for breaking records:

|                        |  |
|------------------------|--|
| Short Course 25metre - | Dannevirke, Freyberg Pool, Levin, Lido, Linton Camp Pool,<br>Makino, Pahiatua, PN Boys High School Pool, West End Aquatic Centre |
| Long Course 50 metre - | Makino, Lido   |

Note: records may only be broken when a qualified Referee and the required number of qualified officials are present. All record applications must be forwarded to the Records Officer with the correct documentation within 28 days of the date of the swim. At all times it is the swimmers responsibility to present the Regional Records officer with the appropriate record application.

## **OFFICIALS DRESS**

**Officials at Regional fixtures are expected to wear the current Manawatu polo shirt or a white top with black or navy bottoms.** Subsidised Officials shirts are available from the Regional Administrator.

## **HOKOWHITU SWIMMERS FUND**

Applications to this Fund close with the Swimming Manawatu Administrator on 31 January annually. Applicants must be registered competitive swimmers and may make one application only in a twelve month period.

Application forms are available on the Swimming Manawatu website.



### **MONK CUP RULES**

Open Relay - 1 team per club - 4 x 1 length or 4 x 2 lengths in pools less than 33 <sup>1</sup>/<sub>3</sub> yds.

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 RULES**

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<sup>1</sup>/<sub>3</sub> yds the distance shall be two lengths)

May be swum at any carnival in the Region.

## **SWIMMING NEW ZEALAND MEET DATES AND VENUES 2017**

| <b>Competition</b>         | <b>Date</b>           | <b>Venue</b> |
|----------------------------|-----------------------|--------------|
| NZ Open Water Champs       | 14 - 15 January 2017  | Taupo        |
| NZ Zonal Meet              | 11 February 2017      | Auckland     |
| NZ Junior Festival         | 17 – 19 February 2017 | Wellington   |
| NZ Division II Competition | 5 - 8 March 2017      | Rotorua      |
| NZ Age Group Championships | 21 – 25 March 2017    | Wellington   |
| NZ Open Champs             | 3 – 7 April 2017      | Auckland     |
| NZ Secondary Schools       | TBA                   | TBA          |
| NZ Short Course Champs     | TBA                   | TBA          |

# NZ Junior Festival – All Stars Zone

Wellington

17 – 19 February 2017

## 25m Qualifying Times

| 10 & U              | Male    |         |         | 12 & U     |         | Female  |         |         |
|---------------------|---------|---------|---------|------------|---------|---------|---------|---------|
|                     | 11 yr   | 12 yr   |         |            |         | 10 & U  | 11 yr   | 12 yr   |
| <b>FREESTYLE</b>    |         |         |         |            |         |         |         |         |
| 50.40               | 49.20   | 44.40   |         | <b>50</b>  | 50.40   | 49.20   | 46.80   |         |
| 1.55.20             | 1.46.80 | 1.42.00 |         | <b>100</b> | 1.54.00 | 1.46.80 | 1.42.00 |         |
| 3.50.40             | 3.48.00 | 3.33.60 |         | <b>200</b> | 3.50.40 | 3.48.00 | 3.33.60 |         |
|                     |         |         | 6.45.60 | <b>400</b> |         |         |         | 6.48.00 |
| <b>BACKSTROKE</b>   |         |         |         |            |         |         |         |         |
| 57.60               | 56.40   | 51.60   |         | <b>50</b>  | 56.40   | 55.20   | 54.00   |         |
| 2.09.60             | 2.01.20 | 1.56.40 |         | <b>100</b> | 2.08.40 | 2.01.20 | 1.56.40 |         |
| 4.19.20             | 4.12.00 | 3.48.00 |         | <b>200</b> | 4.19.20 | 4.12.00 | 3.54.00 |         |
| <b>BREASTSTROKE</b> |         |         |         |            |         |         |         |         |
| 1.09.60             | 1.04.80 | 56.40   |         | <b>50</b>  | 1.09.60 | 1.04.80 | 56.40   |         |
| 2.24.00             | 2.14.40 | 2.08.40 |         | <b>100</b> | 2.24.00 | 2.14.40 | 2.08.40 |         |
| 5.06.00             | 5.02.40 | 4.18.00 |         | <b>200</b> | 5.06.00 | 5.02.40 | 4.18.00 |         |
| <b>BUTTERFLY</b>    |         |         |         |            |         |         |         |         |
| 1.02.40             | 1.01.20 | 52.80   |         | <b>50</b>  | 1.02.40 | 1.01.20 | 52.80   |         |
| 2.25.20             | 2.09.60 | 1.58.80 |         | <b>100</b> | 2.20.40 | 2.09.60 | 1.58.80 |         |
|                     |         |         | 4.04.80 | <b>200</b> |         |         |         | 4.04.80 |
| <b>MEDLEY</b>       |         |         |         |            |         |         |         |         |
| 2.06.00             | 2.00.00 | 1.54.00 |         | <b>100</b> | 2.06.00 | 2.00.00 | 1.54.00 |         |
| 4.25.20             | 4.18.00 | 3.46.80 |         | <b>200</b> | 4.21.60 | 4.12.00 | 3.46.80 |         |
|                     |         |         | 8.00.00 | <b>400</b> |         |         |         | 8.00.00 |

