

SWIMMING WELLINGTON'S OPEN LONG COURSE MEET

Saturday 6th December 2014. Wellington Regional Aquatic Centre, Kilbirnie.

Warm-up 9.00am-9.30am Start 9.40am

Swimming Wellington is GST registered 59-780-824

Session 1- W/U 9am Start 10am			Session 2- 30min after end of S1		
1	400 Free	M	16	200 Free	W
2	400 Free	W	17	200 Free	M
3	50 Breast	M	18	50 Fly	W
4	50 Breast	W	19	50 Fly	M
5	200 Back	M	20	100 Back	W
6	200 Back	W	21	100 Back	M
7	100 Fly	M	22	400 IM	W
8	100 Fly	W	23	400 IM	M
9	200 Breast	M	24	100 Breast	W
10	200 Breast	W	25	100 Breast	M
11	50 Free	M	26	50 Back	W
12	50 Free	W	27	50 Back	M
13	200 IM	M	28	100 Free	W
14	200 IM	W	29	100 Free	M
15	200 Fly	M	30	200 Fly	W

WARM-UP PROCEDURE:

Lane 0 - **Sprint lane**

Lanes 1-8- **General swimming**

Lane 9- **Para Swimmers**

Diving at the deep end only

Coaches please ensure swimmers are in the correct lanes.

Please note:

There will be a **30minute break** between session 1 end and session 2 start. Swimmers will be able to use the pool for session two warm-up during the **first 20 minutes** of the break.

Conditions of Entry:

- The meet will be swum under SNZ rules. There will be over the top starts.
 - Para swimmers are eligible to compete at this meet and shall compete under the IPC Swimming rules and must present their classification card to the Meet Director prior to the commencement of the meet.
 - Age is at 6 December 2014.
 - Only 1 (one) 'no time' entry per swimmer will be accepted.
 - Entries close 12:00 (midnight) on Sunday 30 November 2014. There will be no refund of entry fees once entries close (*those withdrawing for medical reasons must advise by Wednesday 3 December 2014 and provide a medical certificate for a refund consideration*).
 - Late entries will be considered at a cost of \$20 per entry until Wednesday 12pm, 3 December 2014.
 - Entries to be made by clubs and sent to events@swimwn.co.nz accompanied by a Cfile or HVY file, fee summary, entry report by swimmer, and advising club's method of payment.
 - Entry fees are \$9.00 per event- a tax invoice will be issued to clubs. Payment in full is to be made by Thursday 4 December. Electronic payments or direct bank deposit into WPT 030502-0166158-00 using your invoice number as a reference please. **One payment per club.**
 - Scratchings will be accepted until Friday 5th December at 12pm (midday).
 - \$100 Swim T3 gift vouchers will be awarded for the overall top male and female in the following age groups: 10 & under, 11-12, 13-14, 15-16, and 17+.
 - Entry to the pool will be via the main entrance in Kilbirnie Crescent.
 - \$2 for spectators, \$3 programmes. Swimming Wellington officials, coaches, and swimmers passes must be used for entry. Visiting clubs will be issued temporary passes.
 - The organisers will not be liable for any loss or damage during the period of the meet.
 - The organisers retain the right to amend the programme if necessary and to refuse entries.
 - There will be a 30 minute break between session one and session two during which time swimmers will be able to use the pool for warm-up.
- Contact: Laura Bertelsen (04) 5600 346 or events@swimwn.co.nz Meet Director: Greg Forsythe

Duty Club Roster

Session 1:

Refreshments = Karori (3)

Runner = Wairarapa (1)

Marshal = Capital (2)

Session 2

Refreshments= Tawa (3)

Runner = Raumati (1)

Marshal= Swim Zone (2)