

# WINTER CHAMPIONSHIPS 2025



## FREYBERG COMMUNITY POOL PALMERSTON NORTH



FRIDAY 1 August and SATURDAY 2 August 2025

### FRIDAY 1 August 2025

#### SESSION 1

**Warm Up 6:15pm - Start 6:45pm**

- |              |                 |                |                 |
|--------------|-----------------|----------------|-----------------|
| 1. Male Open | 800m Freestyle  | 2. Female Open | 800m Freestyle  |
| 3. Male Open | 1500m Freestyle | 4. Female Open | 1500m Freestyle |

### SATURDAY 2 August 2025

#### SESSION 2

**Warm Up Males - 7.55am, Females - 8.25am - Start 9.00am**

- |                           |                    |                             |                   |
|---------------------------|--------------------|-----------------------------|-------------------|
| 5. Male RELAY 13&U        | 4 x 50m Freestyle  | 6. Female RELAY 13&U        | 4 x 50m Freestyle |
| 7. Male RELAY 14&O        | 4 x 50m Freestyle  | 8. Female RELAY 14&O        | 4 x 50m Freestyle |
| 9. Male Open              | 400m Medley        | 10. Female Open             | 400m Medley       |
| 11. Male Age Group & Para | 100m Freestyle     | 12. Female Age Group & Para | 100m Freestyle    |
| 13. Male Open             | 50m Butterfly      | 14. Female Open             | 50m Butterfly     |
| 15. Male Open             | 200m Breaststroke  | 16. Female Open             | 200m Breaststroke |
| 17. Male Age Group & Para | 100m Backstroke    | 18. Female Age Group & Para | 100m Backstroke   |
| 19. Male Open             | 50m Freestyle      | 20. Female Open             | 50m Freestyle     |
| 21. Male Open             | 200m Medley        | 22. Female Open             | 200m Medley       |
| 23. Male Age Group & Para | 100m Butterfly     | 24. Female Age Group & Para | 100m Butterfly    |
| 25. Mixed RELAY           | 4 x 100m Freestyle |                             |                   |

#### SESSION 3

**Warm Up Females – 1.55pm, Males - 2.25pm - Start 3.00pm**

- |                             |                   |                           |                   |
|-----------------------------|-------------------|---------------------------|-------------------|
| 26. Female RELAY 13&U       | 4 x 50m Medley    | 27. Male RELAY 13&U       | 4 x 50m Medley    |
| 28. Female RELAY 14&O       | 4 x 50m Medley    | 29. Male RELAY 14&O       | 4 x 50m Medley    |
| 30. Female Open             | 50m Breaststroke  | 31. Male Open             | 50m Breaststroke  |
| 32. Female Open             | 200m Backstroke   | 33. Male Open             | 200m Backstroke   |
| 34. Female Open             | 400m Freestyle    | 35. Male Open             | 400m Freestyle    |
| 36. Female Age Group & Para | 100m Medley       | 37. Male Age Group & Para | 100m Medley       |
| 38. Female Open             | 200m Butterfly    | 39. Male Open             | 200m Butterfly    |
| 40. Female Age Group & Para | 100m Breaststroke | 41. Male Age Group & Para | 100m Breaststroke |
| 42. Female Open             | 50m Backstroke    | 43. Male Open             | 50m Backstroke    |
| 44. Female Open             | 200m Freestyle    | 45. Male Open             | 200m Freestyle    |

# SWIMMING MANAWATU

## WINTER CHAMPIONSHIPS 2025

### MEET CONDITIONS

- **No late entries accepted.**
- **Entries close 22:00 Sunday 27 July 2025** via the SNZ database.
- **Entry fees are \$8.50 per event - to be paid at the time of entry.**
- No water is available for warm up or warm down during the sessions.
- All events will be swum as Timed Finals.
- **All Club Team Managers and Coaches will be required to have a current Police Check held by Swimming New Zealand.**
- 400m events may be restricted to fastest 24 swimmers.
- SNZ Policy 008 will apply. Scratchings from all events must be received before the conclusion of the preceding session. Session 2 scratchings must be received Friday night (1 August) before 8pm.
- The scratching penalty fee will be \$50.00 for each event where the scratching rule is not observed. The Protest fee will be \$100.00 cash.
- ***Once entries have closed, refunds will only be made on production of a medical certificate.***
- 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. Medals are to be collected from meet control by the Club Team Manager only please.
- ***Swimmers will only be able to enter events for which they have a time in the database.***

- **Please note: results for events 11, 12, 17, 18, 23, 24, 36, 37, 40 and 41 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 5, 6, 7, 8, 25, 26, 27, 28, 29 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 WA and SNZ rules where sufficient officials are available.
- Mixed relays must include two swimmers of each gender.
- *Clubs are to provide a minimum of 1 timekeeper per four swimmers in each session.*
- 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.

**Pysch sheets will be available on the Manawatu website  
[www.manawatu.swimming.org.nz](http://www.manawatu.swimming.org.nz)**

**All queries to: [manswim.racing@gmail.com](mailto:manswim.racing@gmail.com)**