

SWIMMING WELLINGTON LONG DISTANCE MEET

28 July 2013, Coastlands Aquatic Centre

Short Course 10 lane

Warm up 4.30, Start 5.00pm



Event 1	Female 400m Free	Timed Final
Event 2	Male 400m Free	Timed Final
Event 3	Female 1500m Freestyle	Timed Final
Event 4	Male 1500m Freestyle	Timed Final
Event 5	Female 800m Freestyle	Timed Final
Event 6	Male 800m Freestyle	Timed Final

MEET CONDITIONS:

1. The meet is open to all SNZ registered swimmers 12 yrs and over. There are no entry restrictions, NT No Times will be accepted. This includes 400's, however a swimmer wishing to do a 400 swim, should have 200m freestyle time (for seeding purposes). **Clubs are asked to exercise discretion in relation to a swimmer's ability.** If swimmers do not have a time 1500 or 800 time swum in the last year, clubs are to submit a recent 400m time (this could be a training time) for grading purposes only. Swimming Wellington reserves the right to alter or restrict entries if necessary, due to time restraints
2. Age is at 16 June 2013.
3. All swimmers doing a 1500/ 800 will be required to provide an official who must stay for the duration of the meet.
4. Swimmers in Events 3 or 4 requiring an official 800m will receive hand held manual time . An 800 split request should be notified with the entries.
5. Electronic **entries are to be sent by 12 [noon], Monday 22 July 2013** to: Operations@swimwn.co.nz phone 04 5600381/fax 04 5600400. They must be accompanied by;
 - ✓ Proof of Times report
 - ✓ Meet Fee Report
 - ✓ Zip entry file
6. **Entry fees are \$8.50 per event per swimmer. Direct Bank deposits or Electronic payments can be made to; WPT 030502-0166158-00, please advise Operations@swimwn.co.nz of your payment method.**
7. Programmes \$2.
8. The organisers reserve the right to combine or alter events if necessary. The organisers will not be liable for any loss or damage whatsoever in relation to or during the meet.
9. All participants must agree to comply with the Sports Anti Doping Rules
10. Organiser: Henrietta Latham [04 5600381] Operations@swimwn.co.nz

DUTIES: Door = SwimZone x 2 Marshall = Raumati x 1 Refreshments = Capital x 3
Runner = Porirua x 1 Recorder = Karori x 1