This meet will be swum under SNZ Regulations with the following specific conditions & criteria:

- The qualifying period is from 1 January 2016 to 5 February 2017.
- The qualifying times are 25m Short Course times. Qualifying times swum in pools other than 25m pools must be converted using the SNZ Conversions.
- Only results from approved meets will be able to be used as qualifying times.
- Individual entry times will be generated by the SNZ Database. Performances from International, Regional and Local competitions not held within the database will not be eligible for use to enter this championship.
- All swimmers shall only enter qualified events. The overriding criteria for this meet is qualification in either the 100m, 200m or 400m Individual Medley.
- Relays will be club relays and swum as 12 & Under. Only swimmers who have met the qualifying time and entered at least one individual event in this competition may be entered into relay events.

**Coach and Team Manager information to the Manawatu selectors by 27 January 2017**

# Division II Competition

Rotorua

5 - 8 March 2017

## 25m Qualifying Times

| Male                |          |          |          | Female      |          |          |          |          |
|---------------------|----------|----------|----------|-------------|----------|----------|----------|----------|
| 12-13 yr            | 14 yr    | 15 yr    | 16 - 18  | 12-13 yr    | 14 yr    | 15 yr    | 16 - 18  |          |
| <b>FREESTYLE</b>    |          |          |          |             |          |          |          |          |
| 29.80               | 28.60    | 28.40    | 27.90    | <b>50</b>   | 31.20    | 31.00    | 30.90    | 30.85    |
| 1.04.90             | 1.03.00  | 1.02.80  | 1.00.70  | <b>100</b>  | 1.08.20  | 1.07.95  | 1.07.90  | 1.06.85  |
| 2.23.00             | 2.19.00  | 2.17.50  | 2.13.00  | <b>200</b>  | 2.29.00  | 2.27.00  | 2.26.55  | 2.25.30  |
| 5.00.35             | 4.50.00  | 4.48.90  | 4.42.15  | <b>400</b>  | 5.15.00  | 5.09.00  | 5.07.00  | 5.04.70  |
|                     |          |          |          | <b>800</b>  | 10.55.00 | 10.42.00 | 10.38.35 | 10.37.00 |
| 19.57.70            | 19.35.00 | 19.24.50 | 18.58.90 | <b>1500</b> |          |          |          |          |
| <b>BACKSTROKE</b>   |          |          |          |             |          |          |          |          |
| 34.35               | 33.27    | 33.05    | 32.35    | <b>50</b>   | 36.20    | 36.02    | 35.85    | 35.43    |
| 1.14.34             | 1.12.83  | 1.12.86  | 1.10.92  | <b>100</b>  | 1.18.07  | 1.17.28  | 1.16.88  | 1.15.97  |
| 2.41.33             | 2.36.26  | 2.35.76  | 2.33.12  | <b>200</b>  | 2.48.84  | 2.45.96  | 2.45.26  | 2.43.35  |
| <b>BREASTSTROKE</b> |          |          |          |             |          |          |          |          |
| 38.94               | 37.93    | 37.61    | 36.97    | <b>50</b>   | 40.96    | 40.51    | 40.40    | 39.69    |
| 1.25.16             | 1.22.83  | 1.21.81  | 1.20.36  | <b>100</b>  | 1.28.75  | 1.28.47  | 1.28.38  | 1.26.30  |
| 3.05.03             | 2.58.71  | 2.57.51  | 2.54.24  | <b>200</b>  | 3.12.69  | 3.11.52  | 3.10.67  | 3.05.61  |
| <b>BUTTERFLY</b>    |          |          |          |             |          |          |          |          |
| 34.67               | 33.15    | 33.00    | 32.65    | <b>50</b>   | 35.27    | 34.83    | 34.69    | 34.60    |
| 1.17.64             | 1.13.99  | 1.13.99  | 1.12.98  | <b>100</b>  | 1.19.39  | 1.18.39  | 1.18.51  | 1.17.49  |
| 2.51.78             | 2.49.34  | 2.47.96  | 2.46.76  | <b>200</b>  | 2.56.47  | 2.54.74  | 2.54.03  | 2.53.52  |
| <b>MEDLEY</b>       |          |          |          |             |          |          |          |          |
| 1.16.72             | 1.14.07  | 1.13.86  | 1.13.79  | <b>100</b>  | 1.20.00  | 1.19.50  | 1.19.00  | 1.18.00  |
| 2.46.00             | 2.51.67  | 2.40.00  | 2.37.87  | <b>200</b>  | 2.52.33  | 2.49.17  | 2.48.10  | 2.47.15  |
| 5.55.60             | 5.45.42  | 5.44.10  | 5.39.04  | <b>400</b>  | 6.09.16  | 6.05.58  | 6.03.64  | 5.59.98  |

