

North Shore Swimming Club

LEVEL 1 SWIM MEET

Saturday October 17th, 2015

SIR OWEN G. GLENN NATIONAL AQUATIC CENTRE

17 Antares Place, Mairangi Bay, Auckland

10 Lanes, 50m

SESSION ONE	
Warm-up: 9.30am – 10.30am	
Start: 10.45am	
Odd Number Male/Even Number Female	
1/2	400 IM
3/4	100 Free
5/6	200 Breast
7/8	50 Fly
9/10	100 Back
11/12	200 Free
13/14	50 Breast
15/16	800 Free

SESSION TWO	
Warm-up: 4pm – 5pm	
Start: 5.15pm	
Odd Number Male/Even Number Female	
17/18	400 Free
19/20	200 Back
21/22	100 Fly
23/24	50 Free
25/26	100 Breast
27/28	200 IM
29/30	50 Back
31/32	200 Fly

PRIZES

- Prize money for 1st, 2nd & 3rd overall winners in each age group – male & female.

MEET CONDITIONS

- **Age is at day of meet (17th October, 2015).**
- All events will be timed finals with results declared for male and female in the following age groups:- 11/u, 12, 13, 14, 15, and 16 years and over.
- Over the top starts will operate.
- **THIS IS A NO MARSHALLING MEET**
- Scratching refunds given on sight of medical certificate no later than 48 hours from meet end.
- Swimmers must have achieved a Level 1 qualifying time.
- No time trials are allowed.
- Reseeding or combining of heats will be at the discretion of the Referee.
- All events will be graded scratch races.
- One Start rule applies.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Each club must supply 1 official per 4 swimmers, per session, to a maximum of 4 unless requested before the meet to provide more.

ASA will endeavour to have the correct number of officials for a Level 1 meet

THIS WILL BE A SELF MARSHALLING EVENT ENTRIES

- Entries \$7.00 per event

ENTRIES CLOSE: 7th October 2015 Please send entries to entries@nss.org.nz

Meet Controllers:- Toni Bayliffe/Helene Helms 477 2047

