



SWIMMING MANAWATU

www.manswim.org.nz



WINTER CHAMPIONSHIPS

FREYBERG POOL, THAMES STREET, PALMERSTON NORTH

SATURDAY 14 JULY 2012

SESSION 1

Warm Up Males - 7.55am, Females - 8.25am - Start 9.00am

1. Male Open	200m Breaststroke	2. Female Open	200m Breaststroke
3. Male Open	50m Butterfly	4. Female Open	50m Butterfly
5. Male Open	200m Backstroke	6. Female Open	200m Backstroke
7. Male Age Group	100m Medley	8. Female Age Group	100m Medley
9. Male Open	200m Freestyle	10. Female Open T/Final	400m Freestyle

10 Minute Break FINALS EVENTS 1-10

SESSION 2

Warm Up Females - 2.55pm, Males - 3.25pm - Start 4.00pm

11. Female Age Group	100m Butterfly	12. Male Age Group	100m Butterfly
13. Female Open	50m Backstroke	14. Male Open	50m Backstroke
15. Female Open	200m Medley	16. Male Open	200m Medley
17. Female Open	50m Freestyle	18. Male Open	50m Freestyle
19. Female Age Group	100m Breaststroke	20. Male Age Group	100m Breaststroke
21. Female Open	200m Freestyle	22. Male Open T/Final	400m Freestyle

10 Minute Break FINALS EVENTS 11-22

SUNDAY 15 JULY 2012

SESSION 3

Warm Up Females - 7.55am Males - 8.25am - Start 9.00am

23. Female Age Group	100m Freestyle	28. Male Open	200m Butterfly
24. Male Age Group	100m Freestyle	29. Female Age Group	100m Backstroke
25. Female Open	50m Breaststroke	30. Male Age Group	100m Backstroke
26. Male Open	50m Breaststroke	31. Female Open T/Final	400m Medley
27. Female Open	200m Butterfly	32. Male Open T/Final	400m Medley

10 Minute Break FINALS EVENTS 23-32

- **NO LATE ENTRIES ACCEPTED.**
- **ENTRIES MUST BE RECEIVED BY 28TH JUNE 2012** TO RACE SECRETARY, SWIMMING MANAWATU, P O BOX 768, PALMERSTON NTH 4440, OR EMAIL TO racing@manswim.org.nz
- **ENTRY FEES - \$6.00 PER EVENT MUST ACCOMPANY ENTRIES.** ENTRIES TO BE COMPILED FOR MEET MANAGER FOR WINDOWS.
- TIMES MUST BE SUBMITTED FOR ALL EVENTS OR THEY WILL NOT BE ACCEPTED. TIMES MAY BE VERIFIED ON TAKE YOUR MARKS
- ORDER OF EVENTS WILL BE SWUM AS LISTED.
- **WARM UP WILL BE 30 MINS EACH FOR FEMALES AND MALES COMMENCING AT THE TIMES STATED FOR EACH SESSION**
- 10 MINUTE BREAK BETWEEN HEATS AND FINALS.
- ALL SWIMMERS MUST BE REGISTERED COMPETITIVE MEMBERS OF SWIMMING NEW ZEALAND. AGE AS AT FIRST DAY OF MEET.
- 400M FREESTYLE AND 400M MEDLEY WILL BE TIMED FINALS WITH THE FASTEST HEAT SWUM IN THE FINALS SESSION.
- PLEASE SUBMIT 25-METRE SHORT COURSE TIMES RE SNZ CONVERSION TABLES.
- REFUNDS WILL BE MADE UP TO 9 JULY 2012, THEREAFTER ON PRODUCTION OF A MEDICAL CERTIFICATE PRESENTED ON THE DAY
- SWIMMING MANAWATU RESERVES THE RIGHT TO ALTER THE PROGRAMME AND LIMIT ENTRIES SHOULD THE NEED ARISE.
- MEDALS WILL BE AWARDED FOR FIRST, SECOND AND THIRD PLACES. 4TH-6TH PLACINGS WILL RECEIVE A CERTIFICATE.
- **PLEASE NOTE: FINALS OF 100M EVENT'S WILL BE SWUM IN AGE GROUPS 10 YEARS & UNDER, 11-12 YEARS, 13-14 YEARS, 15 YEARS AND OVER. FINALS OF ALL OTHER EVENTS WILL BE SWUM AS OPEN EVENTS.**
- TIME TRIALS (\$10.00 FEE) MAY BE ACCEPTED AT THE DISCRETION OF THE RACE SECRETARY BUT ONLY IF LANE SPACE IS AVAILABLE – HEATS WILL NOT BE RESEED. APPLICATIONS WILL BE ACCEPTED ON A FIRST IN BASIS.
- **PLEASE INCLUDE CONTACT NAME, ADDRESS, EMAIL AND PHONE NUMBER WITH ENTRIES.**
- ALL EVENTS WILL BE SWUM UNDER THE CURRENT RULES OF SNZ WHERE SUFFICIENT QUALIFIED OFFICIALS ARE AVAILABLE.
- ALL PARTICIPANTS MUST AGREE TO COMPLY WITH THE SPORTS ANTI-DOPING RULES.
- BANK ACCOUNT FOR INTERNET BANKING 010745-0079438-00. PLEASE ENSURE REFERENCE DETAILS ARE COMPLETED

Psych sheets will be available on the Swimming Manawatu website – www.manswim.org.nz

CONTACT: Nancee Linney - (06) 357-6281 or racing@manswim.org.nz

SPECTATORS FREE