

WATERHOLE SWIMMING CLUB

LEVEL 1

Sunday 15th

November, 2015

**West Wave Aquatic Centre
Alderman Drive,
HENDERSON.**

50 metre X 8 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
17:18 400 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**

• MEET CONDITIONS

- Age as at 15th November 2015
- Age Groups as follows; 12/under, 13,14,15,16/over
- Entries \$6.50 per event. Late Entries \$15.00 only if there is a spare lane. Heats will not be reseeded.
- Entries to be completed by entering through the SNZ database. Entries close at midnight 5th November.2015.
- 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. 2nd and 3rd in each age group, male and female.
- 1 start rule – over the top starts will apply.
- All times to be converted to long course
- No times will not be accepted.
- Swimmers may choose to 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 workers for the meet.

NOTE SELF MARSHALLING TO BLOCKS.