



# Capital City Ford Classic 2011

(Long Course)

(featuring the the return of **Wheel of Pain**)

**Wellington Regional Aquatic Centre – Saturday, 22 October 2011**

Session 1: 7.30am warm up / 8.15am start

Session 2: 3.30pm warm up / 4.15pm start

G	B	AGE	STROKE	G	B	AGE	STROKE
1	2	Open	50m Free <i>Top 50</i>	29	30	Open	4x 50m Club Medley Relay
3	4	Open	200m Free <i>Top 40</i>	31	32	Open	200 Back <i>Top 40</i>
5	6	16&O	100m Back	33	34	Open	50m Back <i>Top 50</i>
7	8	14/15	100m Back	35	36	16&O	100m Freestyle
9	10	12/13	100m Back	37	38	14/15	100m Freestyle
11	12	10/11	100m Back	39	40	12/13	100m Freestyle
13	14	9&U	100m Back	41	42	10/11	100m Freestyle
15	16	Open	200m Breast <i>Top 40</i>	43	44	9&U	100m Freestyle
17	18	16&O	100m Fly	45	46	Open	200m Fly <i>Top 40</i>
19	20	14/15	100m Fly	47	48	16&O	100m Breast
21	22	12/13	100m Fly	49	50	14/15	100m Breast
23	24	11&U	100m Fly	51	52	12/13	100m Breast
25	26	Open	1500m Free <i>Top 20</i>	53	54	10/11	100m Breast
An 800m electronic pad time split will be provided from all 1500m swims as Evs27 & 28				55	56	9&U	100m Breast
<b>The Wheel of Pain</b> (stroke/ distance & lane drawn on the night) Highest FINA points used to select swimmers				57	58	Open	Wheel of Pain <i>Top 10</i>
				Wheel of Pain Top 10 Male and Female swimmers Race for the \$100 cash prizes with a Chocolate sweepstake for the rest			
				Presentation of awards and prizes after final race			

## Super Mystery Swimmer's Prizes (best in NZ)

(EACH ENTRY MEANS ONE CHANCE TO WIN.....MORE ENTRIES MORE CHANCES)

Prize winners must be present at the draw to claim their prize or the prize will be redrawn

Meet will conclude with **The Wheel of Pain** (free entry) where the Top 10 swimmers (male/female based on FINA points) will compete for two \$100 Cash prizes in a mystery race decided by fate.

Also back by popular demand, the **Choco Sweepstake** (ask your friends how it works)..... **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.
- 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.
- Age as at the day of the meet. Age groups are 9 & under, 10/11yrs, 12/13 yrs, 14/15 yrs, 16 yrs & over. Swimmers must swim in their age groups. Cash prizes will be awarded to each of the Age Group winners.
- Official long course times (NT acceptable) to be submitted as a cfile accompanied by a fee summary report and swimmer entry report.
- **Entries close 10<sup>th</sup> Oct at 7pm. Entry forms with payment can be placed in the race entries boxes at either pool or e-mailed with confirmation of electronic payment to [race@swimporirua.co.nz](mailto:race@swimporirua.co.nz) Electronic payments must be received by closing date to Porirua City Aquatics Race Secretary Account – 03 – 0547 – 0205093 - 01**
- Entry fees of \$7.00 per swim (except for The Wheel of Pain, which is free to enter) accompanied by a fee summary to be forwarded to: The Operations Manager, Capital Swim Club, PO Box 14-652 Kilbirnie, Wellington. Refunds for withdrawals after the circulation of the psych sheets will be considered on an individual basis by the meet organisers.
- The Capital Swim Club Officials Coordinator Jillian Kennemore will require assistance from clubs to supply officials for this meet. Jillian will be in touch with clubs directly.
- Programmes: \$2.
- All participants must agree to comply with the Sports Anti Doping Rules.
- Organisers on behalf of Capital Swim Club are: Meet Director, Brent Hayward (04-3877697) and Entries Officer, Robert Loo (04-4994252)
- Internet payments from clubs can be made to 03-0521-0208931-00 (GST no: 60-217-424)



Capital City Ford



**SWIM T3**  
Wellington's Swimming and Triathlon Specialists