



King Country South Waikato Secondary Schools Swimming

Friday 24th March 2023

Venue: Trust Waikato Pool, Taumarunui School Grounds

GENERAL INSTRUCTIONS TO COMPETITORS

Times

9.50am – Warm Up

10.15am – Officials and Managers Meeting

10.30am – Start Races

Entries

- Up to three entries per school for events of 2 lengths or more
- Up to four entries per school for 1 length events
- Swimmers may compete in as many events as they wish.
- Ensure date of birth is correct
- Entries on to Enter Now, closing date and time midnight **Friday 17th March** – no later

Grades

Junior Under 14 (as at 1st January 2023)

Intermediate Under 16 (as at 1st January 2023)

Senior Under 19 (as at 1st January 2023)

Swimming Up: Younger swimmers may swim up a grade, however must remain in this grade for all individual events.

Relays: Younger swimmers may swim up a grade, but only if there are no other swimmers available to swim in that grade (e.g., an intermediate girl may swim in the 4 x 25m senior girls relay, if there are only 3 senior girls).

Points System

For individual races 20 pts 1st, 17 pts 2nd, 16 for 3rd, 15 for 4th and so on down.

For relays the points are double the above.

Relays

For the Grand School Relay (the final event) - the 12 x 1 length Freestyle Relay - you will require 6 boys and 6 girls to swim in this event, however they may be from any age group. If you do not have enough swimmers from your school to compete, you may join with another school. We aim to have as many swimmers competing in this event as possible.

Scratchings

Scratchings only (no changes or additions) will be taken on the day (before 9.30am).

Disputes

Any protest or complaint is to be made to the Chief Referee within 30 minutes of notification and their decision is final.

Swimsuits Requirements

Appropriate swimwear required

Turns and finishes

Freestyle – you must touch the wall at turn and finish ends.

Backstroke – you must push off on back at start and turn. Do not stand up during turn. You must finish on your back.

Breaststroke – all arm movements must be simultaneous. Hands must not be brought back beyond hip line. At turn and finish touch must be made with both hands simultaneously. Do not stand up during turn.

Butterfly – two hand simultaneous touch at turn and finish end. Do not stand up during turn.

Individual Medley – must be swum in correct order (fly, back, breast, free). Each section must be finished in accordance with the rule which applies to the style concerned. Do not stand up during turn.

Medley Relay – must be swum in correct order (back, breast, fly, free).

Order of Events

Event 1-6	4 x 1 length Freestyle Relay (Age groups: Jnr Girls, Jnr Boys, Int Girls, Int Boys, Snr Girls, Snr Boys)
Event 7-8	4 lengths Individual Medley (raced as Open Event but scored per age group)
Event 9-14	1 length Butterfly
Event 15-20	2 lengths Backstroke
Event 21-26	1 length Breaststroke
Event 27-32	2 lengths Freestyle
Event 33-38	1 length Backstroke
Event 39-40	4 lengths Freestyle (raced as Open Event but scored per age group)
Event 41-46	2 lengths Breaststroke
Event 47-48	2 lengths butterfly (raced as Open Event but scored per age group)
Event 49-54	1 length Freestyle
Event 55-60	4 x 1 length Medley Relay (Age groups: Jnr Girls, Jnr Boys, Int Girls, Int Boys, Snr Girls, Snr Boys)
Event 61	12 x 1 length Freestyle Relay (6 boys, 6 girls, any age group)

KC SWIMMING RECORDS

4 x 25m Freestyle Relay

Junior Girls	1.08.50		TMNH	2013
Intermediate Girls	1.01.70		TEAW	2013
Senior Girls	1.01.40		OTOR	2013
Junior Boys	58.75		TEAW	2013
Intermediate Boys	57.12		TMNH	2013
Senior Boys	55.78		TEAW	2013

50m Backstroke

Junior Girls	37.83	Emma Robinson	TEAW	2013
Intermediate Girls	36.77	Chelsea Ouwehand	TEAW	2013
Senior Girls	39.31	Thea Keith-Matchitt	FVHS	2012
Junior Boys	37.90	Jayden Ross	TEAW	2012
Intermediate Boys	36.98	Taylor Blakey	TEAW	2013
Senior Boys	39.79	William Freeman	TMNH	2013

