

SWIMMING WELLINGTON'S CHRISTMAS BLOW-OUT SHORT COURSE MEET

Wellington Regional Aquatic Centre, Kilbirnie. Saturday 12th December 2009

1.00pm Warm-up 1.45pm Start



Order of events

1	Female	100	Free	15	Female	100	Back
2	Male	100	Free	16	Male	100	Back
3	Female	200	Fly	17	Female	200	Breast
4	Male	200	Fly	18	Male	200	Breast
5	Female	50	Breast	19	Female	50	Back
6	Male	50	Breast	20	Male	50	Back
7	Female	400	IM 13 & U	21	Female	400	IM 14 & 0
8	Male	100	Fly	22	Male	100	Breast
9	Female	100	Fly	23	Female	100	Breast
10	Male	200	Back	24	Male	200	Free
11	Female	200	Back	25	Female	200	Free
12	Male	50	Fly	26	Male	50	Free
13	Female	50	Fly	27	Female	50	Free
14	Male	400	IM 13 & U	28	Male	400	IM 14 & 0

All clubs to provide officials – thank you.

!!!!!! 400 Knock-out IM explained !!!!!!!

Prior to the start of the meet, the order of the medley will be drawn. After each 50metres, the slowest swimmer will be stopped and eliminated. This will leave three swimmers to battle it out for the final 50m for the win and the cash prize of \$100.

Conditions of Entry:

- ⇒ Swum as graded scratch except for the 400 Knock-out IM
- ⇒ Maximum of 3 events per swimmer + 400IM. Age is at date of the meet.
- ⇒ **No Times not accepted**
- ⇒ Entries close 12:00pm (lunchtime) on Wednesday 9th December; late entries will not be accepted.
Entries to be forwarded to operations@swimwn.co.nz and must be accompanied by a cfile or hyv file, fee summary and entry report by swimmer.
- ⇒ Entry fees of \$6 per event (except 400 Knock-out IM which is **FREE**) should be sent by the closing date to Viv Morton, 6 Exploration Way, Whitby, Porirua, 5024. One cheque per club please.
Electronic payments can be made to: WPT 030502-0166158-00.
- ⇒ **400 Knock-out IM !! You must have entered three other events to be eligible for this race.** Events restricted to the fastest top 10 swimmers in age groups 13 & U, 14 & 0 [both Male & Female]. Please submit 200IM times for seeding purposes.
- ⇒ **A cash prize of \$100 for each 400 Knock-out IM event winner.**
- ⇒ Entry to the pool will be via the rear side door. \$1 for spectators, \$2 programmes, Free admission for Officials and swimmers.
- ⇒ There will be Spot prizes and a door raffle.
- ⇒ 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.
- ⇒ Contact: Henrietta Latham 04 5600381/ 027 5021854 or Heather Newall 04 9020067
- ⇒ Officials – In keeping with the Christmas spirit please wear a RED shirt and decorate yourself with tinsel.