



GOLDEN
HOMES®



Friday 17th July - Sunday 19th July 2026

Proudly delivered by
North Shore Swimming



**\$25,000
IN CASH
& PRIZES**



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HOMES®**



Friday 17th July - Sunday 19th July

SIR OWEN G GLENN NATIONAL AQUATIC CENTRE, MAIRANGI BAY

Session One (A & B) - Friday 17th July

Warm up: 2:30pm-3.15pm

RACING: 3:30pm

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 18th July

W/UP: 7:30am

RACING: 8:30am

Female Events	Event No.	Male Events
12&U SKINS	101/201	12&U SKINS
400 Free 11&O	17/18	400 Free 11&O
100 Back	19/20	100 Back
200 IM	21/22	200 IM

Session Three - Saturday 18th 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 Fly	25/26	100 Fly
200 Breast 11&O	27/28	200 Breast 11&O

Session Four - Sunday 19th July

W/UP: 7:30am

RACING: 8:30am

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

Session Five - Sunday 19th July

W/UP: 1:30pm

RACING: 2:30pm

Female Events	Event No.	Male Events
OPEN SKINS	701/801	OPEN SKINS
200 Back 11&O	35/36	200 Back 11&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 -10 years, 11-12 years, 13 years, 14 years, 15 years, 16 years, 17 years,
18 years and over.

Prize Money Per Event

INDIVIDUAL EVENT PRIZE MONEY

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

Top club prize of \$500



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Entry Fees: \$20.00 per event incl T-shirt. Age is at day of Meet – Friday 17th July, 2026. Late entries will be accepted up to 48 hours after the deadline has closed. This will incur a late entry fee of \$50 per event. Entry after the 48 hour deadline will be charged at \$100 per event if lane space permits. Late entries may not receive T-shirt size of choice.

Entries Close: Wednesday 1st July, 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 - support@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 9-10yrs, 11-12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17yrs, 18yrs and over. 400IM and 200m Butterfly are restricted to swimmers 13 years and over. 400 Free, 200 Back, 200 Breast are restricted to swimmers 11 years and over.

Entry Restrictions - Maximum 8 events for all competitors

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.
- ASA U/12 Tech suit rules to apply.
- ASA and Swimming New Zealand rules to apply.