



2024 12 & O CANTERBURY WEST COAST **SHORT COURSE CHAMPIONSHIPS**

Session 1: Friday, 21th June 2024 - Warm up 5.45pm, Start 6.30pm
Duty Clubs: Aquagym, North Canterbury

Session 2: Saturday, 22nd June 2024 - Warm up 7.30am, Start 8.15am
Duty Clubs: Ashburton, Waitaha

Session 3: Saturday, 22nd June 2024 - Warm up 4.00pm, Start 4.45pm
Duty Clubs: Wharenui, Selwyn

Session 4: Sunday, 23rd June 2024 - Warm up 7.30am, Start 8.15am
Duty Clubs: Jasi, Swim Timaru

Session 5: Sunday, 23rd June 2024 - Warm up 2.30pm, Start 3.15pm
Duty Clubs: Vikings, QEII

at Selwyn Aquatic Centre, Rolleston (25m)

This is a Designated National Qualifying Meet

Technical Advisor:

Meet Organiser: Events Committee

CONDITIONS OF ENTRY

1. All registered competitive swimmers are eligible to enter.
2. Age as at 21st June 2024. Entry is restricted to swimmers who meet the qualifying standards.
3. ENTRY FEES: \$10 per individual event and \$15.00 per relay event GST inclusive.
4. Entries close midnight Wednesday the 12th June 2024. All individual entries are to be completed ONLINE only through the Swimming NZ database. Individual entries are paid during the online process. Club entries will be invoiced based on entries processed as at Wednesday the 19th June 2024.
5. Relays may be entered online until midnight Thursday 13th June 2024.
6. There will be no refunds on entry fees except as per the scratching rules.
7. NO LATE ENTRIES WILL BE ACCEPTED.
8. Qualifying times are 25m times only. Converted long course times may be used.
9. To enter the SCWC Championships a swimmer must achieve the qualifying times during the qualifying period between 1st June 2022 and 21st June 2024.
10. There are no qualifying times for the distance events but swimmers must have a time. NT is not allowed.
11. SCWC reserves the right to restrict entries to ensure the timeline and the Health and Safety requirements of the venue are adhered to.
12. Submission of entries constitutes acceptance of these Meet rules and Conditions.
13. Confirmation of entries will be sent to clubs by Friday 14th June 2024. Clubs are to check swimmers entries, events and times are correct. Any changes must be sent to admin@swimcanterbury.org.nz by Monday 17th June 2024 prior to the Psych Sheets being posted on the SCWC website.

14. Athletes from other regions are eligible to enter and will be treated as visitors. There will be a maximum of two visitors per final.
15. Para Swimmers aged 12 years and over are eligible to compete at this event and will compete under IPC Swimming Rules. They will be seeded in the heats according to their entry times.
16. Para swimmers are eligible for the following events 50m & 100m all strokes, 200m freestyle and 200IM for all classifications; 400m freestyle for S6 and above. One Open mixed final for Para swimmers will be swum in these events, if required. Para only events will be resulted as Open events using the Para Swimming Points System. Medals will be awarded to the top 3 male and top 3 female swimmers.
There will be no qualifying times for Para events but athletes must have a time (ie. No NTs)
Para Swimmers can also enter any other event under the same conditions as able bodied swimmers ie. if they have the qualifying time but there will be no Para only final.
17. Age Groups for individuals are: 12-14yrs, 15-16yrs, 17yrs & over.
Age Groups for relays are: 12yrs-14yrs and 15yrs and over.

RULES OF THE CHAMPIONSHIPS

1. This meet will be conducted under the Swimming NZ Regulations, SNZ By-Laws and World Aquatics Rules with the exception of local meet rules. The SCWC Technical Suit Policy will be enforced at this meet.
2. All 100m and 200m events (except 200m Butterfly) will be swum as single gender prelims seeded slowest to fastest in the morning with finals for gender/age groups in the evenings as indicated in the programme of events. The 50's all strokes, 400, 800, 1500 Freestyle, 200m Butterfly and the 400m Individual Medley will be swum as single gender timed finals seeded fastest to slowest.
3. The 800m and 1500m freestyle events will be restricted to the top 24 competitors based on entry time.
4. Swimming Canterbury West Coast reserves the right to combine the distance events if necessary.
5. Over the top starts may be used at the discretion of the Referee or Technical Advisor.
6. Reseeding may be done at the discretion of the Referee or Technical Advisor.
7. Entry into the pool for backstroke events shall be feet first. No swim backs permitted.
8. Protests shall be lodged as per SNZ Regulation 4 accompanied by the \$100 fee.
9. Electronic timing will be used at this meet.
10. Please exit the pool at the side. **Do not** swim over the lane ropes.
11. Cameras and Photography

