

# **WATERHOLE SWIMMING CLUB**

## **LEVEL 1**

**11th November, 2017  
West Wave Aquatic Centre  
Alderman Drive,  
HENDERSON.**

**50 metre X 8 LANE POOL  
Odd event number male, even female**

**SESSION 1 Warm-up 8.00am  
Start 9.00am**

**SESSION 2 Warm up: 3.00 p.m.  
Start : 4.00 p.m.**

**1:2 200 freestyle  
3:4 50 Backstroke  
5:6 100 Butterfly  
7:8 200 Backstroke  
9:10 100 Freestyle  
11:12 200 Breaststroke  
13:14 50 Freestyle  
15:16 50 Breaststroke  
17:18 400 I.M.**

**19:20 400 Freestyle  
21:22 100 Breaststroke  
23:24 200 Butterfly  
25:26 100 Back  
27:28 50 Butterfly  
29:30 200 i.m.  
31:32 1500 Freestyle**

### **• MEET CONDITIONS**

- Age as at 11<sup>th</sup> November, 2017.
- Age Groups as follows; 12/under, 13,14,15,16/over
- Entries \$8.00 per event. Late Entries \$15.00 only if there is a spare lane. Heats will not be reseeded.
- Entries to be completed by entering through the SNZ database. Entries close at midnight 1<sup>st</sup> November.2017
- NO REFUNDS on scratching once psyche sheets are posted
- Conducted under the rules of SNZ. Plus local rules as listed.
- All events will be graded scratch races. Results will be declared on times.
- PRIZES; 1<sup>st</sup>. 2<sup>nd</sup> and 3<sup>rd</sup> in each age group, male and female.
- 1 start rule – over the top starts will apply.
- All times to be converted to long course
- No times as per the SNZ database. Customs times will be accepted if received by email prior to 5/11/17.
- Swimmers may choose to swim either event 400 F/S or 400 I.M. NOT BOTH.
- Swimmers must have achieved a level 1 time to enter this meet,.
- All competitors must agree to comply with the SNZ MEMBER PROTECTION POLIOCY AND Sports Anti Doping Regulations.
- Warm up and Team manager protocols as published by Auckland Swimming will apply. All coaches must be registered with SNZ as a coach.

**NOTE; POOLSIDE OFFICIALS – Auckland Swimming Assn will endeavour to obtain the necessary number of officials but the number may be more or less than the requirement set out in SNZ RULES.**

**CONTACT PERSON; Gwen Ryan 09 8182312 or 021739046  
EACH CLUB TO SUPPLY 1 TIMEKEEPER OR I O T PER 4 SWIMMERS PER SESSION.  
Entries may not be accepted if clubs do not provide workers for the meet.**

**NOTE SELF MARSHALLING TO BLOCKS.**

**In the event of an evacuation please follow the instructions of the pool staff. Coaches / team managers are responsible for accounting for their team members.**

