



# SWIMMING WELLINGTON'S OPEN LONG COURSE MEET

Wellington Regional Aquatic Centre, Kilbirnie. Saturday, 7 December 2013

Session1: Warm-up 9.00am Start 9.45am

Session 2: Warm-up 5.00pm Start 5.45pm

Swimming Wellington is GST registered 59-780-824



## Session One

Warm up 9.00am Start 9.45am

## Session Two

Warm up 5.00pm Start 5.45pm

|    |            |       |    |            |       |
|----|------------|-------|----|------------|-------|
| 1  | 400IM      | W     | 17 | 400 Free   | M     |
| 2  | 400IM      | M     | 18 | 400 Free   | W     |
| 3  | 50 Breast  | W     | 19 | 50 Back    | M     |
| 4  | 50 Breast  | M     | 20 | 50 Back    | W     |
| 5  | 100 Fly    | W     | 21 | 200 Fly    | M     |
| 6  | 100 Fly    | M     | 22 | 200 Fly    | W     |
| 7  | 200 Back   | W     | 23 | 100 Breast | M     |
| 8  | 200 Back   | M     | 24 | 100 Breast | W     |
| 9  | 100 Free   | W     | 25 | 200 Free   | M     |
| 10 | 100 Free   | M     | 26 | 200 Free   | W     |
| 11 | 200 Breast | W     | 27 | 50 Free    | M     |
| 12 | 200 Breast | M     | 28 | 50 Free    | W     |
| 13 | 50 Fly     | W     | 29 | 100 Back   | M     |
| 14 | 50 Fly     | M     | 30 | 100 Back   | W     |
| 15 | 200 IM     | M     | 31 | 200IM      | W     |
| 16 | 800 Free   | [T20] | 32 | 1500 Free  | [T20] |

## Conditions of Entry:

- ⇒ Only 1 (one) No Time entry per swimmer will be accepted. Late entries will be considered at a cost of \$20 per entry until Wednesday 12pm, 4 December 2013.
- ⇒ Entries close 12:00pm [midday] on Thursday 28 November 2013;
- ⇒ Entries to be forwarded to [Operations@swimwn.co.nz](mailto:Operations@swimwn.co.nz) and must be accompanied by a Cfile or HVY file, fee summary and entry report by swimmer.
- ⇒ Entry fees are \$9.00 per event.
- ⇒ A Tax Invoice will be issued to clubs
- ⇒ Payment in full is to be made by Thursday 5 December as the conditions of entry.
- ⇒ Electronic payments or direct bank deposit into WPT 030502-0166158-00 using your invoice number as a reference please. Please advise your club's method of payment.
- ⇒ \$100 Prize will be awarded to the following top Male / Female in the following age groups. 10 & Under, 11-12, 13-14, 15-16 and 17+ All events swum in age except 800/1500 which will be scored separately.
- ⇒ 800m & 1500m are restricted to the fastest top 20 swimmers per gender. NT's may be considered for 800/1500 swims provided a 400m freestyle time is submitted with the file. Open to 12 & Over swimmers. Reverse swims offered and swum single gender.
- ⇒ Entry to the pool will be via the main entrance in Kilbirnie Crescent. \$3 for spectators, \$2 programmes. Swimming Wellington Officials, Coaches and Swimmers pass 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.
- ⇒ All Participants must agree to comply with the Sports Anti-Doping Rules.
- ⇒ The organisers retain the right to amend the programme if necessary and to refuse entries.

**There will be no refund of entry fee once entries close on Thursday 28 November, 2013. Those withdrawing for medical reasons must advise by Wednesday 4 December 2013, 12pm [midday] and provide a medical certificate for consideration.**

**Contact:** Henrietta Latham 04 5600381 or 027 5021854 **Meet Director:** Greg Forsythe  
Refreshments = SwimZone 3 Runner = Capital 1 Marshal = Porirua 2

