

WATERHOLE

400's meet

Saturday 1st November, 2014
West Wave Aquatic Centre
Henderson
8 x 50 metre lanes

SESSION 1. **WARM-UP 3.00pm**
START 3.45pm

EVENT 1:2 400 i.m.

Event 3:4 400 freestyle

MEET CONDITIONS:

- Age groups 10/under, 11/12, 13/14, 15/16 17/over
- Age at the first day of the meet 1st November, 2014
- Odd events female even events male.
- PRIZES; 1st 2nd and 3rd in each event in the above age groups..
- Entries \$7.50 per event. Late entries \$15.00 only if there is a spare lane. Heats will not be reseeded.
- Entries close at 5.00pm on 20th October 2014 to P.O. Box 20185 Glen Eden or by email: waterholeswimclub@yahoo.co.nz
- No refunds for scratching once psych sheets are posted unless medical certificate provided within 48 hours of meet end.
- The controller has the right to combine heats.
- The meet will be conducted under the rules of SNZ.
- All events will be graded scratch races. Results will be declared on time.
- One start rule.
- AUCKLAND SWIMMING WILL ENDEAVOUR TO PROVIDE THE NUMBER OF OFFICIALS AS REQUIRED BY SNZ BUT THE NUMBER POOLSIDE MAY BE MORE OR LESS THAN THAT REQUIREMENT.
- All competitors must agree to comply with the Sports Anti Doping Regulations.

CONTACT PERSON: Gwen Ryan 09 8182312 or 021739046

CLUBS SUPPLY 1 OFFICIAL PER 4 SWIMMERS. PLEASE SUPPLY NAMES BY 20th October, OR ENTRIES WILL NOT BE ACCEPTED.

Self marshalling to blocks