This meet will be swum under SNZ Regulations with the specific conditions & criteria:

- Age as at 5 March 2017.
- The qualifying period is from 1 January 2016 to 19 February 2017.
- The qualifying times are 25m Short Course times.
- Qualifying times swum in pools other than 25m pools must be converted using the SNZ conversions.
- Individual entry times will be generated by the SNZ Database. Performances from International, Regional and Local competitions not held within the database will not be eligible for use to enter this championship. Only results from approved meets will be able to be used as qualifying times.
- All swimmers shall only enter qualified events. The overriding criteria for this meet is qualification the 100m, 200m or 400m Individual Medley.
- A swimmer who has qualified for either the New Zealand Open Championships or the New Zealand Age Group Championships (in an able bodied event) is ineligible to enter the Division II Competition.
- Relays will be club relays and swum as 18 & Under. Relays will be swum as heats and finals if the number of entries is greater than the number of lanes and will be swum at the end of the respective sessions. Only swimmers who have met the qualifying time and entered at least one individual event in this competition may be entered into relay events.

**Coach and Team Manager information to the Manawatu selectors by 20 February 2017**

# NZ Age Group Championships

Wellington

21 – 25 March 2017

## 50m Qualifying Times

| Male                |          |          |          |          | Female              |          |          |         |         |
|---------------------|----------|----------|----------|----------|---------------------|----------|----------|---------|---------|
| 12-13yrs            | 14 yr    | 15 yr    | 16yr     | 17-18yr  | 12-13 yr            | 14 yr    | 15 yr    | 16yr    | 17-18yr |
| <b>FREESTYLE</b>    |          |          |          |          |                     |          |          |         |         |
| 29.64               | 27.83    | 27.08    | 26.87    | 25.60    | <b>50</b> 30.00     | 29.88    | 29.70    | 29.52   | 29.45   |
| 1.03.70             | 1.00.50  | 59.00    | 58.29    | 56.90    | <b>100</b> 1.05.50  | 1.04.50  | 1.04.00  | 1.03.80 | 1.03.50 |
| 2.18.50             | 2.12.00  | 2.09.50  | 2.06.70  | 2.04.50  | <b>200</b> 2.21.00  | 2.20.50  | 2.17.00  | 2.16.80 | 2.16.50 |
| 4.52.00             | 4.40.00  | 4.34.90  | 4.32.00  | 4.28.00  | <b>400</b> 4.58.00  | 4.54.00  | 4.52.00  | 4.48.50 | 4.47.00 |
|                     |          |          |          |          | <b>800</b> 10.15.00 | 10.05.00 | 10.00.00 | 9.55.00 | 9.50.00 |
| 19.15.00            | 18.33.00 | 18.00.00 | 17.55.00 | 17.45.00 | <b>1500</b>         |          |          |         |         |
| <b>BACKSTROKE</b>   |          |          |          |          |                     |          |          |         |         |
