



AON
2020 NZ
SHORT
COURSE
SERIES

SWIMMING MANAWATU

www.manawatu.swimming.org.nz



AON
2020 NZ
SHORT
COURSE
SERIES

as part of the Aon Short Course Series

WINTER CHAMPIONSHIPS 2020

SUNDAY 25 October and MONDAY 26 October 2020

FREYBERG POOL, PALMERSTON NORTH

SUNDAY 25 October 2020

SESSION 1 Warm Up Males - 12.55pm, Females - 1.25pm - Start 2.00pm

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|--------------------------|-------------------|----------------------------|-------------------|
| 1. Male Open | 200m Breaststroke | 2. Female Open | 200m Breaststroke |
| 3. Male Open | 50m Butterfly | 4. Female Open | 50m Butterfly |
| 5. Male Open | 200m Medley | 6. Female Open | 200m Medley |
| 7. Male Age Group & Para | 100m Backstroke | 8. Female Age Group & Para | 100m Backstroke |
| 9. Male Open | 200m Freestyle | 10. Female Open | 200m Freestyle |
| 11. Male RELAY 13&U | 4 x 50m Free | 12. Female RELAY 13&U | 4 x 50m Free |
| 13. Male RELAY 14&O | 4 x 50m Free | 14. Female RELAY 14&O | 4 x 50m Free |
- Mixed Open 800m Freestyle**

MONDAY 26 October 2020

SESSION 2 Warm Up Females – 8.25am, Males - 8.55am - Start 9.30am

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|-----------------------------|------------------|---------------------------|------------------|
| 15. Female Open | 50m Freestyle | 16. Male Open | 50m Freestyle |
| 17. Female Open | 200m Backstroke | 18. Male Open | 200m Backstroke |
| 19. Female Age Group & Para | 100m Butterfly | 20. Male Age Group & Para | 100m Butterfly |
| 21. Female Open | 50m Breaststroke | 22. Male Open | 50m Breaststroke |
| 23. Female Age Group & Para | 100m Medley | 24. Male Age Group & Para | 100m Medley |
| 25. Female Open | 400m Freestyle | 26. Male Open | 400m Freestyle |
| 27. Female RELAY 13&U | 4 x 50m Medley | 28. Male RELAY 13&U | 4 x 50m Medley |
| 29. Female RELAY 14&O | 4 x 50m Medley | 30. Male RELAY 14&O | 4 x 50m Medley |

SESSION 3 Warm Up Males – 60 minutes after Session 2 concludes Females – 90 minutes after Session 2 concludes

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|---------------------------|-------------------|-----------------------------|-------------------|
| 31. Male Open | 400m Medley | 32. Female Open | 400m Medley |
| 33. Male Age Group & Para | 100m Breaststroke | 34. Female Age Group & Para | 100m Breaststroke |
| 35. Male Open | 50m Backstroke | 36. Female Open | 50m Backstroke |
| 37. Male Age Group & Para | 100m Freestyle | 38. Female Age Group & Para | 100m Freestyle |
| 39. Male Open | 200m Butterfly | 40. Female Open | 200m Butterfly |
- Mixed Open 1500m Freestyle**



SWIMMING MANAWATU WINTER CHAMPIONSHIPS 2020 MEET CONDITIONS



- **No late entries accepted**
- **Entries close 23:00 Saturday 17 October 2020** via the SNZ database.
- **Entry fees are \$7.00 per event (including relays) to be paid at the time of entry.**
- On account of Learn to Swim there will be no pool access until 12.30pm on 25 October 2020; there is no charge for spectators. Parking for all swimmers is in the main car park, please do not park adjacent to the pool.
- No water is available for warm up or warm down during the sessions
- All events will be swum as Timed Finals
- 400m events may be restricted to fastest 24 swimmers.
- Events will be swum in the order listed
- SNZ Policy 008 apply. Scratchings from all events must be received before the conclusion of the preceding session. Session 1 scratchings must be received Saturday night (24 October) before 8pm.
- The scratching penalty fee will be \$25.00 for all events where the scratching rule is not observed. The Protest fee will be \$100.00 cash.
- Refunds will be made up to 21 October, thereafter on production of a medical certificate presented on the day.
- All swimmers must be registered competitive members of Swimming New Zealand. Age is as at first day of the meet.
- Swimming Manawatu reserves the right to alter the programme and limit entries should the need arise.
- An official's break may be held half way through each session.
- Medals will be awarded for first, second and third places. A same gender representative may stand in to collect a medal if the recipient

is unavailable. Medals may be collected prior to the presentation time if the swimmer is leaving the complex. If there is no swimmer or representative, the medal will not be presented.

- **Please note: results for events 7, 8, 19, 20, 23, 24, 33, 34, 37, 38 will be published in age groups of 10 years and under, 11-12 years, 13-14 years, 15 years and over, and Open age group for Para swimmers (Open Para).**
- Relay events 11, 12, 13, 14, 27, 28, 29, 30, 41 are open to all Clubs, Manawatu Clubs will earn points for the Norm Still Relay Trophy.
- Time trials (\$15.00 fee) may be accepted at the discretion of the Race Secretary but only if lane space is available – heats will not be reseeded or added. Applications will be accepted on a first in basis
- Meet conducted under FINA, SNZ & Para rules where sufficient officials are available.
- Mixed relays must include two swimmers of each gender.
- Clubs to provide 1 timekeeper per four swimmers in each session please.
- The Organisers will not be liable for any loss or damage during the period of the meet. All participants must agree to comply with the Sports' Anti-Doping Rules.

NOTE: A maximum of three 800m events will be swum at the conclusion of session 1; a maximum of 3 1500m events will be swum at the conclusion of session 3. Swimmers are to enter these events via the separate meet set up in the database.

Pysch sheets will be emailed wherever possible and will also be available on the Manawatu website – www.manawatu.swimming.org.nz

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