

SWIMMING WELLINGTON OPEN LONG COURSE MEET

Saturday 10th December 2016, Wellington Regional Aquatic Centre, Kilbirnie

Warm-up 8.45 - 9.20am Start 9.30am

Swimming Wellington is GST registered 59-780-824

Swim T3 Vouchers for Winners of Each Age Group - See Meet Conditions

SESSION 1			STROKE	SESSION 2		
1	M	400	FREE	F	400	16
2	F	200	BACK	M	200	17
3	M	100	FREE	F	100	18
4	F	50	BREAST	M	50	19
5	M	200	FLY	F	200	20
6	F	100	BACK	M	100	21
7	M	50	FREE	F	50	22
8	F	400	IM	M	400	23
9	M	200	BREAST	F	200	24
10	F	100	FLY	M	100	25
11	M	50	BACK	F	50	26
12	F	200	FREE	M	200	27
13	M	100	BREAST	F	100	28
14	F	50	FLY	M	50	29
15	M	200	IM	F	200	30

WARM-UP PROCEDURE:

Lane 0, 1 - Sprint lane

Lanes 2-8 - General swimming

Lane 9 - Para Swimmers

Diving at the deep end only

Diving is only permitted during the final 10 minutes of warm up in allocated sprint lanes.

Please note:

There will be a **30 minute 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/FINA and local rules, with over the top starts.
- All participants must agree to comply with the Sports' Anti-Doping Rules.**
- Self-marshalling will operate.
- Events will be swum as timed finals.
- Age is at 10 December 2016. **This meet is open to all SNZ registered competitive swimmers only.**
- This event will be swum long course starting from the deep end. Feet first entry during warm-up only (except authorised sprint lanes at the allocated times). Please note the pool depth at the shallow end is 1.2m, with no diving permitted during warmup.**
- 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.
- Only 1 (one) 'no time' entry per session per swimmer will be accepted.**
- Entries must be entered into the SNZ database no later than 23:59:59 on Sunday 4 December 2016.**
- There will be no refund of entry fees once entries close.**
- Entry fees are \$11.00 per event.
- Direct payment via SNZ website: Payment in full can be made by Credit Card when entering online.
- Payment via Club Invoice: Electronic Payments, direct bank deposit into WPT 030502-0166158-00.
- All payments must be received by Thursday 8 December 2015 for entries to be accepted.**
- Scratchings will be accepted until Thursday 8 December at 12pm (midday).
- Points 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 on Kilbirnie Cres, please use Swim Wellington passes.**
- \$3 programmes, Spectators \$3.
- SW is not liable for any loss or damage during the period of the meet.
- SW retains the right to amend the programme if necessary and to refuse entries.
- Participants who have entered this event agree to allow images (e.g. photography, video, etc.) to be taken by accredited media approved by Swimming Wellington. Images are only to be used for legitimate purposes by Swimming Wellington or host Club in accordance with the SNZ Member Protection Policy.**

Duty Club Roster

Session 1:

Refreshments = SwimZone (2)

Results = Raumati (1)

Session 2:

Refreshments = Capital (2)

Results = Tawa (1)

Contact: Bridget Tait (04) 5600 346 or events@swimwn.co.nz Meet Director: TBA