



Capital City Ford Classic 2013

(Long Course)

featuring the *Wheel of Pain*....

Wellington Regional Aquatic Centre – Saturday, 23 November 2013

G	B	AGE	STROKE	G	B	AGE	STROKE
1	2	Open	400m Free	31	32	Open	400m IM
3	4	Open	50m Fly	33	34	Open	50m Back
5	6	Open	200m Breast	35	36	Open	200 Back
7	8	9&U	100m Back	37	38	9&U	100m Freestyle
9	10	10/11	100m Back	39	40	10/11	100m Freestyle
11	12	12/13	100m Back	41	42	12/13	100m Freestyle
13	14	14/15	100m Back	43	44	14/15	100m Freestyle
15	16	16&O	100m Back	45	46	16&O	100m Freestyle
17	18	Open	200m IM	47	48	Open	200m Fly
19	20	9&U	100m Fly	49	50	9&U	100m Breast
21	22	10/11	100m Fly	51	52	10/11	100m Breast
23	24	12/13	100m Fly	53	54	12/13	100m Breast
25	26	14/15	100m Fly	55	56	14/15	100m Breast
27	28	16&O	100m Fly	57	58	16&O	100m Breast
29	30	Open	50m Free	59	60	Open Top 10	Wheel of Pain

The Wheel of Pain

You must pre enter the event to be considered for selection

The FINA points of the entry times of events entered by swimmers will be used for selecting the Top 10 swimmers

The Wheel of Pain

(Stroke/distance & lane drawn on the night)

Top 10 Male and Female swimmers
Race for the \$100 cash prizes with a
Chocolate sweepstake for the rest

Session 1: 9.00am warm up / 9.30am start	Session 2: 4.30pm warm up / 5.00pm start
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Super Mystery Swimmer's Prizes (best in NZ)

(EACH ENTRY MEANS ONE CHANCE TO WIN.....MORE ENTRIES MORE CHANCES)

Prize winners must be present at the draw to claim their prize or the prize will be redrawn

Meet will conclude with *The Wheel of Pain* (free entry) where the Top 10 swimmers (male/female based on Fina points) will compete for two \$100 cash prizes in a mystery race decided by fate. Also back by popular demand, the Choco Sweepstake (ask your friends how it works)..... back the winner and you win too!

- The meet will be conducted under SNZ Rules and local rules as applicable.
- All events will be timed finals, with over the top starts.
- The organisers will if necessary alter the programme and/or refuse entries, to allow the meet to finish within the allotted time. The organisers will not be responsible for any loss or damage during the period of the meet.
- Age as at the day of the meet. Age groups are 9 & under, 10/11yrs, 12/13 yrs, 14/15 yrs, 16 yrs & over. Swimmers must swim in their age groups. **Prizes will be awarded to each of the first four Age Group winners both male and female and a cash prize for 16&O.**
- **Only One NT (no time) entry per swimmer will be accepted**
- Official times to be submitted as a file accompanied by a fee summary report, and swimmer entry report.
- **Entries close on Wednesday 13th November 2013 and are to be e-mailed to: Penny Sinclair racesecc@capitalswim.co.nz.**
- Entry fees are \$8.00 per swim (except for *The Wheel of Pain*, which is free to enter). Internet payments from clubs are to be made to 03-0521-0208931-00 (GST no. 60-217-424)
- No refunds for withdrawals after the circulation of the psych sheets..
- Pool Entry: Swimmers & Officials are to use their Swim Wellington Passes. Spectators \$2: Programmes: \$2
- All participants must agree to comply with the Sports Anti Doping Rules.
- Organisers on behalf of Capital Swim Club are: Pam Edwards 0212410517 & Penny Sinclair 021419259

