



# **King Country South Waikato Secondary Schools Swimming Friday 22 March 2024**

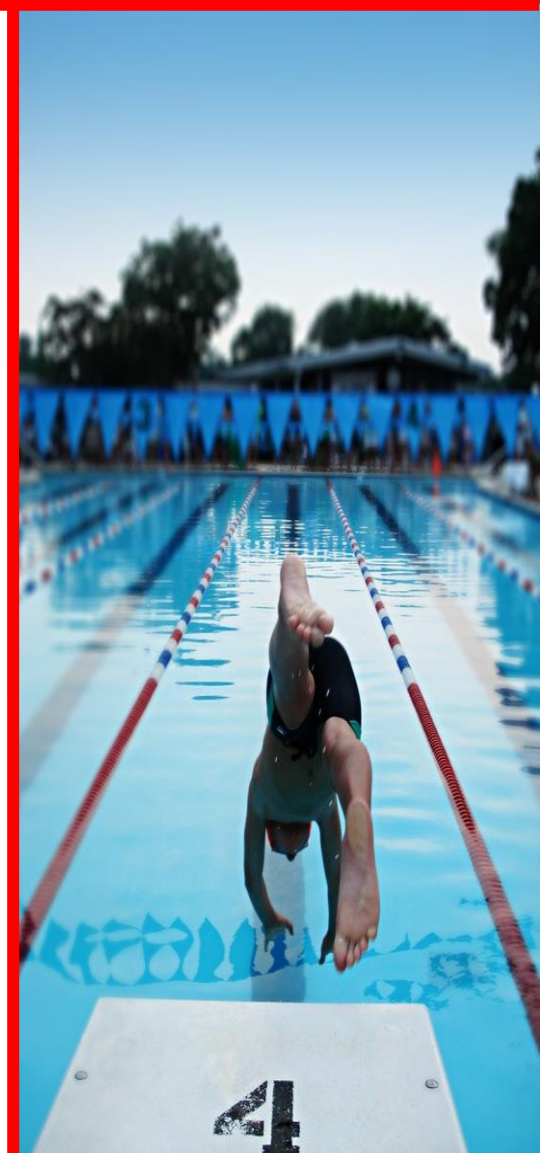
**Friday 22 March 2024**

**Trust Waikato Pool**

**on Taumarunui High School grounds**

**9.50am Warm Up**

**10.30am Start Time**



# 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 15 March – no later

## Grades

- Junior Under 14 (as at 1 January 2024)
- Intermediate Under 16 (as at 1 January 2024)
- Senior Under 19 (as at 1 January 2024)

**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 1<sup>st</sup>, 17 pts 2<sup>nd</sup>, 16 for 3<sup>rd</sup>, 15 for 4<sup>th</sup> 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

## 4x25m Freestyle Relay

<b>Junior Girls</b>	1.08.50		TMNH	2013
<b>Intermediate Girls</b>	1.01.70		TEAW	2013
<b>Senior Girls</b>	1.01.40		OTOR	2013
<b>Junior Boys</b>	58.75		TEAW	2013
<b>Intermediate Boys</b>	57.12		TMNH	2013
<b>Senior Boys</b>	55.78		TEAW	2013

## 50m Backstroke

<b>Junior Girls</b>	37.83	Emma Robinson	TEAW	2012
<b>Intermediate Girls</b>	36.77	Chelsea Ouwehand	TEAW	2012
<b>Senior Girls</b>	39.31	Thea Keith-Matchitt	FVHS	2012
<b>Junior Boys</b>	37.9	Jayden Ross	TEAW	2013
<b>Intermediate Boys</b>	36.98	Taylor Blakey	TEAW	2012
<b>Senior Boys</b>	39.79	William Freeman	TMNH	2013

## 25m Backstroke

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

## 4x25m Individual Medley

<b>Junior Girls</b>	1.18.0	Vanessa Ouwehand	TEAW	2013
<b>Intermediate Girls</b>	1.15.03	Chelsea Ouwehand	TEAW	2012
<b>Senior Girls</b>	1.20.16	Rosie Gilbert	TAUM	2012
<b>Junior Boys</b>	1.14.90	Liam King	TKHS	2013
<b>Intermediate Boys</b>	1.05.81	Liam Albery	TEAW	2012
<b>Senior Boys</b>	1.14.20	Taylor Blakey	TEAW	2013

## 25m Breaststroke

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

## 50m Breaststroke

<b>Junior Girls</b>	43.91	Vanessa Ouwehand	TEAW	2013
<b>Intermediate Girls</b>	41.74	Chelsea Ouwehand	TEAW	2013
<b>Senior Girls</b>	40.16	Rosie Gilbert	TAUM	2012
<b>Junior boys</b>	39.56	Brian Loveday	TOKO	2012
<b>Intermediate Boys</b>	36.78	Liam Albery	TEAW	2012
<b>Senior Boys</b>	36.7	Taylor Blakey	TEAW	2013

**25m Butterfly**

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

**4x25m Freestyle**

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

**50m Butterfly**

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

**50m Freestyle**

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

**25m Freestyle**

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

**4x25m Medley Relay**

<b>Junior Girls</b>	1.18.20		TEAW	2013
<b>Intermediate Girls</b>	1.09.40		TEAW	2013
<b>Senior Girls</b>	1.14.4		OTOR	2013
<b>Junior Boys</b>	1.11.7		TEAW	2013
<b>Intermediate Boys</b>	1.09.7		TEAW	2013
<b>Senior Boys</b>	1.07.9		TEAW	2013

**School Relay Freestyle 12x25**

<b>Mixed</b>	2.56.65		TEAW	2012
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