25m Backstroke

Junior Girls	17.04	Vanessa Ouwehand	TEAW	2013
Intermediate Girls	16.65	Hannah Magon	TEAW	2013
Senior Girls	17.49	Taylor Fortis	OTOR	2012
Junior Boys	17.36	Grayson Fortis	OTOR	2012
Intermediate Boys	16.47	Grayson Fortis	OTOR	2013
Senior Boys	16.92	Taylor Blakey	TEAW	2013

4 x 25m Individual Medley

Junior Girls	1.18.00	Vanessa Ouwehand	TEAW	2013
Intermediate Girls	1.15.03	Chelsea Ouwehand	TEAW	2012
Senior Girls	1.20.16	Rosie Gilbert	TAUM	2012
Junior Boys	1.14.90	Liam King	TKHS	2013
Intermediate Boys	1.05.81	Liam Albery	TEAW	2012
Senior Boys	1.14.20	Taylor Blakey	TEAW	2013

25m Breaststroke

Junior Girls	19.40	Josie Butcher	OTOR	2012
Intermediate Girls	18.76	Jarna Pound	OTOR	2012
Senior Girls	18.01	Rosie Gilbert	TAUM	2012
Junior Boys	17.81	Brian Loveday	TOKO	2012
Intermediate Boys	16.33	Liam Albery	TEAW	2012
Senior Boys	15.44	Taylor Blakey	TEAW	2013

50m Breaststroke

Junior Girls	43.91	Vanessa Ouwehand	TEAW	2013
Intermediate Girls	41.74	Chelsea Ouwehand	TEAW	2013
Senior Girls	40.16	Rosie Gilbert	TAUM	2012
Junior Boys	39.56	Brian Loveday	TOKO	2012
Intermediate Boys	36.78	Liam Albery	TEAW	2012
Senior Boys	36.70	Taylor Blakey	TEAW	2013

25m Butterfly

Junior Girls	14.57	Vanessa Ouwehand	TEAW	2013
Intermediate Girls	14.99	Chelsea Ouwehand	TEAW	2012
Senior Girls	16.45	Mikayla Green	TEAW	2012
Junior Boys	15.32	Grayson Fortis	OTOR	2012
Intermediate Boys	13.48	Liam Albery	TEAW	2012
Senior Boys	14.94	Corben Brown	FVHS	2013

4 x 25m Freestyle

Junior Girls	1.08.5	Vanessa Ouwehand	TEAW	2013
Intermediate Girls	1.08.04	Tiana Hill	TOKO	2012
Senior Girls	1.12.53	Thea Keith-Matchitt	FVHS	2012
Junior Boys	1.07.4	Jayden Ross	TEAW	2013
Intermediate Boys	59.18	Liam Albery	TEAW	2012
Senior Boys	1.01.4	Taylor Blakey	TEAW	2013

50m Butterfly

Junior Girls	38.40	Emma Robinson	TEAW	2012
Intermediate Girls	33.81	Chelsea Ouwehand	TEAW	2012
Senior Girls	44.00	Willow Varley	PUTA	2012
Junior Boys	38.76	Todd Cameron	TEAW	2012
Intermediate Boys	29.72	Liam Albery	TEAW	2012
Senior Boys				

50m Freestyle

Junior Girls	32.75	Vanessa Ouwehand	TEAW	2013
Intermediate Girls	31.25	Tiana Hill	TOKO	2012
Senior Girls	33.56	Thea Keith-Matchitt	FVHS	2012
Junior Boys	30.71	Grayson Fortis	OTOR	2012
Intermediate Boys	27.62	Liam Albery	TEAW	2012
Senior Boys	27.84	Taylor Blakey	TEAW	2013

25m Freestyle

Junior Girls	14.94	Vanessa Ouwehand	TEAW	2013
Intermediate Girls	14.45	Chelsea Ouwehand	TEAW	2012
Senior Girls	14.8	Mikayla Green	TEAW	2013
Junior Boys	13.69	Grayson Fortis	OTOR	2012
Intermediate Boys	13.06	Liam Albery	TEAW	2012
Senior Boys	12.98	Corben Brown	FVHS	2013

4 x 25m Medley Relay

Junior Girls	1.18.20		TEAW	2013
Intermediate Girls	1.09.40		TEAW	2013
Senior Girls	1.14.4		OTOR	2013
Junior Boys	1.11.7		TEAW	2013
Intermediate Boys	1.09.7		TEAW	2013
Senior Boys	1.07.9		TEAW	2013

School Relay Freestyle 12 x 15m

Mixed	2.56.65		TEAW	2012
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