

# WATERHOLE SWIMMING CLUB

## LEVEL 2

### SATURDAY

7<sup>th</sup> March, 2015

West Wave Aquatic Centre  
Alderman Drive, Henderson

50 metre X 8 LANE POOL

Events odd numbers male even female

SESSION 1 Warm-up 8.30am SESSION 2 Warm up: 3.00 p.m.  
Start 9.15am Start : 3.45 p.m.

1:2	200 Breaststroke	19:20	200	Butterfly
3:4	100 Freestyle	21:22	200	Freestyle
5;6	100 Butterfly	23:24	100	Breaststroke
7:8	50 Breaststroke	25:26	200	I.M
9:10	50 Freestyle	27:28	50	Backstroke
11;12	200 Backstroke	29:30	50	Butterfly
13;14	400 I.M.	31:32	1500	Freestyle
15;16	400 Freestyle			
17:18	100 Backstroke			

#### MEET CONDITIONS;

- Age at 7<sup>th</sup> March, 2015
- Age Groups as follows; 11/under, 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 21<sup>st</sup> February, 2015 to P.O.Box 20-185, Glen Eden, Auckland or email: [waterholeswimclub@yahoo.co.nz](mailto:waterholeswimclub@yahoo.co.nz)
- 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; 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 2 time to enter this meet,.
- All competitors must agree to comply with the Sports Anti Doping regulations.
- Note self marshalling to blocks. 50 metre events start at scoreboard end.
- 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.**

**PLEASE SUPPLY NAMES by 21st February 2015 or entries will not be accepted.**