



Swimming
MANAWATU

2011-2012

www.manswim.org.nz

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SWIMMING MANAWATU
2011-2012
POSTAL ADDRESS
P O BOX 768, PALMERSTON NORTH

OFFICERS 2011-2012

President:	Mrs Dianne Farmer	06 356 4167
Vice Presidents:	Mr Charles Greenem	06 356 4889
	Mr Colin Rose	06 368 6624
Administration:	e-mail admin@manswim.org.nz	

Management Committee

Chairperson:	Mr Braden Noel	06 358 1249
	Mr Geoff Bilton	06 376 4600
	Mrs Tracey Field	06 356 1983
	Ms Emma Hillary	06 367 6136
	Mr Carl McKnight	06 355 4153
	Ms Lin Tozer	06 354 0742
	Mrs Karen Wilkinson	06 359 3725

Registrar:	Mrs Dianne Farmer	06 356 4167
Selectors:	Mrs Tracey Field	06 356 1983
	Ms Lin Tozer	06 354 0742
Race Secretary:	Mrs Nancee Linney	06 357 6281
Records Officer:	Mr Charles Greenem	06 356 4889

Convenors:

Technical Committee:	Mrs Dianne Farmer	06 356 4167
Referees:	Mrs Dianne Farmer	06 356 4167
Starters:	Mr Neil O'Hara	06 353 6171
Inspectors of Turns:	Mr Brett Dooley	06 353 6724
Timekeepers:	Mr Tony Farmer	06 356 4167

MANAWATU CLUB SECRETARIES 2011-2012

DANNEVIRKE

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PALMERSTON NORTH

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TE KAWAU

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CALENDAR 2011-2012

				Warm up
2011				
October	30	Ice Breaker Aquatics Carnival	Freyberg	8.30am
November	6	Kiwi West Aquatics Carnival	Freyberg	8.30am
	12	Levin Spring Carnival	Levin	1.30pm
	20	Feilding Carnival	Makino	TBA
December	4	Dolphin Carnival	Makino	2.00pm
<hr/>				
2012				
January	6	Manawatu Open Champs -800/1500m	Lido	6.00pm
	7	Manawatu Open Champs Session 1	Lido	7.25am
	7	Manawatu Open Champs Session 2	Lido	2.25pm
	8	Manawatu Open Champs Session 3	Lido	7.25am
	20-23	Wellington Summer Champs	Kilbirnie	
	28	Manawatu Age Groups Session 1	Makino	7.25am
	28	Manawatu Age Groups Session 2	Makino	2.25pm
	29	Manawatu Age Groups Session 3	Makino	7.25am
	29	Manawatu Age Groups Session 4	Makino	2.25pm
	February	12	Te Kawau Carnival	Rongotea
18-19		NZ Juniors	Wellington	
March	3	Manawatu Secondary Schools	Freyberg	1.25pm
	6-10	NZ Age Groups	Wellington	
	18	Palmerston North Carnival	Freyberg	1.00pm
April	25-29	NZ Open Championships	Auckland	
	1	Ice Breaker Aquatics Carnival	Freyberg	1.30pm
	16-19	NZ Division II	Dunedin	
May	TBA	Fairbrother Cup	Masterton	
	6	Winter League 1	Dannevirke	1.25pm
	13	800m Short Course	West End Aq	TBA
	19	North Island Secondary Schools	Freyberg	8.00am
	19	North Island Secondary Schools	Freyberg	12.55pm
	19	North Island Secondary Schools	Freyberg	5.25pm
	27	Winter League 2	Makino	1.25pm
	June	10	Winter League 3	Levin
12		Special Olympics	Freyberg	TBA
17		1500m Short Course	West End Aq	TBA
24		6 Region Meet	Freyberg	11.45am
July	1	Winter League 4	Freyberg	1.25pm
	14	Manawatu Winter Champs	Freyberg	7.50am
	14	Manawatu Winter Champs	Freyberg	2.50pm
	15	Manawatu Winter Champs	Freyberg	7.50am
August	12	Palmerston North Carnival	Freyberg	1.00pm
	19	Kiwi West Aquatics Carnival	Freyberg	TBA
September	1	Dolphin Carnival	Makino	2.00pm
	23	Dannevirke Carnival	Dannevirke	2.00pm
Sept / Oct	30-4	NZ Short Course Champs	TBA	
October	28	Ice Breaker Aquatics Carnival	Freyberg	9.30am
November	4	Kiwi West Aquatics Carnival	Freyberg	TBA
	10	Levin Spring Carnival	Levin	1.30pm
December	17	Feilding Carnival	Makino	TBA
	1	Dolphin Carnival	Makino	2.00pm

Please check individual flyers for warm up times and procedures pertaining to each meets. Dates and times for meets away from Manawatu should be used as a guide only

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.
- 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.
- Should a swimmer not report to the Marshal for a final or timed final they are automatically disqualified
- Parents, Coaches and 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 13 of the SNZ rules.

