

# **WATERHOLE SWIMMING CLUB**

**LEVEL 1  
Pentathlon  
Sunday, 2nd  
August, 2015  
Owen Glenn National  
Aquatic Centre  
Antares Place  
Mairangi Bay.**

**25 metre X 10 LANE POOL**  
Odd event number male, even female

**SESSION 1 Warm-up 8.00am  
Start 9.00am**

**SESSION 2 Warm up: 3.00 p.m.  
Start : 4.00 p.m.**

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

**19:20 400 Freestyle  
21:22 100 Breaststroke  
23:24 200 Butterfly  
25:26 100 Back  
27:28 50 Butterfly  
29:30 200 i.m.  
31:32 1500 Freestyle  
32.33 400 i.m.**

## **• MEET CONDITIONS**

- Age as at 2<sup>nd</sup> August, 2015
- Age Groups as follows; 11/under, 12-13, 14-15, 16 and over.
- Entries \$6.50 per event. Late Entries \$15.00 only if there is a spare lane. Heats will not be reseeded.
- Entries close 19<sup>th</sup> July at midnight. Entries via the Swimming New Zealand National database.
- Club payments only either to Bank account -12- 3051-0279236-00 detailing club or by cheque to P.O. BOX 20185, Glen Eden.
- NO REFUNDS on scratching once psych sheets are posted unless a medical certificate is received within 48 hours 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, 2<sup>nd</sup> and 3<sup>rd</sup> 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 will not be accepted.
- Swimmers must swim either event 400 F/S or 400 I.M. NOT BOTH.
- Swimmers must have achieved a level 1 time to enter this meet,.
- All competitors must agree to comply with the Sports Anti Doping Regulations.
- Warm up and Team manager protocols as published by Auckland Swimming will apply.

**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.**