



**RULES AND CONDITIONS OF CUPS AND SHIELDS
HELD BY
SWIMMING MANAWATU**

HODGES CUP

This cup is awarded to the junior girl who gains the most points over the Manawatu Age Group Championships and the Summer Open Championships.

<i>Points to be</i>	<i>1st place</i>	<i>5 points</i>
	<i>2nd place</i>	<i>3 points</i>
	<i>3rd place</i>	<i>1 point</i>

RUSH CUP

- (1) The trophy is for competition in the Manawatu Age Group Championships and the Summer Open Championships for junior boys only.*
- (2) It shall be competed for annually.*
- (3) It may never be won outright.*
- (4) Points to be*

<i>1st place</i>	<i>5 points</i>
<i>2nd place</i>	<i>3 points</i>
<i>3rd place</i>	<i>1 point</i>
- (5) The trophy shall remain the property of Swimming Manawatu*
- (6) Alterations to these Rules may be made by the Administrative body of Swimming Manawatu Incorporated.*

LEVIN CUP

4 X 100 yds or 100 metres Flying Squadron

The Club holding the cup has the privilege of holding the Event the following year. In the event of the Club not holding a carnival, the Centre has the power to allocate the Event.

<i>Points to be</i>	<i>1st Place</i>	<i>3 points</i>
	<i>2nd Place</i>	<i>2 points</i>
	<i>3rd Place</i>	<i>1 point</i>

MONK CUP

Open Relay - 1 team per club - 4 x 1 length or 4 x 2 lengths less than 332 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:

<i>1st Place</i>	<i>3 points</i>
<i>2nd Place</i>	<i>2 points</i>
<i>3rd Place</i>	<i>1 point</i>

The winner of the cup for the season shall be the club gaining the most points after the last carnival of the season. To be presented to the winning club at that carnival.

FOXTON CUP

Girls Under 14 years 5 x 1 length

Boys Under 14 years 5 x 1 length

<i>Points</i>	<i>1st Place</i>	<i>5 points</i>
	<i>2nd Place</i>	<i>3 points</i>
	<i>3rd Place</i>	<i>1 point</i>

(Where pools are less than 332 yds the distance shall be two lengths)

May be swum at any carnival in the Centre.

SWIMMER OF THE YEAR AWARD

(The trophy presented by Mr J G Hogan)

The swimmer of the year will be chosen by the Management Committee and shall be awarded to the swimmer who, in their opinion, has performed:

- (a) the most outstanding swimming performance(s) for the season, and/or*
- (b) conducted himself/herself in the best interest of sportsmanship, and /or*
- (c) assisted where possible with Club, and/or Centre training, coaching and teaching and/or*
- (d) the potential to render further service to the sport of swimming.*

The trophy cannot be won outright, but shall remain the property of the Centre. The Management Committee shall announce the award in April of each year.

JUNIOR SWIMMER OF THE YEAR AWARD

(The trophy presented by Mr G and Mrs L Bilton)

The swimmer of the year will be chosen by the Management Committee and shall be awarded to the swimmer who, in their opinion, has performed:

- (a) the most outstanding swimming performance(s) for the season, and/or*
- (b) conducted himself/herself in the best interest of sportsmanship, and /or*
- (c) assisted where possible with Club, and/or Centre training, coaching and teaching and/or*
- (d) the potential to render further service to the sport of swimming*

The swimmer must be thirteen years of age or younger at the time the award is made.

The trophy cannot be won outright, but shall remain the property of the Centre. The Management Committee shall announce the award in April of each year.

HARKNESS CUP - Premier Club

<i>Points to be</i>	<i>1st Place</i>	<i>5 points</i>
	<i>2nd Place</i>	<i>3 points</i>
	<i>3rd Place</i>	<i>1 point</i>

Points gained in recognised Manawatu Championship events for swimming and diving only to count. Excluding Foxton Cups and similar events.

RULES OF THE MANAWATU PENTATHLON TROPHY

1. *The trophy shall be known as the Manawatu pentathlon Trophy.*
2. *The trophy shall always remain the property of the Manawatu Centre of N.Z.S.F. and as such can never be won outright.*
3. *The trophy shall be won at an annual competition, completed in one session of swimming and promoted as a Manawatu Centre fixture not earlier than the 1st day of February each year.*
4. *The trophy shall be held by the winner until the 14th day of January of the following year, upon which date the trophy shall be returned to the Secretary of the Manawatu Centre.*
5. *The trophy shall be presented on the day of the competition. The winner shall also receive a miniature plaque which can be retained by him/her.*
6. *The trophy shall be completed for over the following events:*
 - (a) *400 metres freestyle*
 - (b) *400 metres breaststroke*
 - (c) *400 metres backstroke*
 - (d) *200 metres butterfly*
 - (e) *200 metres medley (4 stroke)*