Swimming New Zealand Regulations

1.3 SNZ has the power to sanction any swimmer, coach or team member 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.

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.

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 Adults 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, 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.

6 REGIONS FIXTURE

This age group meet was swum for the first time in 1999 between Wellington, Wairarapa, Wanganui, Hawkes Bay / Poverty Bay, Taranaki and Manawatu. Each region is restricted to one swimmer per event. It is scheduled to be swum in the Manawatu area annually in June. Swimmers are selected by the Manawatu Selectors. The selection criteria is available on the Swimming Manawatu website.

FAIRBROTHER CUP

This meet is swum between Wellington, Wairarapa and Manawatu – 14 years and under, Division II and below. Each region is entitled to enter two swimmers in each event. Swimmers are selected by the Manawatu Selectors. This meet was first swum in 1979. The selection criteria is available on the Swimming Manawatu website.

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 ¹/₃ 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 ¹/₃ yds the distance shall be two lengths)

May be swum at any carnival in the Region.

SWIMMING NEW ZEALAND MEET DATES AND VENUES 2011

Competition	Date	Venue
NZ Open Water Champs	14 – 15 Jan 2012	Taupo
NZ Junior Champs	18 – 19 Feb 2012	Hamilton Wellington
NZ Age Group Championships	6 – 10 Mar 2012	Wellington
NZ Open Champs	25 – 30 Mar 2012	Auckland
NZ Division II Competition	11 – 14 Apr 2012	Dunedin
NZ Short Course Champs	30 Sept–4 Oct 2012	Wellington

Closing date with selectors

The selectors appreciate that on some occasions the closing date published may be before a qualifying period is closed. Should a swimmer through a carnival or time trial have additions or alterations to their already entered programme the selectors are happy to receive those changes up to three days from the SNZ closing date.

NZ Junior Championships

Hamilton / Wellington

18 – 19 February 2012

50m Qualifying Times

Male			Female		
10 & U	11 yr	12 yr 12 & U	10 & U	11 yr	12 yr 12 & U
FREESTYLE					
36.75	34.00	32.20	50 36.80	34.00	32.20
1.20.50	1.14.00	1.10.00	100 1.20.00	1.14.00	1.10.00
2.56.20	2.42.00	2.33.00	200 2.56.20	2.42.00	2.33.00
		5.25.00	400		5.25.00
BACKSTROKE					
42.50	39.60	37.30	50 42.30	39.60	37.70
1.31.60	1.26.00	1.20.50	100 1.31.00	1.25.50	1.21.55
3.15.00	3.02.50	2.50.75	200 3.16.60	3.04.30	2.54.50
BREASTSTROKE					
48.50	44.65	41.20	50 48.00	44.25	41.85
1.45.40	1.37.00	1.31.50	100 1.45.00	1.36.70	1.31.70
3.49.00	3.30.00	3.18.00	200 3.50.00	3.28.50	3.18.00
BUTTERFLY					
41.70	39.10	36.35	50 42.40	39.25	36.50
1.35.00	1.28.10	1.20.50	100 1.38.00	1.29.00	1.21.85
		3.10.00	200		3.15.00
MEDLEY					
3.20.00	3.06.00	2.54.00	200 3.20.45	3.06.00	2.54.00
		6.18.00	400		6.18.00

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

- Age as at 18 February 2012.
- The age groups to be swum for both male and female are 10 years and under, 11 years and 12 years.
- Relays will be regional and swum as 12 years and under.
- The qualifying period is from 1 January 2011 to 5 February 2012.
- All swimmers shall only enter qualified events.
- All events shall be swum as timed-finals in age groups.
- No international visitor entries allowed.
- Regions must submit entries for SNZ members. No club entries are permitted.
- Entry fees are \$15.00 individual events, and \$30.00 relay events.
- All participants must agree to comply with the Sports Anti-doping Rules.

