



Capital Classic 2014

(Long Course)

featuring the *Wheel of Pain*....

Wellington Regional Aquatic Centre – Saturday, 22 November 2014

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
<p>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</p>				<p>The Wheel of Pain (Stroke/distance & lane drawn on the night) Top 10 Male and Female swimmers Race for the \$50 cash prizes with a Chocolate sweepstake for the rest</p>			
<p>Session 1: 9.00am warm up / 9.30am start</p>				<p>Session 2: 5.00pm warm up / 5.30pm start</p>			



The Meet will conclude with The Wheel of Pain (free entry) where the Top 10 swimmers (male and female based on Fina points) will compete for two \$50 cash prizes in a mystery race decided by fate. Also running is the Choco Sweepstake..... 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.
- Age is as at the day of the meet. Age groups for swimming are 9 & under, 10/11yrs, 12/13 yrs, 14/15 yrs, 16 yrs & over, or open, as in the events list. Scoring will be done after the meet by SwimWn in the Signature format.
- There is no limit on the number of events that can be entered by swimmers, but in accordance with the SW Signature Meet Rules, only **one NT (no time)** entry per swimmer will be accepted. Times are to be submitted as long course actual or converted shortcourse.
- Swimmers must **pre-enter Events 59 and 60** with their initial entries to be eligible for selection in the Wheel of Pain
- Para swimmers are eligible to compete at this meet and shall compete under the IPC Swimming rules. They must present their classification card to the Meet Director prior to the commencement of the meet.
- 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.
- **Entries close on Saturday 15 November 2014** and are to be e-mailed as a cfile, with swimmer entry by name and entry fee reports, to Pam Edwards racesec@capitalswim.co.nz.
- Entry fees are \$8.00 per swim (except for The Wheel of Pain, which is free to enter). Electronic or manual payments from Clubs are to be made to 03-0521-0208931-00 (GST no. 60-217-424) prior to the start of the meet.
- There will be no refunds for withdrawals after the circulation of the psych sheets on Tuesday 18 November.
- Scratchings to be emailed to racesec@capitalswim.co.nz
- All participants must agree to comply with the Sports Anti Doping Rules.
- **Pool Entry:** Swimmers & Officials are to use their Swim Wellington Black Passes. Spectators \$2: Programmes: \$2
- There will be a fundraising raffle for sale at the door to assist Capital Swimmers travelling to Division II in Dunedin in 2015
- All clubs are requested to provide at least 1 x qualified IOT and 1 x qualified Timekeeper per session, and advise the names to Jillian Kennemore on officials@capitalswim.co.nz
- Organisers on behalf of Capital Swim Club are: Pam Edwards 021 2410517 & Barbara Ryan 0277 896373