SCWC and/or the host Club may take photos and videos may be taken during the meet: all spectators and athletes agree to allow photos, video and audio recording to be taken by an SCWC approved and/or accredited person to be used for any legitimate purposes by SCWC and/or the meet organisers. Any concerns should be directed to the meet organisers. Spectators agree upon entry that photographic, video or audio recording equipment is prohibited for any purpose, with the exclusion of personal cell phones. The meet organisers will, at their sole discretion, determine whether or not an item which could be used for the purposes of taking photos, video or audio recordings is permitted for use during the meet. Photos remain copyright of the approved/accredited person

SCRATCHING/WITHDRAWAL RULE

1. Late withdrawals will incur a penalty fee of \$50.00
2. All event scratching received before midnight 19th June 2024 will be exempt from Entry Fees
3. Withdrawals for the first session of timed finals will close at 7.00pm on June 20th 2024 with Swimming Canterbury West Coast admin@swimcanterbury.org.nz
4. Subsequent timed finals withdrawals will need to be with the Control Room Supervisor by the end of the previous session.
5. Withdrawals from the finals need to be with the CRS 30 minutes after the completion of the event in which the qualification occurred.

GENERAL

1. At the beginning of each race when the whistle is blown there is to be silence and no movement on the pool deck.
2. Swimmers are to leave the pool by the sides when the preceding race has started by swimming **under** the lanes ropes. Swimmers are **not** to exit the pool over the end or touch the pads.
3. The designated area is to be used for warm-up and warm-down **ONLY**.
4. **Warm Up** - Swimmers and coaches must adhere to the official warm-up procedures as per Swimming Canterbury West Coast warm-up procedure guidelines.
*(Warm-up is the responsibility of the clubs, coaches and swimmers involved. **Officials are not** responsible for managing or controlling the warm-up procedures.)*
5. Marshaling area will be located at the start end of the pool by the main entry doors into the competition pool complex. All swimmers should be in the marshalling area four (4) races prior to their event for distances of 200m and under and at least two (2) races prior for the 400m and above races.

RELAYS

1. All relays are timed finals.
2. All relay swimmers must complete in an individual event at this meet to be eligible to compete in the relays. If a swimmer swims up an age group for a relay in the meet, they may not swim for their own age group relays as well.
3. Any changes to the entered relay swimmers' names or the order in which they are to swim must be with the Control Room 30 minutes prior to the start if the session in which the relay is to be swum.

DUTY CLUBS

All participating Swimming Canterbury West Coast clubs are expected to assist with normal duty club responsibilities (including catering) during sessions. A list of duties will be sent to clubs.

PRIZES

1. Medals will be awarded to 1st, 2nd & 3rd in individual events.
2. Medals for Mixed Open Para events will be awarded to 1st, 2nd & 3rd male and female swimmers.
3. Towels will be awarded to the male and female swimmer who swims the overall fastest time in each event excluding para events.
4. Medals will be awarded to 1st, 2nd & 3rd in the relay events.



2024 Canterbury West Coast Short Course Championships Qualifying Times

Qualifying period 1st June 2022 – 21st June 2024

		12 – 14	12 - 14	15 & Over	15 & Over	PARA	
		Male	Female	Male	Female		
FREESTYLE	50	33.15	34.15	31.15	32.15	No QT	
	100	1.06.30	1.08.30	1.02.30	1.07.30	No QT	
	200	2.24.60	2.33.60	2.16.60	2.28.60	No QT	
	400	5.01.20	5.23.20	4.48.20	5.18.20	No QT	
BACKSTROKE	50	36.95	37.95	34.95	35.95	No QT	
	100	1.18.30	1.23.30	1.13.30	1.19.30	No QT	
	200	2.48.60	2.56.60	2.41.60	2.56.60	No QT	
BREASTSTROKE	50	41.50	42.50	39.50	40.50	No QT	
	100	1.34.00	1.37.00	1.24.00	1.34.00	No QT	
	200	3.19.00	3.26.00	3.06.00	3.21.00	No QT	
BUTTERFLY	50	35.19	36.20	33.20	34.20	No QT	
	100	1.31.60	1.35.60	1.13.60	1.21.60	No QT	
	200	3.07.20	3.22.20	2.47.20	3.07.20	No QT	
IM	100	1.18.30	1.23.30	1.13.30	1.19.30	No QT	
	200	2.41.60	2.51.60	2.31.60	2.44.60	No QT	
	400	5.58.20	6.13.20	5.33.20	5.58.20	No QT	



Swimming Canterbury West Coast Short Course Championships 21-23 June 2024 Event Schedule

Session 1 - Friday 21st June 2024

Warm-up 5.45pm – 6.25pm

Racing Starts 6.30pm

1	Male 1500 Freestyle (Top 24)	Timed Final
2	Female 800 Freestyle (Top 24)	Timed Final
3	Male 50m Freestyle	Timed Final
4	Female 50m Freestyle	Timed Final
5	Mixed Para Open 50m Freestyle	Timed Final
Medal Presentations Events 1-5		
6	Male 400m Individual Medley	Timed Final
7	Female 400m Individual Medley	Timed Final
8	Male 50m Breaststroke	Timed Final
9	Female 50m Breaststroke	Timed Final
10	Mixed Para Open 50m Breaststroke	Timed Final
Medal Presentations Events 6-10		

