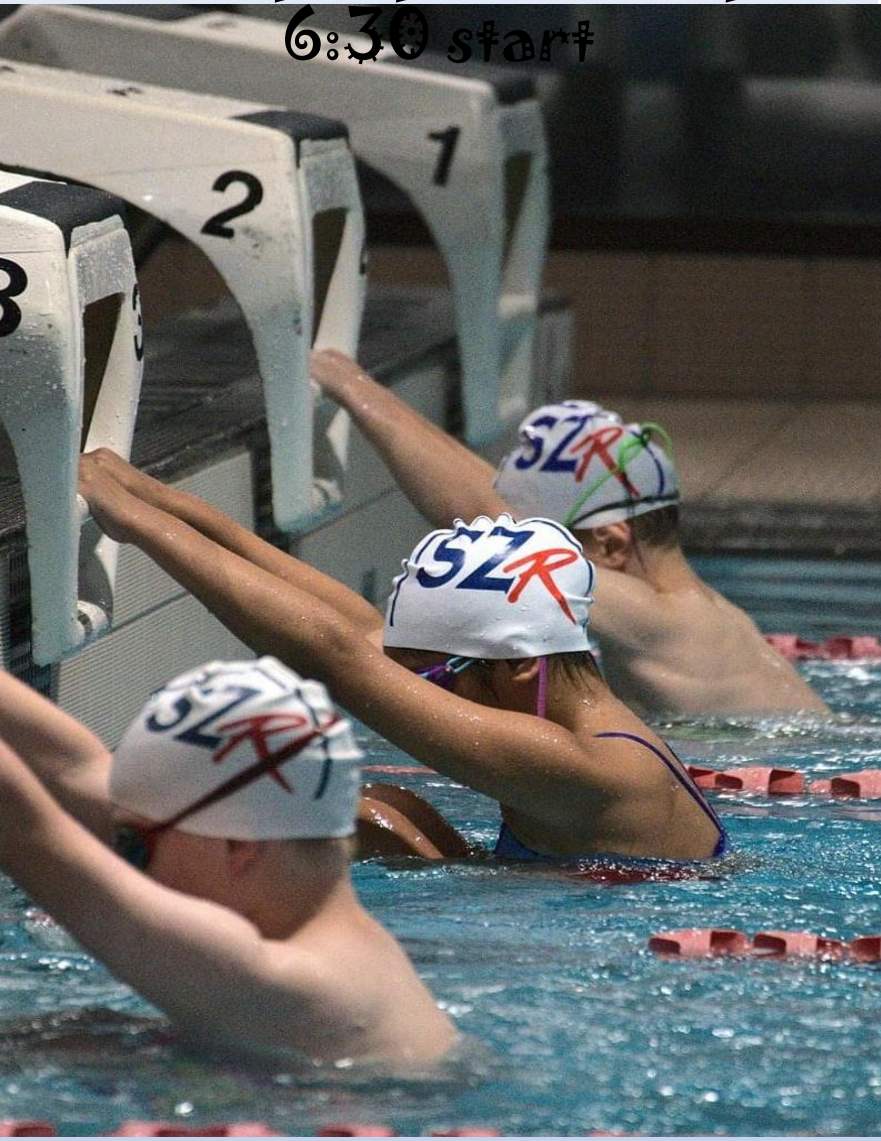


# SZR all welcome HUIA POOL

2<sup>nd</sup> Sept 6pm warm up,  
6:30 start



## ORDER OF EVENTS

Comp	Event
1	200 freestyle
2	200 backstroke
3	200 butterfly
4	200 breaststroke
5	200 medley
6	50 freestyle
7	100 breaststroke
8	25 backstroke
9	100 backstroke
10	25 Butterfly
11	50 breaststroke
12	100 medley
13	25 breaststroke
14	50 butterfly
15	100 butterfly
16	50 backstroke
17	100 freestyle
18	25 freestyle
19	400 medley
20	400 freestyle

All races will be swum as mixed races, slowest to fastest.

<https://fastlane.swimming.org.nz/login>

On-line entries via SNZ website. Closing on Monday 28 August at 23.59.59.

