



SWIMMING CHAMPIONSHIPS

Thursday 28 March 2024
9.30am – 2.00 pm
St Peters School, Cambridge

9.00 am Time Keepers Meeting
Swimmers can warm up from this time

9.30 am Programme begins
All races are in a 25 metre pool

Individual Events

Race Order - Year 7 Girls Year 7 Boys Year 8 Girls Year 8 Boys

50m Backstroke

100m Breaststroke

50m Butterfly

100m Freestyle

50m Breaststroke

100m Individual Medley (Fly, Back, Breast, Free)

50m Freestyle

100m Backstroke

2.00 pm **Approximate time for Relay Events**

4 x 25m Freestyle relay	Year 7	Year 8
4 x 25m Medley relay	Year 7	Year 8

2.30 pm Approximate time for conclusion of events

ENTRY RULES / GUIDELINES

School entries close Friday 22nd MARCH

Individual Events

Two entrants per school per individual event

Eg: 50m backstroke - enter up to two Y7 girls, two Y7 boys, two Y8 girls and two Y8 boys

Competitors may enter up to five individual races.

The relay is not counted as an individual event.

All heats will be timed and quickest times win – no finals.

Relays

Only one team per school per relay - one Year 7 team and one Year 8 team

Relay teams can be made up of any gender mix.

Swimmers in a relay team must be from that year group with the exception that Y7 children can swim up in the Y8 team if you don't have enough Y8 children, but children cannot swim in both the Y7 and Y8 team.

Qualifying times - use as a guide only		
Please select competitors who swim to a high level		
EVENT	YEAR 7	YEAR 8
50m Backstroke	60 secs	55 secs
50m Breaststroke	1.10 mins	1.05 mins
50m Freestyle	50 secs	50 secs
50m Butterfly	1.05 mins	1.00 mins
100m Backstroke	2.15 mins	2.05 mins
100m Breaststroke	2.30 mins	2.20 mins
100m Freestyle	2.00 mins	1.50 mins

Schools participate on condition that they assist in running the programme in some way - time keeping or marshalling, even if just for short blocks.

PLEASE NOTE:- Each school is to supply at least one official – no official, no entry!

Please return the Intention to Enter form stating the name of officials helping on the day and indicating the approximate number of children from your school competing. Entries will be taken on the day of the swimming sports.

Please talk to your team about appropriate behaviour in the toilets and in the stands to show respect for this donated venue.

There is no cost for entering WFPSA Swimming Championships this year.
Our thanks to St Peter's Cambridge for the use of their pool and facilities.

EVENT RULES

Championship Awards

Individuals	Year 7 Boys	Year 7 Girls	Year 8 Boys	Year 8 Girls
Schools	Under 100 pupils	100 – 300 pupils	Over 300 pupils	

Enquiries: Rebecca Barlow - sports@hamiltonchristian.school.nz

Swimming rules: Please refer to the rules on the website – these are up to date from the FINA website.