

SWIMMING WELLINGTON'S JUNIORS REHEARSAL LONG COURSE MEET



Wellington Regional Aquatic Centre, Kilbirnie. Saturday, 3 December 2011

Session 1: Warm-up 8.00am Start 8.45am

Session 2: Warm-up 4.00pm Start 4.45pm



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 Thursday 12pm, 1 December 2011.
- **PCA Entries close 7:00pm 21 November 2011.**
Entry fee is \$8.00 per event.
- **Entry form (with payment) can be placed in the race entry box at either pool, or e-mailed to race@swimporirua.co.nz (with payment via internet).**
All payments (Cheque or Internet) must be received by the closing date for the entry to be accepted.
Payment via the internet is to be made to the race account (03-0547-0205093-01).
- 400 metre events restricted to the fastest top 20 swimmers.
- Entry to the pool will be via the main entrance in Kilbirnie Crescent. \$2 for spectators, \$2 programmes, Officials to sign in.
- 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 Monday 28 November, 2011. Those withdrawing for medical reasons must advise by Friday 2 December 2011, 5pm and provide a medical certificate.

Contact: Henrietta Latham 04 5600381 or 027 5021854

Duties: Door = Karori x 2

Runner = Porirua City x 1

Marshal = Capital x 2— [1]

Marshal = SZR x 2—[2]

Refreshments = Raumati x 3 [1] Upper Hutt [2]

Recorder = Tawa x 1

| Session One Warm up 8.00am Start 8.45am | | | Session Two Warm up 4.00pm Start 4.45pm | | |
|--|-------------------|---|--|-------------------|---|
| 1 | 12 & U 400IM | W | 17 | 12 & U 50 Back | W |
| 2 | | M | 18 | | M |
| 3 | 12 & U 50 Breast | W | 19 | 12 & U 200 Fly | W |
| 4 | | M | 20 | | M |
| 5 | 12 & U 100 Fly | W | 21 | 12 & U 100 Breast | W |
| 6 | | M | 22 | | M |
| 7 | 12 & U 200 Back | W | 23 | 12 & U 200 IM | W |
| 8 | | M | 24 | | M |
| 9 | 12 & U 100 Free | W | 25 | 12 & U 50 Free | W |
| 10 | | M | 26 | | M |
| 11 | 12 & U 200 Breast | W | 27 | 12 & U 100 Back | W |
| 12 | | M | 28 | | M |
| 13 | 12 & U 50 Fly | W | 29 | 12 & U 400 Free | W |
| 14 | | M | 30 | | M |
| 15 | 12 & U 200 Free | W | | | |
| 16 | | M | | | |

