



# Mt Wellington Swimming Club

## CENTRAL ZONE LEVEL 3 CARNIVAL

Sacred Heart Pool, 250 West Tamaki Road, Glendowie.  
25m Pool x 8 Lanes

Saturday, 21<sup>st</sup> November 2015

Warm Up: 3.00pm

Start: 3.30pm

### EVENTS

1.	100 Back	9.	25m Free
2.	50m Breast	10.	200m Back (Top 16)
3.	25m Back	11.	25m Breast
4.	100m Individual Medley	12.	100m Free
5.	50m Free	13.	50m Back
6.	25m Fly	14.	100m Breast
7.	200m Free(Top 16)	15.	4 x 25m Medley Relay
8.	50m Fly	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 buster 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 15 & 16** have no entry fee and are mixed relays (2 x male, 2 x female). Relay entry forms will be sent to clubs prior to the meet. Submit entries on arrival.

# Relays will only be swum if time permits.

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 13<sup>th</sup> November @ 7pm

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

Email to: [maxwalker@xtra.co.nz](mailto: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

**Meet Controller: Max Walker 575 2686/021 609789**