



2020 Counties Age Group Long Course Championships

Papatoetoe Centennial Pool, Papatoetoe
Friday 24 - Sunday 26 January, 2020

SESSION 1:	FRIDAY	24 January	WARM UP	5.00 - 5.45pm	START 6.00pm
SESSION 2:	SATURDAY	25 January	WARM UP	8.00 - 8.45am	START 9.00am
SESSION 3:	SATURDAY	25 January	WARM UP	From finish of Session 2	START 1hr after finish Session 2
SESSION 4:	SUNDAY	26 January	WARM UP	8.00 - 8.45am	START 9.00am
SESSION 5:	SUNDAY	26 January	WARM UP	From finish of Session 4	START 1hr after finish Session 4

MEET PROGRAMME

All Events are Timed Finals
Age Groups are 8 & Under, 9, 10, 11, 12, 13, 14, 15 & Over.

Session 1 - Friday 24 January 2020		
Warm up 5.00 - 5.45pm Start 6.00pm		
Event	Distance/Stroke	Gender
1	4 x 50m Free (10 & Under)	Female
2	4 x 50m Free (10 & Under)	Male
3	4 x 50m Free (11 & 12 years)	Female
4	4 x 50m Free (11 & 12 years)	Male
5	4 x 50m Free (13 & 14 years)	Female
6	4 x 50m Free (13 & 14 years)	Male
7	8 x 50m Free (11 & Under) JUNIOR GRAND RELAY*	Mixed
8	4 x 50m Free (15 & Over)	Female
9	4 x 50m Free (15 & Over)	Male
10	4 x 50m Medley (10 & Under)	Female
11	4 x 50m Medley (10 & Under)	Male
12	4 x 50m Medley (11 & 12 years)	Female
13	4 x 50m Medley (11 & 12 years)	Male
14	4 x 50m Medley (13 & 14 years)	Female
15	4 x 50m Medley (13 & 14 years)	Male
16	4 x 50m Medley (15 & Over)	Female
17	4 x 50m Medley (15 & Over)	Male
18	400m Free (Open & Age Groups)	Female
19	400m Free (Open & Age Groups)	Male

*Junior Grand Relay - 8 & Under, 9, 10, 11 years (Counties Only)
1x Girl, 1x Boy from each Age Group, swum youngest to oldest, Girl then Boy.



All Events are Timed Finals
Age Groups are 8 & Under, 9, 10, 11, 12, 13, 14, 15 & Over.

Session 2 - Saturday 25 January 2020

Warm up 8.00 - 8.45am Start 9.00am

Event	Distance/Stroke	Gender
20	100m Butterfly	Female
21	100m Butterfly	Male
22	100m Freestyle	Female
23	100m Freestyle	Male
24	200m Breaststroke	Female
25	200m Breaststroke	Male
26	200m Backstroke	Female
27	200m Backstroke	Male

Session 3 - Saturday 25 January 2020

From completion of Session 2, 1 hour break - 45 minute warm up
(taken as close to 12 noon as possible)**

Event	Distance/Stroke	Gender
28	400m Individual Medley (Open & Age Groups)	Female
29	400m Individual Medley (Open & Age Groups)	Male
30	50m Butterfly	Female
31	50m Butterfly	Male
32	50m Freestyle	Female
33	50m Freestyle	Male
34	8 x 50m Free GRAND RELAY*	Mixed

*Grand Relay - 10 & Under, 11/12, 13/14, 15 years & Over,
1x Girl, 1x Boy from each Age Group, swum youngest to oldest, Girl then Boy.

**Events may be moved between Sessions after entry numbers are known.



All Events are Timed Finals
Age Groups are 8 & Under, 9, 10, 11, 12, 13, 14, 15 & Over.

Session 4 - Sunday 26 January 2020

Warm up 8.00 - 8.45am Start 9.00am

Event	Distance/Stroke	Gender
35	4 x 50m Free (11 & Under) FAIRY MEAD TROPHY*	Mixed
36	200m Individual Medley	Female
37	200m Individual Medley	Male
38	100m Breaststroke	Female
39	100m Breaststroke	Male
40	100m Backstroke	Female
41	100m Backstroke	Male

*Fairy Mead Trophy - 9 & Under, 10 or 11 years,
1x Girl, 1x Boy from each Age Group, swum youngest to oldest, Girl then Boy,
1x team per Counties Member Clubs only.

