

WATERHOLE SWIMMING CLUB

LEVEL 2

Pentathlon.

Sunday

**20 September, 2015
West Wave Aquatic Centre
Alderman Drive, Henderson**

25 metre X 8 LANE POOL
Events odd numbers male even female

**SESSION 1 Warm-up 8.30am
Start 9.15am**

**1:2 400 I.M.
3:4 100 breaststroke
7:8 200 Backstroke
7:8 100 freestyle
9:10 200 Butterfly
11:12 100 i.m.
13:14 200 Breaststroke
15:16 100 Butterfly
17:18 400 Freestyle
19:20 200 I.M.
21:22 100 Backstroke
23:24 200 freestyle**

MEET CONDITIONS;

- Age at 20th September, 2015
- Age Groups as follows; 10/under, 11-12, 13-14,15/over
- Entries \$6.50 per event. Late Entries \$15.00 only if there is a spare lane. Heats will not be reseeded.
- Entries close at 5.00pm. on 10th September,2015 via the SNZ database.
- NO REFUNDS on scratching once psych sheets are posted unless a medical certificate is provided within 48 hours of 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 on based on 5 events. Must be 1 x 400, 1 x 200 1 x 100 plus 2 other events to be eligible for prizes.
- 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 have achieved a level 2 time to enter this meet..
- All competitors must agree to comply with the Sports Anti Doping regulations.
- Note self marshalling to blocks.
- Auckland Swimming Warm up Protocols and Team Manager Protocols as advertised 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 or email
waterholeswimclub@yahoo.co.nz**

**EACH CLUB TO SUPPLY 1 TIMEKEEPER OR I O T PER 4 SWIMMERS .
PLEASE SUPPLY NAMES by 10th September, 2015.or entries may be removed from the
programme.**