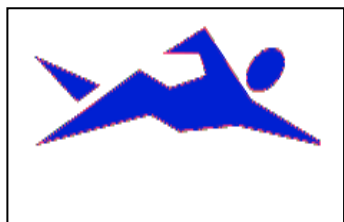


NORTHERNZONE

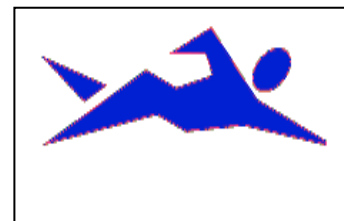
LEVEL 3



Millennium Institute

17 Antares Place, Mairangi Bay

25m Pool x 10 Lanes



Saturday November 15th, 2014

Warm Up 11.00am, Start 11.40am

Programs \$ 1
Spectators \$ 2

Event Number	Event
1	25 Fly
2	50 Back
3	100 Breast
4	25 Back
5	50 Breast
6	100 Free
7	200 Back
8	25 Breast

Event Number	Event
9	50 Free
10	100 IM
11	200 Free
12	25 Free
13	50 Fly
14	100 Back
15	4 x 25m Free Relay
16	4 x 25 Medley Relay

Entry \$5.00 per event

CONDITIONS

MEET TO BE SWUM UNDER NZSF RULES - LOCAL RULES WILL APPLY ♦ Entries with no times will not be accepted. ♦

Ribbons will be awarded to everyone who does a PB! ♦ All times submitted must be converted to short course times for the length swum. ♦ Age as at day of meet ♦ Scratchings to be advised to the Chief Marshall no later than 10 minutes before scheduled start time of the meet ♦ All heats graded scratch ♦ ASA will endeavour to have the correct number of officials for a Level 3 meet. All Participants must agree to comply with the Sports Anti-Doping Rules.

This is a one start meet

ENTRIES CLOSE – 5pm Monday 10th Nov 2014

Please post to Toni Bayliffe or Email entries@nss.org.nz

North Shore Swimming PO Box 302-145, North Harbour Mail Centre
Ph. 477 2047

EACH CLUB MUST SUPPLY 1 OFFICIAL PER 4 SWIMMERS TO A MAX OF 4 UNLESS REQUESTED BEFORE THE MEET TO PROVIDE MORE.
NAMES TO BE SUPPLIED WITH ENTRIES.