



CENTRAL ZONE LEVEL 3 SWIM MEET

MT ALBERT AQUATIC CENTRE

SUNDAY 8TH AUGUST 2010

WARM-UP: 3.30 P.M. START: 4.00 P.M.

EVENTS

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

MEET CONDITIONS

<ul style="list-style-type: none"> • Meet swum under SNZ and local rules. • Age as day of meet. • All heats Graded Scratch. • All placings declared on times. • All times to be converted to short course. • "No times" entries will not be accepted. • One start rule, over the top starts apply. • Entries \$4.50 per entry. • No entry fee for relays. • Late entries \$10 at controllers discretion. • Clubs to supply 1 timekeeper or IOT per 4 swimmers to a max. of 4 unless requested before the meet for more. 	<ul style="list-style-type: none"> • No swimmer may have achieved a level 1 or 2 time. • Refunds only on the sighting of a medical certificate within 48hrs of end of meet. • Swimmers must report to marshalling 6 heats before their race. • ASA will endeavour to obtain the necessary number of officials but the number on poolside maybe more or less than the requirement set out in SNZ rules. • All participants must agree to comply with the Sports Anti-doping Rules. • Prizes - P.B. Ribbons posted out.
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ENTRIES CLOSE – Wednesday 28TH JULY 2010

Post to Matthew Foy, Onehunga Swimming Club,

P.O. Box 13-879, Onehunga, Auckland 1643.

Email foyboys@orcon.net.nz

ALL ENQUIRES TO MEET CONTROLLER

MIKE KNOWLES PH 625-1330 OR 0274 859-069