Closing date for entries with the Manawatu selectors – 29 January 2012

NZ Age Group Championships

Wellington, 6 – 10 March 2012

50m Qualifying Times

Male					Female				
12-13yrs	14 yr	15 yr	16yr	17-18yr	12-13 yr	14 yr	15 yr	16yr	17-18yr
FREESTYLE									
28.84	27.70	27.10	26.80	26.30	50 30.25	29.92	29.60	29.50	29.20
1.03.70	1.01.00	59.00	58.50	57.50	100 1.05.50	1.04.75	1.04.50	1.04.00	1.04.00
2.18.50	2.12.00	2.09.50	2.09.00	2.07.00	200 2.24.00	2.22.00	2.19.80	2.19.25	2.19.00
4.52.00	4.40.50	4.37.00	4.35.00	4.33.00	400 4.58.00	4.54.00	4.52.00	4.50.00	4.48.00
					800 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	1500				
BACKSTROKE									
33.40	31.90	31.10	31.05	30.85	50 34.50	34.13	33.90	33.80	33.70
1.11.78	1.08.87	1.07.58	1.07.27	1.06.79	100 1.14.50	1.13.30	1.12.80	1.12.30	1.12.10
2.33.00	2.29.00	2.26.49	2.25.67	2.24.53	200 2.39.50	2.36.00	2.35.70	2.35.39	2.34.84
BREASTSTROKE									
36.97	35.87	34.91	34.83	34.64	50 38.87	38.38	37.90	37.71	37.45
1.20.75	1.17.72	1.15.82	1.15.32	1.14.76	100 1.24.82	1.23.73	1.23.24	1.22.75	1.22.24
2.55.29	2.49.38	2.47.40	2.45.44	2.44.44	200 3.01.42	2.58.76	2.56.96	2.55.36	2.54.65
BUTTERFLY									
31.47	30.27	29.65	29.45	28.80	50 32.99	32.55	32.30	32.13	32.00
1.10.70	1.07.25	1.06.07	1.05.78	1.03.81	100 1.13.95	1.12.86	1.12.27	1.12.07	1.11.96
2.40.29	2.33.41	2.29.44	2.28.49	2.27.50	200 2.46.37	2.42.43	2.38.97	2.38.00	2.37.50
MEDLEY									
2.37.00	2.30.67	2.27.00	2.25.33	2.24.00	200 2.41.33	2.38.67	2.38.30	2.38.00	2.37.50
5.33.50	5.20.00	5.15.00	5.13.50	5.09.96	400 5.44.61	5.38.00	5.35.92	5.34.70	5.33.89

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

- Age as at 6 March 2012.
- The age groups to be swum for both male and female are 12-13 years, 14 years, 15 years, 16 years and 17 – 18 years combined.
- Relays will be swum as 15 years and under and 16 and over.
- 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.
- The qualifying period is from 1 January 2011 to 19 February 2012.
- All swimmers shall only enter qualified events.
- All entries must include swimmer details and times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. All relay entries must include swimmers' names whose times were used to produce the entry time.
- A maximum of two (2) international visitors may progress from heats to finals in any one event, with the exception of timed-finals where there is no limit on international visitor entries.
- Entry fees are \$15.00 individual events, and \$30.00 relay events.
- All participants must agree to comply with the Sports Anti-doping Rules.

Closing date for entries with the Manawatu selectors – 12 February 2012

Division II Competition

Dunedin, 11 – 14 April 2012

25m Qualifying Times

Male				Female				
13yr	14yr	15 yr	16-18yrs	13yr	14yr	15 yr	16-18yrs	
FREESTYLE								
29.80	28.60	28.40	27.90	50	31.20	31.00	30.90	30.85
1.04.90	1.03.00	1.02.80	1.00.70	100	1.08.20	1.07.95	1.07.90	1.06.85
2.23.00	2.19.00	2.17.50	2.13.00	200	2.29.00	2.27.00	2.26.55	2.24.30
5.00.35	4.50.00	4.48.90	4.42.15	400	5.15.00	5.09.00	5.07.00	5.04.70
				800	10.55.00	10.42.00	10.38.35	10.37.00
19.57.70	19.35.00	19.24.50	18.58.90	1500				
BACKSTROKE								
34.35	33.27	33.05	32.35	50	36.20	36.02	35.85	35.43
1.14.34	1.12.83	1.12.86	1.10.92	100	1.18.07	1.17.28	1.16.88	1.15.97
2.41.33	2.36.26	2.35.76	2.33.12	200	2.48.84	2.45.93	2.45.26	2.43.35
BREASTSTROKE								
38.94	37.93	37.61	36.97	50	40.96	40.51	40.40	39.69
1.25.16	1.22.55	1.21.81	1.20.36	100	1.28.75	1.28.47	1.28.38	1.26.30
3.05.03	2.58.71	2.57.51	2.54.25	200	3.12.69	3.11.52	3.10.67	3.05.61
BUTTERFLY								
34.67	33.15	33.00	32.65	50	35.27	34.83	34.69	34.60
1.17.64	1.13.99	1.13.99	1.12.98	100	1.19.39	1.18.93	1.18.51	1.17.49
2.51.78	2.49.34	2.47.96	2.46.76	200	2.56.47	2.54.74	2.54.03	2.53.52
MEDLEY								
1.16.72	1.14.07	1.13.86	1.13.79	100	1.20.00	1.19.50	1.19.00	1.18.00
2.46.00	2.41.67	2.40.00	2.37.87	200	2.52.33	2.49.17	2.48.10	2.47.15
5.55.60	5.45.42	5.44.10	5.39.04	400	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 11 April 2012.
- The age groups to be swum for both male and female are 13 years, 14 years, 15 years and 16 years to 18 years.
- Relays will be regional and club and swum as 14 & under and 15 & over. In any relay event swimmers 14 & under may swim in their correct age group or 15 and over.
- 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.
- The qualifying period is from 1 January 2011 to 25 March 2012.
- All swimmers shall only enter qualified events.
- Any swimmer who qualifies for either the 2012 NZ Open Championships or the 2012 NZ Age Group Championships is ineligible to enter the 2012 Division II Competition.
- A maximum of two (2) international visitors may progress from heats to finals in any one event, with the exception of timed-finals where there is no limit on international visitor entries.
- Entry fees are \$15.00 individual events. \$30.00 relay events.
- All participants must agree to comply with the Sports Anti-doping Rules.