| 36.17               | 33.52    | 32.80    | 32.55    | 31.95    | <b>50</b> 35.20     | 35.00    | 34.65    | 34.45   | 34.20   |
| 1.11.80             | 1.08.90  | 1.07.40  | 1.07.30  | 1.06.70  | <b>100</b> 1.14.50  | 1.13.30  | 1.12.80  | 1.12.30 | 1.12.10 |
| 2.33.00             | 2.29.00  | 2.26.50  | 2.25.70  | 2.24.50  | <b>200</b> 2.39.50  | 2.36.00  | 2.35.70  | 2.34.80 | 2.34.50 |
| <b>BREASTSTROKE</b> |          |          |          |          |                     |          |          |         |         |
| 38.21               | 37.17    | 36.22    | 35.81    | 34.64    | <b>50</b> 40.30     | 40.05    | 39.57    | 39.46   | 39.13   |
| 1.20.80             | 1.17.70  | 1.15.80  | 1.15.30  | 1.14.80  | <b>100</b> 1.24.80  | 1.23.70  | 1.23.20  | 1.22.70 | 1.22.20 |
| 2.55.30             | 2.49.40  | 2.47.40  | 2.45.40  | 2.44.40  | <b>200</b> 3.01.40  | 2.58.80  | 2.57.00  | 2.55.40 | 2.54.60 |
| <b>BUTTERFLY</b>    |          |          |          |          |                     |          |          |         |         |
| 32.39               | 31.99    | 30.40    | 29.62    | 27.96    | <b>50</b> 32.07     | 31.96    | 31.81    | 31.67   | 31.48   |
| 1.10.70             | 1.07.20  | 1.06.10  | 1.05.80  | 1.03.40  | <b>100</b> 1.14.00  | 1.12.90  | 1.12.30  | 1.12.10 | 1.12.00 |
| 2.40.30             | 2.33.40  | 2.29.40  | 2.28.50  | 2.27.50  | <b>200</b> 2.46.40  | 2.42.40  | 2.39.00  | 2.38.00 | 2.37.50 |
| <b>MEDLEY</b>       |          |          |          |          |                     |          |          |         |         |
| 2.37.00             | 2.30.70  | 2.27.00  | 2.25.30  | 2.24.00  | <b>200</b> 2.41.30  | 2.38.70  | 2.38.30  | 2.38.00 | 2.37.50 |
| 5.33.50             | 5.20.00  | 5.15.00  | 5.13.50  | 5.10.00  | <b>400</b> 5.44.60  | 5.38.00  | 5.35.90  | 5.34.70 | 5.33.90 |

**This meet will be swum under SNZ Regulations with the specific conditions & criteria:**

- Age as at 21 March 2017.
- The qualifying period is from 1 January 2016 to 12 March 2017.
- The qualifying times are 50m Long Course times.
- Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- Swimmers using converted times will be seeded in the slowest heat. All swimmers shall only enter qualified events Individual entry times will be generated by the SNZ Database. Performances from International, Regional and Local competitions not held within the database will not be eligible for use to enter this championship. Only results from approved meets will be able to be used as qualifying times.
- Swimmers, who wish to enter 50m events, must have achieved a qualifying time in the 100m or 200m of the particular event and also achieved the published qualifying time for the 50m event.
- Relays will be swum as timed - finals, with all timed - finals being swum in the finals session.
- Relays will be swum in the 'Age' and 'Youth' categories. There shall be a maximum of 2 teams per club and 2 teams per zone in each relay.