(Note: After the first year the order of these 5 events will alter each succeeding year and the events swum first the previous year will become the last event in the current year).
7. *The trophy shall be completed for under the following regulations:*
 - (a) *All events to be scratch races, starting at half hour intervals.*
 - (b) *In the event of heats being required, lanes and heats shall be allocated by ballot and the times for each competitor recorded for points allocation. There will be no finals.*
 - (c) *Points will be allocated as follows:*

Each event will have a maximum of 5,000 points based on a time which at the time of swimming is faster than the New Zealand record - actual or estimated. For each one tenth second swum slower than the basic time, one point will be deducted. The basic times for women will of course be slower than the times for men.
 - (d) *Competitors must complete in all five events.*
 - (e) *Competition is open to all registered swimmers within the rules of the New Zealand Swimming Federation.*

- (f) *Competitors will pay a fee, such fee payable with the nomination. This fee may be altered from time to time as seen fit by the Management Committee of the Manawatu Centre.*
- (g) *The referee shall verify the points allocation prior to the announcement of the winner of the trophy.*
- (h) *A Jury of Appeal shall consist of the Centre President, the Officiating Referee and the Centre Secretary.*
- (i) *The competition shall be carried in fifty metre pools in the Manawatu Centre territory only.*
- (j) *The events will be swum in the order laid down in Rule 6 but shall rotate so that any one event shall not be swum first more than one year in every five.*
- (k) *Timing of events will be 30 minutes from the start of the first event to start of second event and so on until completion of the programme. The Referee shall be responsible for the correct timing being maintained between events.*
- (l) *After the second year of competition any competitor who established a new record in any event shall receive a bonus of 200 points per record added to his final aggregation of points. (Records shall be established for each individual event in Pentathlon).*
- (m) *All swimming will be held under the Rules of the New Zealand Swimming Federation.*

50 METRE TROPHIES

The trophies for the 50 metre Men and 50 metre Ladies events shall be competed for during the programme of the Manawatu Championships. To be held by Manawatu swimmers only.

NORM STILL RELAY CHAMPIONSHIP

The Norm Still Shield shall be presented to the Club earning the most points in designated relay events as determined by Swimming Manawatu Incorporated.

Points shall be awarded to Clubs as follows.

7 points for 1st
6 points for 2nd
5 points for 3rd
4 points for 4th
3 points for 5th
2 points for 6th
1 point for 7th

Names of relay team members to be in the hands of the Swimming Manawatu Race Secretary prior to the start of the session in which the event is being swum.

Clubs may enter more than one team in each of the relay events but only one nominated team shall receive points.

KEITH OLIVER CUPS

To be awarded to the Boys 9 years and Girls 9 years Championship at Manawatu Age Group Championships.

Points to be awarded for 50m Freestyle, Breaststroke, Backstroke and Butterfly as follows:

<i>1st</i>	<i>5 points</i>
<i>2nd</i>	<i>3 points</i>
<i>3rd</i>	<i>1 point</i>

CLOUGH AND ROLLE 8 YEARS AND UNDER CUPS

To be awarded to winner of the Boys 8 years and Girls 8 years Championship at Manawatu Age Group Championships.

Points to be awarded for 50m Freestyle, Breaststroke, Backstroke and Butterfly as follows:

<i>1st</i>	<i>5 points</i>
<i>2nd</i>	<i>3 points</i>
<i>3rd</i>	<i>1 point</i>

JUNIOR PENTATHLON - SUE NEWTH MEMORIAL TROPHY

1. *The aim of this event is to encourage younger swimmers to take part in a wide variety of swimming competition and to foster interest in the Pentathlon type of event.*
2. *The event shall be held annually and is to be known as the "Sue Newth Memorial Trophy". The winner shall retain the trophy for the ensuing year. It cannot be won outright.*
3. *The trophy shall be presented on the day of competition. The winner shall receive a miniature which shall be retained by him/her.*
4. *These rules shall be read in conjunction with the rules of the NZSF.*
5. *Competition shall be, where practical, held separately for boys and girls in age groups of 8 and under, 9 years, 10 years, 11 years and 12 years. Age as at day of the event.*
6. *The events shall consist of the following:*
 - a. *8 years and under*
 - 50 metres freestyle*
 - 50 metres breaststroke*
 - 50 metres backstroke*
 - 25 metres butterfly*
 - 100 metres Individual Medley*
 - b. *9 and 10 years*
 - 100 metres freestyle*
 - 100 metres breaststroke*
 - 100 metres backstroke*
 - 50 metres butterfly*
 - 100 metres Individual Medley*
 - c. *11 and 12 years*
 - 100 metres freestyle*
 - 100 metres breaststroke*
 - 100 metres backstroke*
 - 50 metres butterfly*
 - 100 metres Individual Medley*