Session 2 - Saturday 22nd June 2024

Warm-up 7.30am – 8.10am

Racing Starts 8.15am

11	Male 12-14 400m Freestyle Relay	Timed Final
12	Female 12-14 400m Freestyle Relay	Timed Final
13	Male 15 & O 400m Freestyle Relay	Timed Final
14	Female 15 & O 400m Freestyle Relay	Timed Final
15	Male 50m Butterfly	Timed Final
16	Female 50m Butterfly	Timed Final
17	Mixed Para Open 50m Butterfly	Timed Final
18	Male 200m IM (Incl Para)	Prelim
19	Female 200m IM (Incl Para)	Prelim
21	Male 100m Backstroke (Incl Para)	Prelim
22	Female 100m Backstroke (Incl Para)	Prelim
24	Male 200m Freestyle (Incl Para)	Prelim
25	Female 200m Freestyle (Incl Para)	Prelim
27	Male 100m Breaststroke (Incl Para)	Prelim
28	Female 100m Breaststroke (Incl Para)	Prelim
30	Male 50m Backstroke	Timed Final
31	Female 50m Backstroke	Timed Final
32	Mixed Para Open 50m Backstroke	Timed Final
Medal Presentations Events 11-17, 30-32		
33	Male 800 Freestyle (Top 24)	Timed Final
34	Female 1500 Freestyle (Top 24)	Timed Final
Medal Presentations Events 33-34		

Session 3 - Saturday 22nd June 2024

Warm-up 4.00pm – 4.40pm

Racing Starts 4.45pm

18	Male 12 & O 200m IM	Final
19	Female 12 & O 200m IM	Final
20	Mixed Open Multi class 200m IM	Final
21	Male 12 & O 100m Backstroke	Final
22	Female 12 & O 100m Backstroke	Final
23	Mixed Open Multi class 100m Backstroke	Final
24	Male 12 & O 200m Freestyle	Final
25	Female 12 & O 200m Freestyle	Final
26	Mixed Open Multi class 200m Freestyle	Final

Medal Presentations Events 18 - 23

27	Male 12 & O 100m Breaststroke	Final
28	Female 12 & O 100m Breaststroke	Final
29	Mixed Open Multi class 100m Breast	Final
35	Male 200m Butterfly	Timed Final
36	Female 200m Butterfly	Timed Final

Medal Presentations Events 24-29, 35 & 36

Session 4 - Sunday 23rd June 2024

Warm-up 7.30am – 8.10am

Racing Starts 8.15am

37	Male 12-14 400m Medley Relay	Timed Final
38	Female 12-14 400m Medley Relay	Timed Final
39	Male 15 & O 400m Medley Relay	Timed Final
40	Female 15 & O 400m Medley Relay	Timed Final
41	Male 400m Freestyle (except fastest 8)	Timed Final
42	Female 400m Freestyle (except fastest 8)	Timed Final

Medal Presentations Events 37 - 40

44	Male 100m Butterfly (Incl Para)	Prelim
45	Female 100m Butterfly (Incl Para)	Prelim
47	Male 200m Breaststroke	Prelim
48	Female 200m Breaststroke	Prelim
49	Male 100m Freestyle (Incl Para)	Prelim
50	Female 100m Freestyle (Incl Para)	Prelim
52	Male 200m Backstroke	Prelim
53	Female 200m Backstroke	Prelim
54	Male 100 IM	Timed Final
55	Female 100 IM	Timed Final
56	Mixed Open Multi class 100m IM	Timed Final

Medal Presentations Events 54-56

Session 5 - Sunday 23rd June 2024

Warm-up 2.30pm – 3.10pm

Racing Starts 3.15pm

41.	Male 400m Freestyle (Fastest 8)	Timed Final
42.	Female 400m Freestyle (Fastest 8)	Timed Final
43.	Mixed Open Multi class 400m Freestyle	Timed Final
44.	Male 12 & O 100m Butterfly	Final
45.	Female 12 & O 100m Butterfly	Final
46.	Mixed Open Multi class 100m Butterfly	Final
47.	Male 12 & O 200m Breaststroke	Final
48.	Female 12 & O 200m Breaststroke	Final

Medal Presentations Events 41-46

49.	Male 12 & O 100m Freestyle	Final
50.	Female 12 & O 100m Freestyle	Final
51.	Mixed Open Multi class 100m Freestyle	Final
52.	Male 12 & O 200m Backstroke	Final
53.	Female 12 & O 200m Backstroke	Final

Medal Presentations Events 47- 53