

# IT'S TIME



GOLDEN  
HOMES®



# \$25,000 IN CASH & PRIZES

4th - 6th of July, 2025



**GOLDEN  
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**Friday 4th, Saturday 5th & Sunday 6th of July  
SIR OWEN G GLENN NATIONAL AQUATIC CENTRE, MAIRANGI BAY**

**NORTH  
SHORE  
SWIMMING**

**Session One (a & b) - Friday 4th July**

**W/UP: 2:30pm-3:15pm**

**RACING: 3:30pm**

**NORTH  
SHORE  
SWIMMING**

Female Events	Event No.	Male Events
50 Fly 12&U	1/2	50 Fly 12&U
50 Back 12&U	3/4	50 Back 12&U
50 Breast 12&U	5/6	50 Breast 12&U
50 Free 12&U	7/8	50 Free 12&U

**45 Minute Break**

50 Fly 13&O	9/10	50 Fly 13&O
50 Back 13&O	11/12	50 Back 13&O
50 Breast 13&O	13/14	50 Breast 13&O
50 Free 13&O	15/16	50 Free 13&O



To avoid over crowding - 12&U swimmers will complete events 1-8 (Session 1a) starting at 2:30pm. At the conclusion of the Male 12&U 50 Free, a 45 minute warm up slot will be allocated for the 13&O swimmers to warm up, and then compete in events 9-16 (Session 1b).



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**Session Two - Saturday 5th July  
W/UP: 7:30am  
RACING: 8:30am**

Female Events	Event No.	Male Events
12&U SKINS	101/201	12&U SKINS
400 Free (Top 30 only)	17/18	400 Free (Top 30 only)
100 Fly	19/20	100 Fly
200 IM	21/22	200 IM

**Session Three - Saturday 5th July  
W/UP: 1:30pm  
RACING: 2:30pm**

Female Events	Event No.	Male Events
16-18 SKINS	301/401	16-18 SKINS
200 Free	23/24	200 Free
100 Back	25/26	100 Back
200 Breast 13&O	27/28	200 Breast 13&O

**Session Four - Sunday 6th July  
W/UP: 7:30am  
RACING: 8:30am**

Female Events	Event No.	Male Events
13-15 SKINS	501/601	13-15 SKINS
400 IM (Top 30 only)	29/30	400 IM (Top 30 only)
100 Breast	31/32	100 Breast
200 Fly 13&O	33/34	200 Fly 13&O

**Session Five - Sunday 6th July  
W/UP: 1:30pm  
RACING: 2:30pm**

Female Events	Event No.	Male Events
OPEN SKINS	701/801	OPEN SKINS
200 Back 13&O	35/36	200 Back 13&O
100 Free	37/38	100 Free



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## **SKINS INFORMATION PROUDLY SPONSORED BY GOLDEN HOMES**

**Male 12yrs & Under – 1st \$200; 2nd \$100; 3rd \$50; 4th \$20; 5th - 10th \$10 each**  
**Female 12yrs & Under – 1st \$200; 2nd \$100; 3rd \$50; 4th \$20; 5th - 10th \$10 each**  
**Male 13yrs – 15yrs – 1st \$300; 2nd \$200; 3rd \$100; 4th \$50; 5th - 10th \$20 each**  
**Female 13yrs - 15yrs – 1st \$300; 2nd \$200; 3rd \$100; 4th \$50; 5th - 10th \$20 each**  
**Male 16yrs - 18yrs – 1st \$1,000; 2nd \$300; 3rd \$150; 4th \$100; 5th - 10th \$30 each**  
**Female 16 yrs -18yrs – 1st \$1,000; 2nd \$300; 3rd \$150; 4th \$100; 5th - 10th \$30 each**  
**Male OPEN – 1st \$1,500; 2nd \$500; 3rd \$250; 4th \$150; 5th - 10th \$50 each**  
**Female OPEN – 1st \$1,500; 2nd \$500; 3rd \$250; 4th \$150; 5th - 10th \$50 each**

**Skins Event:** There will be four skins events - 12/u, 13-15, 16-18 and OPEN. Each age band, Male and Female skins will be swum consecutively on a total of 3 minutes send off, with the slowest swimmer being eliminated after each swim. In the event of a dead heat (2 or more swimmers) for the last place position, these swimmers will continue to the next round where 2 will be eliminated. In the event of a dead heat in the final, the prize money will be split evenly. Skins finalists will be determined by the combined points of all 4 x 50m event results using the standard Hytek points system. In the case of equal 10th place, the athlete with the lowest Hytek points on any 50m event will be the first alternate.

OPEN skins race consists of Top 10 Male and Female across all age groups.

All withdrawals for Skins events need to be submitted to the control room 30 minutes after the 50m results are posted. Skins is based on 4 x 50m timed finals for all age groups. A penalty fee of \$50 will be charged for late or non-withdrawals.

