

2022 CSW Regional *INDIVIDUAL* Swimming Championships

Friday 27 May, 10.15am – 2.30pm (warm-up commences 9.45am)

HUIA POOL, Lower Hutt



	EVENTS									
Age Group	100m IM	100m Br	50m Fl	100m Fr	50m Bk	200m Fr	50m Br	100m Fl	100m Bk	50m Fr
U15 Girls	1	5	9	13	17	21	25	29	33	37
15&O Girls	2	6	10	14	18	22	26	30	34	38
U15 Boys	3	7	11	15	19	23	27	31	35	39
15&O Boys	4	8	12	16	20	24	28	32	36	40

Fr = Freestyle, *Bk* = Backstroke, *Br* = Breaststroke, *Fl* = Butterfly, *IM* = Individual Medley

Swimmers achieving the fastest time overall in Boys & Girls 50m Freestyle events (U15 & 15&O combined) will receive the Pru Young Memorial Cups.

Age Groups

For males and females – Under 15 (U15) and 15 & over (15&O). Age as at 1 January 2022

Rules of Competition

- Meet will be swum short course under SNZ/FINA rules except where local rules and conditions apply.
- All events are timed finals with over the top starts.
- All swimmers must swim in their age group.
- There is no restriction to the number of competitors a school may enter for each event.
- Swimmers may enter 3 events from 50m & 100m Fr, Bk, Br, Fl. In addition, swimmers may also enter the 200m Fr and 100m IM.
- Swimmers with no existing time (NT) are permitted however, note if a race is over-subscribed, swimmers with NT or the slowest times may be scratched from the event.
- CSW reserves the right to restrict entries, combine events or alter the programme.
- Medals will be awarded to the winner in each event
- Entries are through the CSW EnterNOW system providing all requested information & close at 11:59pm on Thursday 19 May. Late entries will not be accepted.
- Cost per swimmer is \$6. Schools will be invoiced at a later date.
- Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Referee prior to the start of the meet.
- Protests shall be lodged as per SNZ Policy 008.
- Officials: All schools must provide at least two officials / timekeepers for this event. Names to be provided to CSW, stating if named officials are qualified.
- Warm-up: commences at 9.45am. Feet first entry into the pool during warm-up except for designated dive lanes. Lanes 1 and 7 become dive lanes at 10.00am.