

COAST SWIMMING CLUB

Northern Zone Level 3

Saturday 10th October 2015

Northern Arena – 25m pool

8 Polarity Rise, Silverdale

Warm up: 2.30 pm

Start: 3.00 pm

MEET CONDITIONS:

- SNZ Rules and local rules apply
- Age as at day of meet
- No swimmer may have achieved a Level 2 time to enter this meet
- All timed finals, graded scratch, results declared on times.
- All times to be short course or converted to short course
- “No Times” entries will not be accepted
- No time trials permitted
- Over the top starts and the One Start Rule will apply
- 200m events top 16 only
- Late entries \$10.00 per event, only if there is a spare lane – heats will not be reseeded
- No refund on scratching, unless a medical certificate is sighted no later than 48 hours from the end of the meet
- Clubs to provide: 1 Official per 4 swimmers to a maximum of 4 unless requested before the meet to provide more
- Poolside Officials: ASA will endeavour to obtain the necessary number of officials but the number on poolside may be more or less than the requirement set out in SNZ Rules
- All participants must agree to comply with the Sports Anti-Doping Regulations

- **ENTRIES: \$5.00** per event
- **CLOSING DATE:** 2nd October 2015
Entries to: entries@coastswimclub.org.nz

- **Entry Fees to:-** ASB 12-3084-0105961-01
- **Cheques payable to:-** Coast Swim Club
post to: Karen Pickford
14 Blue Heron Rise
Stanmore Bay
Whangaparaoa

<i>Event</i>	<i>Distance</i>	<i>Stroke</i>
1	50	Back
2	200	IM
3	50	Fly
4	25	Breast
5	100	Back
6	25	Back
7	200	Free
8	25	Fly
9	100	Free
10	50	Breast
11	25	Free
12	100	Breast
13	50	Free
14	100	IM
15	4 x 50	Medley Relay
16	4 x 50	Free Relay

Prizes: Ribbons 1st, 2nd, 3rd in each heat