These events to be swum on a rota with a 5 year cycle, so each stroke is fairly presented to the competitor.
7. *The 'Standard Time' shall be the current Manawatu Age Group record as at 31 March for boys 8 years, 9 years, 10 years, 11 years 12 years and girls 8 years, 9 years, 10 years, 11 years, 12 years in each stroke.*
8. *Each of the five cycles to be commenced with a minimum rest period of 30 minutes from the commencement of the previous cycle. All events to be scratch races.*
9. *The Manawatu Centre shall have the right to combine boys and girls of the same age groupings in any one stroke to obtain the best competition.*

10. *The points scoring system shall be as follows:
Each swimmer will start with 5000 points. Points shall be subtracted at the rate of 1 point for each 0.10 second slower than the standard time. No points shall be added or subtracted if the recorded time is equal to or less than the standard time.*
11. *The Manawatu Centre shall have the right to restrict entries if required.*
12. *The key officials will be appointed by the Manawatu Centre.*
13. *Competitors shall pay a fee, such fee payable with the nomination. This fee may be altered from time to time as seen fit by the Management Committee of the Manawatu Centre.*
14. *A Jury of Appeal will be appointed by the Manawatu Centre.*
15. *Competition is open to all registered swimmers within the rules of the New Zealand Swimming Federation and shall be swum in a 25 metre indoor pool within the Manawatu Centre boundaries only.*
16. *Competitors must compete in all 5 events.*
17. *The Referee shall be responsible for the correct timing being maintained between events.*
18. *After the second year of competition any competitor who establishes a new record in any event shall receive a bonus of 200 points per record added to his final aggregation of points. (Records will be established for each individual event in the Pentathlon).*
19. *The Referee shall verify the points allocation prior to the announcement of the winner of the trophy.*

PAYNE - VAN DE WAARDT TROPHY

(Trophy donated by Mrs L van de Waardt and Daughters)

Trophy to be won by the Club earning the most points over the Winter League. The formula for the awarding of points shall be at the discretion of the Management Committee.

LOCHORE SHIELD

(Shield donated by Mrs V Lochore)

Shield to be won by the Club earning the most points from all relays races run through the Winter League series.

Clubs may enter more than one team in each of the relay events but only one nominated team shall receive points.

Points shall be allocated as follows:

<i>1st</i>	<i>5 points</i>
<i>2nd</i>	<i>3 points</i>
<i>3rd</i>	<i>1 point</i>

POINTS TABLE FOR INTER CENTRE FIXTURES

Triangular Swim - Life Members Trophy

Manawatu, Wanganui, Taranaki

<i>1st</i>	<i>5 points</i>
<i>2nd</i>	<i>3 points</i>
<i>3rd</i>	<i>1 point</i>

Johnson Shield

Manawatu, Wanganui

<i>1st</i>	<i>5 points</i>
<i>2nd</i>	<i>3 points</i>
<i>3rd</i>	<i>1 point</i>

Miles Cup

Manawatu, Wellington, Wairarapa

<i>Swimming</i>	<i>1st</i>	<i>6 points</i>
	<i>2nd</i>	<i>5 points</i>
	<i>3rd</i>	<i>4 points</i>
	<i>4th</i>	<i>3 points</i>
	<i>5th</i>	<i>2 points</i>
	<i>6th</i>	<i>1 point</i>

<i>Diving and Relays</i>	<i>1st</i>	<i>6 points</i>
	<i>2nd</i>	<i>4 points</i>
	<i>3rd</i>	<i>2 points</i>

Monk Cup & Inter Centre Cup

Manawatu, Hawkes Bay/Poverty Bay, Wanganui

<i>1st</i>	<i>5 points</i>
<i>2nd</i>	<i>3 points</i>
<i>3rd</i>	<i>1 point</i>

Fairbrother Cup

Manawatu, Wairarapa, Wellington

<i>1st</i>	<i>6 points</i>
<i>2nd</i>	<i>5 points</i>
<i>3rd</i>	<i>4 points</i>
<i>4th</i>	<i>3 points</i>
<i>5th</i>	<i>2 points</i>
<i>6th</i>	<i>1 point</i>

MANAWATU LONG DISTANCE CUPS

<i>Wes Hayward Trophy</i>	<i>1st Lady</i>
<i>Uncle Jack Trophy</i>	<i>1st Man</i>
<i>Bob Jenkinson Cup</i>	<i>Fastest Man</i>
<i>Maxine Harkness Cup</i>	<i>Fastest Lady</i>