**Coach and Team Manager information to the Manawatu selectors by 10 March 2017**

# New Zealand Open Championships

Auckland

3 – 7 April 2017

## 50m Qualifying Times

|                          | Male     | Female |          |
|--------------------------|----------|--------|----------|
| <b>FREESTYLE</b>         |          |        |          |
|                          | 25.48    | 50     | 28.71    |
|                          | 55.50    | 100    | 1:01.80  |
|                          | 2:00.00  | 200    | 2:13.00  |
|                          | 4:19.00  | 400    | 4:40.00  |
|                          | 9:04.65  | 800    | 9:40.00  |
|                          | 17:20.00 | 1500   | 18:34.40 |
| <b>BACKSTROKE</b>        |          |        |          |
|                          | 29.00    | 50     | 32.90    |
|                          | 1:02.83  | 100    | 1:10.00  |
|                          | 2:16.71  | 200    | 2:30.55  |
| <b>BREASTSTROKE</b>      |          |        |          |
|                          | 32.51    | 50     | 36.36    |
|                          | 1:10.68  | 100    | 1:18.71  |
|                          | 2:32.75  | 200    | 2:49.28  |
| <b>BUTTERFLY</b>         |          |        |          |
|                          | 27.66    | 50     | 30.66    |
|                          | 1:00.51  | 100    | 1:07.84  |
|                          | 2:14.95  | 200    | 2:29.00  |
| <b>INDIVIDUAL MEDLEY</b> |          |        |          |
|                          | 2:16.50  | 200    | 2:33.00  |
|                          | 4:55.00  | 400    | 5:23.75  |

This meet will be swum under SNZ Regulations with the specific conditions & criteria:

- Age as at 3 April 2017.
- The qualifying period is from 1 January 2016 to 19 March 2017.
- The qualifying times are 50m Long Course times. Only Long Course times can be used for qualification. All swimmers shall only enter qualified events.
- Swimming New Zealand do not accept converted times for entry into this meet.
- Only results from approved meets will be able to be used as qualifying times.
- Individual entry times will be generated by the SNZ Database. Performances from International, Regional and Local competitions not held within the database will not be eligible for use to enter this championship.
- Relays will be swum as open timed-finals with all timed-finals being swum in the finals session. If entries exceed the lanes available, subsequent timed - finals will be swum at the end of the morning's heats session. Only swimmers who have met the qualifying time and entered at least one individual event in this championship may be entered into relay events.

**Coach and Team Manager information to the Manawatu selectors by 20 March 2017**

## Conversion Times for Different Pool Sizes for National Meets

**Note** For the purposes of all national meets, pools of length 36½ yards will be treated as if they were of length 33½ metres and pools of length 55 yards will be treated as if they were of length 50 metres.

Conversion from 33½ metres or 36½ yards to 50 metre time:

|              |       |     |            |
|--------------|-------|-----|------------|
| Freestyle    | 100m  | add | 0.85 secs  |
|              | 200m  | add | 1.70 secs  |
|              | 400m  | add | 3.40 secs  |
|              | 800m  | add | 6.80 secs  |
|              | 1500m | add | 12.75 secs |
| Backstroke   | 100m  | add | 0.85 secs  |
|              | 200m  | add | 1.70 secs  |
| Breaststroke | 100m  | add | 1.00 secs  |
|              | 200m  | add | 2.00 secs  |
| Butterfly    | 100m  | add | 0.70 secs  |
|              | 200m  | add | 1.40 secs  |
| Medley       | 400m  | add | 3.40 secs  |

Conversion from 25 metres to 50 metre time:

|              |       |     |            |
|--------------|-------|-----|------------|
| Freestyle    | 50m   | add | 0.85 secs  |
|              | 100m  | add | 1.70 secs  |
|              | 200m  | add | 3.40 secs  |
|              | 400m  | add | 6.80 secs  |
|              | 800m  | add | 13.60 secs |
|              | 1500m | add | 25.50 secs |
| Backstroke   | 50m   | add | 0.85 secs  |
|              | 100m  | add | 1.70 secs  |
|              | 200m  | add | 3.40 secs  |
| Breaststroke | 50m   | add | 1.00 secs  |
|              | 100m  | add | 2.00 secs  |
|              | 200m  | add | 4.00 secs  |
| Butterfly    | 50m   | add | 0.70 secs  |
|              | 100m  | add | 1.40 secs  |
|              | 200m  | add | 2.80 secs  |
| Medley       | 200m  | add | 3.40 secs  |
|              | 400m  | add | 6.80 secs  |

