

Central Zone Level 3 Swim Meet

Sunday 23 August 2015

Sacred Heart Aquatic Centre - Gate 4, 250 West Tamaki Rd, Glendowie

Warm up: 9:00am Start 9:30am

Events

1	200 m Free (top 16)	9	25m Breast
2	100m Back	10	50m Back
3	50m Breast	11	100m Breast
4	25m Free	12	25m Fly
5	100 I.M.	13	200m Back (top 16)
6	50m Fly	14	50m Free
7	25m Back	15	100m Freestyle relay (4 x 25)
8	100m Free	16	100m Medley Relay (4 x 25)

Meet Conditions

<ul style="list-style-type: none"> Meet swum under SNZ and local rules. 	<ul style="list-style-type: none"> Clubs to supply 1 time keeper or IOT per 4 swimmers to a max of 4 unless requested before the meet for more.
<ul style="list-style-type: none"> Age as at day of meet. 	<ul style="list-style-type: none"> No swimmers may have achieved a level 1 or level 2 time.
<ul style="list-style-type: none"> All timed finals graded scratch. 	<ul style="list-style-type: none"> Refunds only on the sighting of a medical certificate within 48 hours of the end of the meet.
<ul style="list-style-type: none"> All placing's declared on times. 	<ul style="list-style-type: none"> Swimmers must report to marshalling 6 heats before their races.
<ul style="list-style-type: none"> All times to be converted to short course. 	<ul style="list-style-type: none"> ASA will endeavor to obtain the necessary number of officials but the number on poolside may be more or less than required as set out in SNZ rules.
<ul style="list-style-type: none"> "No Times" entries will not be accepted. 	<ul style="list-style-type: none"> All participants must agree to comply with the Sports Anti-doping rules.
<ul style="list-style-type: none"> No time trials permitted. 	<ul style="list-style-type: none"> 1st, 2nd, 3rd Ribbons awarded for each heat on day or posted out.
<ul style="list-style-type: none"> Late entries \$10 per event, only if there is a spare lane and at controller discretion, heats will not be reseeded. 	<ul style="list-style-type: none"> Entries \$5.00 per individual event.

Entries Close - 5pm Sat 15th August 2015

Email to Sarah Stewart

entries@parnellswimclub.co.nz