

# WATERHOLE SWIMMING CLUB



## 400+

## 50 sprint meet

Saturday 6<sup>th</sup> June, 2015

West Wave Aquatic Centre

Henderson

25 metre pool

**SESSION 1** Warm-up 8.00am  
Start 8.45 am

### EVENTS

1:2 400 freestyle.  
3:4 50 Freestyle  
5:6 50 Breaststroke  
7:8 400 i.m.

**SESSION 2** Warm-up 3.00pm  
Start 3.45pm

### EVENTS

9: skins - male  
10: skins - female  
11:12 1500 - freestyle  
13:14 50 - backstroke  
15:16 50 butterfly  
17:18 800 freestyle

**Event numbers odd male: even female**

### MEET CONDITIONS:

- Age at 6<sup>th</sup> June, 2015
  - Age Groups as follows; 9/under, 10-11,12 -13,14-15,16/over.
  - Entries \$7.00 per event. Late entries \$15.00 only if there is spare lane. Heats will not be reseeded. All events graded scratch.
  - No time entries (N.T.) will not be accepted.
  - Entries close at 5.00pm Sunday 26<sup>th</sup> May, 2015, to P.O. Box 20185 Glen Eden Auckland or email: waterholeswimclub@yahoo.co.nz.
  - No refunds for scratching once psych sheets are posted unless a medical certificate is received by 8pm on **Monday** 8<sup>th</sup> June, 2015
  - PRIZES; Top 3 in each age group for overall points male and female in the distance events 400 and over and top 3 in overall result from 50 metre events. Top 3 in the skins will also receive a prize.
  - Meet conducted under rules of SNZ, with local rules.
  - Over the top starts.
  - Combining of heats will be at the discretion of the Meet Organiser.
  - POOLSIDE OFFICIALS; Auckland Swimming Association will endeavour to obtain the necessary number of officials but the number on pool side may be more or less than the requirement set out in SNZ rules.
  - **CLUBS TO SUPPLY; 1 official per 4 swimmers. Entries will not be accepted until workers names are received.**
  - All competitors must agree to comply with the Sports Anti Doping Regulations.
  - Entries for event 9 and 10 will be from the top 8 male and female in event 1:2(400 free) if not intending to contest the skins final in session 2, scratching must be in prior to the completion of event 3.
  - Auckland Meet Protocols for warm up and team managers will apply.
- Qualifying times: The following times must have been achieved to enter the following events.**
- 400i.m. a 100 fly time of 2.00 or faster
  - 400 free a 100 free time of 2.00 or faster
  - 1500 free a time of 27 minutes or faster
  - 800 free a time of 15 minutes or faster

Contact: Gwen Ryan phone 098182312 or 021739046

**SELF MARSHALLING TO BLOCKS.**

**Note: Only swimmers, officials, coaches and authorised team managers to be pooldeck.**