

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 8.00am
Start 9.00am**

| | | |
|--------------|------------|---------------------|
| 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 |

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 15th 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.**