Session 5 - Sunday 26 January 2020

From completion of Session 4, 1 hour break - 45 minute warm up
(taken as close to 12 noon as possible)**

Event	Distance/Stroke	Gender
42	200m Butterfly	Female
43	200m Butterfly	Male
44	200m Freestyle	Female
45	200m Freestyle	Male
46	50m Breaststroke	Female
47	50m Breaststroke	Male
48	50m Backstroke	Female
49	50m Backstroke	Male
50	2 x 50m Free ADAM & EVE RELAY*	Mixed

*Adam & Eve Relay – Top 8 Females, top 8 Males in the 50m Free (Event 32/33) – partnered as follows with Females leading off:

1st Female / 8th Male, 2nd Female / 7th Male, 3rd Female / 6th Male, 4th Female / 5th Male, 5th Female / 4th Male, 6th Female / 3rd Male, 7th Female / 2nd Male, 8th Female / 1st Male.

**Events may be moved between Sessions after entry numbers are known.



MEET CONDITIONS

The Event Manager and Technical Director reserve the right to swim events together.

- Age up date:** As at the first Day of The Meet
- Entries open:** Online entries will open on **Sunday, 1 December 2019.**
- Entry Fees:** \$8.00 per event. \$18-00 per Relay Team.
- For registered members of Swimming New Zealand in both Individual and Relay events will be through the Swimming New Zealand membership database. Information on entries from international teams, please contact the organizers directly.
- For individuals entering online payment will be by Credit/Debit Card Only.
- If a Credit/Debit Card is not available please contact your Club.
- Bank Account No: 12-3083-0214170-00 use Club code for reference (e.g. AQSCO)
- Closing Date:** **Friday, 17 January 2020.**
- All times submitted must be long course or short course converted to long course times using the Swimming New Zealand Conversion Tables.
- Entries without TIMES WILL NOT be accepted. Late entries may NOT be accepted.
- The Event Manager and or Technical Director reserve the right to accept late entries if space and timing allows.
- Medals:** First Swimming Counties Manukau Swimmer will hold the title.
- Medals for 1st, 2nd and 3rd.
- Visitors medals awarded for 1st, 2nd or 3rd placed swimmers only.
- PB Ribbons.
- Programmes:** \$20.00 – All sessions included, must be pre-ordered and pre-paid.
- Session Programmes will be downloadable from the website, no door sales.
- Race Records:** Certificates will be awarded to any swimmer breaking a Race Record.
- Event Manager:** Jo Clare
- Technical Director(s):** Sandra Sutcliffe / Marta Van der Veen
- Queries:** To Sandra Harnett, SCM Administrator – swimmingcountiesmanukau@gmail.com
027 291 9435



- Withdrawals:** Swimming Counties Manukau Withdrawal rules will apply as follows:
ALL withdrawals must be lodged in writing at least 30 mins prior to the start of the session.
An entrant not complying with the above will be deemed a late withdrawal and may be fined \$15.00 per event.
- Refunds:** Refunds on medical grounds will only be given when a medical certificate, signed by a medical practitioner, is supplied.
- Officials:** All clubs to supply TWO Qualified Timekeepers & TWO I.O.T'S please.
We also welcome other officials, including those in training, to put their name forward – please supply officials names with entries.
- Para Swimmers:** Para swimmers are welcome and eligible to compete under IPC Swimming rules.
Para swimmers must present their classification card to the Technical Director prior to the commencement of the meet.
- Strapping:** Swimmers must provide signed documentation from a health practitioner or physiotherapist to the Technical Director prior to swimming. Any swimmer without signed documentation may not be permitted to swim.
- Technical/Performance Race Suits:**
These Suits ARE BANNED - for all junior swimmers (aged 12 years and under) at all Swimming Counties Manukau Meets as from 1 January 2019.
- Protests:** Protests must be submitted to the referee, in writing, on the protest form by the team manager only within 30 minutes following the conclusion of the respective event.
This needs to be accompanied in cash by the \$100.00 protest fee.
If conditions causing a potential protest are noted prior to the event a protest must be lodged before the signal to start is given. All protests shall be considered by the referee.
If the referee rejects the protest, they must state the reasons for their decision.
The Team Manager may appeal the rejection to the Jury of Appeal whose decision shall be final. If the protest is rejected, the deposit will be forfeited to Swimming Counties Manukau. If the protest is upheld the deposit will be returned.



General Info:

Swimming Counties Manukau reserves the right to restrict event numbers if entries exceed the nominated time frame.

All events are timed finals however, over the top starts will be implemented.

The pool is 50m certified with depths of 1.52m and 1.28m.

The Meet's timing shall be semi-automatic.

The Meet will be conducted under Swimming New Zealand's rules, regulations, by-laws, FINA rules and, Swimming Counties Manukau Policies.

Any exceptions to these rules and, the conditions of this meet, is subject to the discretion of the Technical Director.

Swimming Counties Manukau will not be responsible for any loss or damage to personal belongings during this Event.

All participants must agree to comply with the Sports Anti-Doping Rules.

In entering this Event participants agree to allow photograph, video, multimedia or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming Counties Manukau, their sponsors or others.

ALL photographers must be approved by the Technical Director or Event Manager.

Team Managers & Officials Meetings ½ hour prior to start of each session.