

WATERHOLE SWIMMING CLUB

LEVEL 1

SATURDAY
21st August, 2010
West Wave Aquatic Centre
Alderman Drive,
HENDERSON.

25 metre X 8 LANE POOL
Odd events numbers male even female

SESSION 1 Warm-up 8.15am
Start 9.15am

SESSION 2 Warm up: 3.30 p.m.
Start : 4.30 p.m.

1:2 200 Breaststroke
3:4 50 Backstroke
5:6 100 Freestyle
7:8 100 Butterfly
9:10 50 Freestyle
11:12 50 Breaststroke
13:14 200 Backstroke
15:16 400 I.M.
17:18 400 Freestyle

19:20 200 Freestyle
21:22 200 Butterfly
23:24 100 Breaststroke
25:26 200 I.M.
27:28 100 Backstroke
29:30 50 Butterfly
31:32 1500 Freestyle

• MEET CODITIONS

- Age as at 24th July, 2010.
- Age Groups as follows; 11/under, 12-13,14 -15,16/over
- Entries \$6.00per event.
- Entries close 10th August, 2010. to P.O.Box 20-185, Glen Eden, Auckland or email : jaw.whl@ihug.co.nz
- Late entries \$10 per event if space allows. Heats will not be reseeded.
- NO REFUNDS on scratching, unless a medical certificate is sighted no later than 48 hours from the end of the meet.
- Conducted under the rules of SNZ. Plus local rules as listed.
- All events will be graded scratch races. Results will be declared on times.
- PRIZES; 1st, 2nd and 3rd in each age group, male and female.
- 1 start rule – over the top starts will apply.
- All times to be converted to long course
- No times will not be accepted.
- Swimmers may choose to swim either event 400 F/S or 400 I.M. NOT BOTH.
- Swimmers must have achieved a level 1 time to enter this meet,.
- All competitors must agree to comply with the Sports Anti Doping Regulations.

NOTE; POOLSIDE OFFICIALS – Auckland Swimming Assn will endeavour to obtain the necessary number of officials but the number may be more or less than the requirement set out in SNZ RULES.

CONTACT PERSON; Gwen Ryan 09 8182312 or 021739046
EACH CLUB TO SUPPLY 1 TIMEKEEPER OR I O T PER 4 SWIMMERS PER SESSION.
PLEASE SUPPLY NAMES by 10th August or with entries