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## **THE SMALL PRINT & MEDAL INFO**

### **Age Group Overall Medal winners in the following age groups - male & female**

8 years and under, 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15 years, 16 years, 17 years,  
18 years and over.

Medals will be distributed during the week following the competition.

### **Prize Money per event & Spot Prizes**

#### INDIVIDUAL EVENT PRIZE MONEY

<b>AGE</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>
<b>8&amp;U</b>	\$10	\$7	\$3
<b>9-10</b>	\$10	\$7	\$3
<b>11-12</b>	\$15	\$10	\$5
<b>13</b>	\$15	\$10	\$5
<b>14</b>	\$15	\$10	\$5
<b>15</b>	\$20	\$15	\$10
<b>16</b>	\$20	\$15	\$10
<b>17</b>	\$20	\$15	\$10
<b>18&amp;O</b>	\$30	\$20	\$15

### **Spot Prizes to be won!**

### **Top club prize of \$500**

Cash or prizes to the same value - this will be awarded along with the cup at the conclusion of Session 5.  
(Host club not eligible)



## Friday 4th, Saturday 5th & Sunday 6th of July SIR OWEN G GLENN NATIONAL AQUATIC CENTRE, MAIRANGI BAY

**Entry Fees:** \$15.00 per event. Age is at day of Meet – **Friday 4th July, 2025**. Late entries will NOT be accepted.

**Entries Close:** Thursday 29th of June, 11:59pm. If entries exceed our pool booking times some events may be restricted and all clubs will be advised of any changes prior to the meet start.

**Entry method:** All clubs please enter through the SNZ database. Please make payment with your entries. Any queries please email [jack@nss.org.nz](mailto:jack@nss.org.nz)

All times to be converted to Long Course Times.

**Events:** All events are timed finals. with results declared for male and female in the following age groups: 8yrs & under; 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17yrs, 18yrs and over.

400 Freestyle, 400IM, 200m Butterfly, 200m Backstroke and 200m Breaststroke are restricted to swimmers 13 years and over.

**Entry Restrictions** - 12&U - **limited to 7 races**. 13 &O - **limited to 9 races**.

**Entry requirements for Skins event:** A swimmer must enter all 4 x 50m events if they wish to be eligible for the Skins events, plus entered a minimum of 2 other events.

**Para Athlete Events:** Athletes who hold a Para Classification are eligible to participate in this programme and will be seeded amongst able - bodied athletes on the basis of entry times. It is the responsibility of the athlete with a disability (or their Team Manager) to inform the Referee before they swim of their IPC Classification and to supply the Referee with their IPC Classification Card. The referee will use their best efforts to judge the swim under the applicable IPC rules.

**Amendments:** North Shore Swimming Club reserve the right to amend session start and finish times.

# MEET REQUIREMENTS

- Scratching refunds given on sight of medical certificate no later than 48 hours from meet end.
- NT will not be accepted.
- All athletes must adhere to entry restrictions relating to their age group – swimmers will be removed from extra events if exceeding the maximum number of entries by contacting their clubs.
- Reseeding or the combining of heats will be at the discretion of the referee.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- The results will be posted as soon as possible at the conclusion of the event.
- Over the top starts and the FINA One Start rule apply.
- The 400m Free and 400m IM will limited to the top 30 male & female for each event. Clubs will be contacted prior to event to confirm entry.
- ASA U/12 Tech suit rules to apply.
- ASA and Swimming New Zealand rules to apply.
- Spectators entry fee is a gold coin donation per session.



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## MEET QUALIFICATION TIMES

<b>Male LC 13&amp;O</b>	<b>Male LC 12&amp;U</b>	<b>EVENT</b>	<b>Female LC 12&amp;U</b>	<b>Female LC 13&amp;O</b>
40.00	44.50	<b>50m Free</b>	44.50	40.00
1:25.00	1:39.00	<b>100 Free</b>	1:39.00	1:25.00
2:45.00	3:00.00	<b>200 Free</b>	3:00.00	2:45.00
Top 30		<b>400 Free</b>		Top 30
45.00	49.50	<b>50 Back</b>	49.50	45.00
1:30.00	1:49.50	<b>100 Back</b>	1:49.50	1:30.00
3:15.00		<b>200 Back</b>		3:15.00
53.00	58.50	<b>50 Breast</b>	58.50	53.00
1:46.00	2:04.00	<b>100 Breast</b>	2:04.00	1:46.00
3:40.00		<b>200 Breast</b>		3:40.00
50.00	54.50	<b>50 Fly</b>	54.50	50.00
1:40.00	1:54.00	<b>100 Fly</b>	1:54.00	1:40.00
3:10.00		<b>200 Fly</b>		3:10.00
3:40.00	4:05.00	<b>200 IM</b>	4:05.00	3:40.00
Top 30		<b>400 IM</b>		Top 30