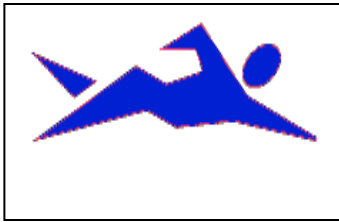


# NORTHERNZONE

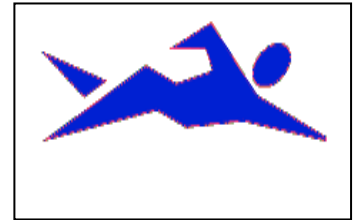
## LEVEL 3



### Millennium Institute

17 Antares Place, Mairangi Bay

25m Pool x 10 Lanes



## Saturday November 7<sup>th</sup>, 2010

Warm Up 12.00pm, Start 12.40pm

Programs \$ 1  
Spectators \$ 2

Event Number	Event
1	25 Fly
2	200 Back
3	50 Back
4	100 Breast
5	25 Back
6	50 Breast
7	100 Free
8	25 Breast

Event Number	Event
9	50 Free
10	100 IM
11	200 Free
12	25 Free
13	50 Fly
14	100 Back
15	4 x 25m Free Relay
16	4 x 25 Medley Relay

### Entry \$4.50 per event

#### CONDITIONS

MEET TO BE SWUM UNDER NZSF RULES - LOCAL RULES WILL APPLY ♦ Entries with no times will not be accepted. ♦

Ribbons will be awarded to everyone who does a PB! ♦ All times submitted must be converted to short course times for the length swum. ♦ Age as at day of meet ♦ Scratchings to be advised to the Chief Marshall no later than 10 minutes before scheduled start time of the meet ♦ All heats graded scratch ♦ ASA will endeavour to have the correct number of officials for a Level 3 meet. All Participants must agree to comply with the Sports Anti-Doping Rules.

This is a one start meet

## ENTRIES CLOSE – 5pm Monday 1<sup>st</sup> Nov. 2010

Please post to Toni Bayliffe or Email  
[tbayliffe@institutesporthealth.org.nz](mailto:tbayliffe@institutesporthealth.org.nz)

North Shore Swimming PO Box 302-145, North Harbour Mail Centre  
Ph. 477 2047

EACH CLUB MUST SUPPLY 1 OFFICIAL PER 4 SWIMMERS TO A MAX OF 4 UNLESS REQUESTED BEFORE THE MEET TO PROVIDE MORE.  
NAMES TO BE SUPPLIED WITH ENTRIES.