Conversion from 55 yards time to 50 metre time: **No conversion. Just use same time.**

**Note that only the above conversions may be used for National Meets. If a conversion does not exist then another pool of suitable length must be used for that event.**

Revision [3 Oct 1995]

## STROKE RULES

### SW 5 FREESTYLE

**SW 5.1** Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

**SW 5.2** Some part of the swimmer must touch the wall upon completion of each length and at the finish.

**SW 5.3** Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

### SW 6 BACKSTROKE

**SW 6.1** Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

**SW 6.2** When a backstroke ledge is being used, each inspector at the starting end shall install and remove the ledge after the start.

**SW 6.3** At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.5. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

**SW 6.4** Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely sub-merged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

**SW 6.5** When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

**SW 6.6** Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

### SW 7 BREASTSTROKE

**SW 7.1** After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke followed by a breaststroke kick.

**SW 7.2** From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

**SW 7.3** The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

**SW 7.4** During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the

second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

**SW 7.5** The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

**SW 7.6** At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

### **SW 8 BUTTERFLY**

**SW 8.1** From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

**SW 8.2** Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to SW 8.5.

**SW 8.3** All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

**SW 8.4** At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

**SW 8.5** At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

### **SW 9 MEDLEY SWIMMING**

**SW 9.1** In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

**SW 9.2** In medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

**SW 9.3** Each section must be finished in accordance with the rule which applies to the stroke concerned.



## SWIMMING NEW ZEALAND REGULATION

### 3 WITHDRAWALS

#### 3 Withdrawals

3.1 In all competitions, a competitor or team not wishing to take part in a preliminary final, semi final and final in which qualification was earned shall withdraw within 30 minutes following the preliminaries or the semi-finals of the event in which the qualification took place. Any competitor or team who withdraws from preliminary finals, semi finals and finals more than 30 minutes after the preliminary or semi final in which qualification was earned shall pay without excuse to SNZ a fee as determined by SNZ.

3.2 For timed finals withdrawals must be advised by the end of the session preceding the start of the timed final event. i.e. the day before.

**Note: The criteria for Regional fixtures may differ – always check the conditions pertaining to individual competitions.**

### PARENTS and CAREGIVERS

Officials are present at all competitions, to implement the technical rules of swimming and ensure that the competition is fair and equitable to everyone. As a parent of a competitive swimmer your assistance by becoming an official facilitates swim meets and swimmers times being sanctioned. **All Swimming Manawatu Officials are volunteers** and contribute greatly to the development of the sport at all levels.

There are several levels of officiating that require different degrees of involvement and time.

The first step is to determine your area of interest. The following brief descriptions of the volunteers needed at every swim meet may help you make that determination.

Officials are present at all competitions, to implement the technical rules of swimming and ensure that the competition is fair and equitable to everyone.

**Announcer** What a way to see the meet and be actively involved. The Announcer has the important role of maintaining interest throughout the swim meet

**Computer** The Recorder is responsible for all of the paperwork (Scratchings, Reseeding, and Results)

**IOT** The Turn Judges observe the swimmers from the end of the lane(s) to ensure that the turns and finishes comply with the rules applicable to each stroke

**Judge of Stroke** The Stroke Judges ensure compliance with the rules relating to each stroke

**Marshal** The swimmers report to the Marshal that they are present and swimming the event being marshalled. Swimmers event, heat and lane assignments are checked against the programme

**Referee** The Referee has overall authority and responsibility for the competition and ensures compliance with all the rules

**Timekeeper** Timekeeping is where most parents start as volunteers. The most important single statistic at a swim meet is the time a swimmer achieves during the race

**Swimming Manawatu is indebted to Paterson Accountants Limited for the provision of Accountancy services**