SPECTATORS \$2 KOHA

**SWIMZONE**  
Racing

## CONDITIONS OF ENTRY.

*This Development meet is A JUNIOR CHAMPS QUALIFIER DEVELOPMENT EVENT, open to Competitive, Club and Recreation swimmers.*

We will be restricting junior competitors in the distance events to those that can meet the following minimum swim times:

- 400m free – 200m free in under 3m30
- 400m medley – 200m medley in under 3m40
- 200m back, medley, free & fly – 100m of the same stroke under 1m55
- 200m breaststroke – 100m breaststroke under 2 minutes
- 100m back, free & fly – 50m of the same stroke under 60 sec
- 100m breaststroke – 50m breaststroke in under 1m10s

- Maximum 4 swims per swimmer, \$6 PER RACE.
- Please make your race selection to avoid back-to-back races.
- Meet to be swum under SNZ/World Aquatics/Local Rules.
- Time ribbons awarded.
- All participants must agree to comply with the Sports Anti-Doping Rules
- Classified para swimmers are eligible to compete at this meet.
- By entering this event swimmers agree to allow images (e.g. photography, video, etc.) to be taken by accredited media approved by Swimming Wellington. Images are only to be used for legitimate purposes by SZR in accordance with the SNZ Member Protection Policy.
- Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the start of the meet.

## WARM UP RULES

- Warm up will commence at 6pm and finish at 6.25pm.
- Diving in each lane may commence from 6.15pm at the discretion of the Coach supervising the lane. Swimmers must not swim back to the start end once Diving has commenced.
- Swimmers must not swim across the lanes and may only enter and exit the lanes from the either end of the pool.

Note: the organisers reserve the right to alter the order and/or combine events.

Initial Psych sheets and a session report will be posted to Facebook and the club website by Thursday prior to the meet. Any errors must be advised to [race@szr.co.nz](mailto:race@szr.co.nz) by Friday noon, 1<sup>st</sup> September.

- Scratching, please email [race@szr.co.nz](mailto:race@szr.co.nz) as soon as possible please.

ON SALE: SZR BRANDED TOWELS, SZR SWIM BAGS.

Fundraiser food on sale – BAKING, SAUSAGE SIZZLE AND SOFT DRINKS. EFTPOS AVAILABLE

Meet coordinator is Meghan Cavanagh, [meets@szr.co.nz](mailto:meets@szr.co.nz) 0212952356



# 2023 Qualifying Times

Event	Male Times				Female Times			
	9U	10	11	12	9U	10	11	12
<b>Freestyle</b>								
50m	0.43	0.43	0.40	0.38	0.43	0.43	0.40	0.37
100m	1.43	1.35	1.29	1.25	1.43	1.35	1.29	1.21
200m	3.18	3.18	3.03	2.55	3.19	3.19	3.05	2.55
400m	5.50	5.50	5.50	5.50	6.00	6.00	6.00	6.00
<b>Backstroke</b>								
50m	0.49	0.48	0.46	0.43	0.49	0.48	0.46	0.43
100m	1.51	1.47	1.41	1.36	1.51	1.48	1.41	1.36
200m	3.35	3.35	3.22	3.10	3.35	3.35	3.24	3.14
<b>Breaststroke</b>								
50m	0.59	0.56	0.52	0.49	0.59	0.56	0.52	0.48
100m	2.12	2.00	1.56	1.47	2.12	2.00	1.56	1.46
200m	4.05	4.05	3.50	3.40	4.05	4.05	3.55	3.40
<b>Butterfly</b>								
50m	0.54	0.53	0.47	0.44	0.55	0.53	0.47	0.43
100m	2.00	1.52	1.43	1.40	2.00	1.53	1.45	1.41
200m	3.37	3.37	3.37	3.37	3.42	3.42	3.42	3.42
<b>Individual Medley</b>								
100	1.56	1.49	1.42	1.36	1.56	1.56	1.45	1.36
200	4.05	4.05	3.45	3.35	4.05	4.05	3.45	3.35
400	6.45	6.45	6.45	6.45	7.02	7.02	7.02	7.02