

WATERHOLE SWIMMING CLUB

**LEVEL 2
Pentathlon
19th August, 2017**

**West Wave Aquatic Centre
25 metre X 8 LANE POOL**

**SESSION 1 Warm-up 8.00am
Start 8.45am**

**SESSION 2 :Warm up 15 minutes after
completion of Session 1
Start: 30 minutes later**

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

**19:20 400 Freestyle
21:22 100 Breaststroke
23:24 200 Butterfly
25:26 100 Back
27:28 50 Butterfly
29:30 50 Breaststroke
31:32 1500 Freestyle
32:33 400 i.m.**

MEET CONDITIONS

- Age as at 19th August, 2017.
- Age Groups as follows; 10/under, 11-12, 13-14 ,15 and 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 11pm 9th August, on the SNZ DATABASE.
- NO REFUNDS on scratching once psych 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; 1st, 2nd and 3rd in the Pentathlon, - 5 events including 1 x 400, 1 x 200, 1 x 100, 1 x 50 plus 1 other event.
- 1 start rule – over the top starts will apply.
- All times to be converted to short course
- No times from the SNZ database. Custom times will be added if received by email prior to 20th August.
- Swimmers must swim either event 400 F/S or 400 I.M. NOT BOTH.
- Swimmers must have achieved a level 2 time to enter this meet,.
- All competitors must agree to comply with SNZ Member protection policy and Sport Drug and Antidoping polices.
- Warm up and Team manager protocols as published by Auckland Swimming will apply.
- All coaches must be registered as a coach with Swimming New Zealand and have their membership card visible poolside

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 their allocated workers for the meet.**

NOTE SELF MARSHALLING TO BLOCKS.

**Please follow pool staff instructions if evacuation required
Team managers responsible for accounting for their team
members.**