



Mt Wellington Swimming Club

CENTRAL ZONE LEVEL 3 CARNIVAL

Sacred Heart Pool, 250 West Tamaki Road, Glendowie.

25m Pool x 8 Lanes

Sunday, 28th June 2015

Warm Up: 2pm

Start: 2.30pm

EVENTS

- | | | | |
|----|------------------------|-----|--------------------------|
| 1. | 100 Back | 9. | 50m Fly |
| 2. | 50m Breast | 10. | 25m Free |
| 3. | 25m Back | 11. | 200m IM (Top 16) |
| 4. | 100m Individual Medley | 12. | 25m Breast |
| 5. | 50m Free | 13. | 100m Free |
| 6. | 25m Fly | 14. | 50m Back |
| 7. | 200m Free (Top 16) | 15. | 100m Breast |
| 8. | 4x25 Medley Relay* | 16. | 4 x 25m Freestyle Relay* |

MEET CONDITIONS

MEET TO BE SWUM UNDER SNZ RULES AND ASA LOCAL RULES.

Races will be mixed boys/girls and graded scratch. Time breaker ribbons will be awarded. Failure to report to marshalling at least 4 races prior may be deemed a late scratching. All events will be timed finals and placings will be declared on times. The one start rule will apply.

Late entries (\$10) are at the discretion of the Controller and only if a spare lane is available.

Refunds will be made for scratchings only if accompanied by a medical certificate within 48 hours after the meet. Please notify scratchings to the controller as soon as they are known.

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 Rules.

***Events 8 & 16** have no entry fee and are mixed relays (2 x male, 2 x female). Two swimmers should be 10 or under. Relay entry forms will be sent to clubs prior to the meet. Submit entries on arrival.

EACH CLUB PLEASE NOMINATE ONE TIMEKEEPER OR IOT PER FOUR SWIMMERS TO A MAXIMUM OF FOUR, UNLESS MORE ARE REQUESTED BEFORE OR AT THE MEET.

VOLUNTEERS PLUS TWO TEAM OFFICIALS TO RECEIVE FREE ENTRY.

PROGRAMMES WILL BE GIVEN TO NOMINATED OFFICIALS ONLY.

SPECTATORS: ADULTS \$3.00 including programme, Children under 12 free.

ENTRIES CLOSE – Friday 19th June @ 8pm

Entries shall be submitted by zipped c-file with Meet Entry and Meet Entry Fee reports.

Email to: maxwalker@xtra.co.nz

Times must be verified by a Club official. 'No Times' will not be accepted.

Entries are restricted to swimmers who have not achieved current level 1 or 2 times.

ENTRY FEE: \$5.00 PER EVENT.

Entry fees to: Mt Wellington Swimming Club, PO Box 14 430, Panmure or

Direct Credit to: ASB Bank 12-3036-0620459-00 Identified by team code

Controller: Max Walker Ph 575 2686