

WATERHOLE SWIMMING CLUB

LEVEL 1 & 2

Saturday

28th October, 2017

**West Wave Aquatic Centre
Alderman Drive, Henderson**

50 metre X 8 LANE POOL
Events odd numbers male even female

**SESSION 1 Warm-up 11.30am
Start 12.30pm**

19:20	50	freestyle
21:22	50	breaststroke
1:2	200	Breaststroke
3:4	100	Freestyle
5:6	200	Backstroke
7:8	100	Breaststroke
9:10	200	Butterfly
11:12	100	Backstroke
13:14	200	I.M.
15:16	100	Butterfly
17:18	200	Freestyle
23:24	50	Butterfly
25:26	50	Backstroke

MEET CONDITIONS;

- Age at 28th October, 2017
- Age Groups as follows; 12/under, 13-14,15-16, 17/over
- Entries \$8.00 per event. Late Entries \$15.00 only if there is a spare lane. Heats will not be reseeded.
- Entries close at 5.00pm. on 13th October, via the SNZ database.
- NO REFUNDS on scratching once psych sheets are posted unless a medical certificate is provided within 48 hours of meet end.
- 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; 1st. 2nd and 3rd in each age group over 100 metre swims and 200 metre swims. male and female on based on 3 by 100 metre events, and 3 x 200 metre events.
- 1 start rule – over the top starts will apply.
- All times to be converted to long course
- No times as per the data base. Custom times can be emailed at close of entries.
- Swimmers must have achieved a level 1 or 2 time to enter this meet,.
- All competitors must agree to comply with the Sports Anti Doping regulations.
- Note self marshalling to blocks.
- Auckland Swimming Warm up Protocols and Team Manager Protocols as advertised will apply.
- All coaches must be listed as financial members on the SNZ database.

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 or email
waterholeswimclub@yahoo.co.nz**

EACH CLUB TO SUPPLY 1 TIMEKEEPER OR I O T PER 4 SWIMMERS .

**PLEASE SUPPLY NAMES by 18th October, 2017. or entries may be removed from the
programme.**