Closing date for entries with the Manawatu selectors – 23 March 2012

New Zealand Open Championships

Auckland, 25 – 30 March 2012

50m Qualifying Times

Male		Female
FREESTYLE		
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
BACKSTROKE		
29.00	50	32.90
1.02.83	100	1.10.00
2.16.71	200	2.30.55
BREASTSTROKE		
32.51	50	36.36
1.10.68	100	1.18.71
2.32.75	200	2.49.28
BUTTERFLY		
27.66	50	30.66
1.00.51	100	1.07.84
2.14.95	200	2.29.00
MEDLEY		
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 25 March 2012
- Relays will be swum as Open timed finals with all timed finals being swum in the finals session.
- The qualifying period is from 1 January 2011 to 11 March 2012.
- The qualifying times shown are 50 metre times. Qualifying times swum in pools other than 50m must be converted using the SNZ conversions.
- All swimmers shall only enter qualified events.
- For 50m, 100m, 200m, 400m, 800m, 1500m events, there will be A and B Finals. B Finals will be swum when there are 20 or more swimmers that competed in the heats. The Open Championship placings will be determined from the A Finals.
- All entries must include swimmer details and times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. All relay entries must include swimmers' names whose times were used to produce the entry time.
- A maximum of two (2) international visitors may progress from heats to finals in any one event, there is no limit on international visitor entries for timed finals but only (2) international visitors may swim in the fastest timed final.
- Entry fees are \$15.00 individual events, and \$30.00 relay events.
- All participants must agree to comply with the Sports Anti-doping Rules.

Closing date for entries with the Manawatu selectors – 5 March 2012

Conversion Times for Different Pool Sizes for National Meets

Note For the purposes of all national meets, pools of length 36 $\frac{2}{3}$ yards will be treated as if they were of length 33 $\frac{1}{3}$ metres and pools of length 55 yards will be treated as if they were of length 50 metres.

Conversion from 33 $\frac{1}{3}$ metres or 36 $\frac{2}{3}$ 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.

SW 6.2 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 6.4. 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 6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish 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 6.4 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 a continuous single arm pull or a 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 6.5 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. 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. A scissors, flutter or downward butterfly kick is 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 simultaneously at, above, or below the water level. 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.

SW 8.2 Both arms shall be brought forward together over the water and brought backward simultaneously 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 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.

MEMO TO CAREGIVERS

The swimmers need your help at Regional Swim Meets throughout the year.

Without sufficient officials we cannot guarantee that every swimmer will have a fair and equal chance of achieving the ultimate, a record, without sufficient timekeepers this could happen.

We also need Inspectors of Turns, Starters and Referees

Most people start off as a timekeeper and need to have had some experience on Club nights. From Club level we would like to think that you would progress on to Regional level which entails a short assessment, the answers for which are in the Swimming New Zealand Rule Book under swimming regulations.

From here you could do your Inspector of Turns, then Starters and finally Referee.

There are people in Swimming Manawatu who are prepared to help you if they are asked. Think about it seriously and have a go.

2011

September

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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October

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31						

November

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December

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2012

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February

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June

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August

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September

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October

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November

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December

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