



Capital City Ford Classic 2010

(Long Course)

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

Wellington Regional Aquatic Centre – Saturday, 23 October 2010

Session 1: 8.00am warm up / 9.00am start				Session 2: 3.30pm warm up / 4.30pm start			
G	B	AGE	STROKE	G	B	AGE	STROKE
1	2	Open	400m Free	29	30	Open	400m IM
3	4	Open	200m Breast	31	32	Open	200 Back
5	6	9&U	100m Back	33	34	9&U	100m Freestyle
7	8	10/11	100m Back	35	36	10/11	100m Freestyle
9	10	12/13	100m Back	37	38	12/13	100m Freestyle
11	12	14/15	100m Back	39	40	14/15	100m Freestyle
13	14	16&O	100m Back	41	42	16&O	100m Freestyle
15	16	Open	200m IM	43	44	Open	200m Fly
17	18	9&U	100m Fly	45	46	9&U	100m Breast
19	20	10/11	100m Fly	47	48	10/11	100m Breast
21	22	12/13	100m Fly	49	50	12/13	100m Breast
23	24	14/15	100m Fly	51	52	14/15	100m Breast
25	26	16&O	100m Fly	53	54	16&O	100m Breast
27	28	Open	200m Free	55	56	Open Top 10	Wheel of Pain
Introducing The Wheel of Pain (stroke/ distance & lane drawn on the night) Highest FINA points used to select swimmers				Wheel of Pain Top 10 Male and Female swimmers Race for the \$100 cash prizes with a Chocolate sweepstake for the rest			
Quiz questions and plenty of prizes				Presentation of Trophies and Prize draw on conclusion			

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. Trophies will be awarded to each of the first four Age Group winners both male and female and a cash prize for 16&O.
- Official long course times (NT acceptable) to be submitted as a cfile accompanied by a fee summary report and swimmer entry report.
- **Entries close on Friday 15th October 2010 with: Robert Loo, phone 4994252. They are to be emailed as a team manager or meet manager file with swimmer entry report and fee summary to: robert.loo@xtra.co.nz**
- 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 Treasurer, 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.
- Programmes: \$2. Pool entry free (side door).
- All participants must agree to comply with the Sports Anti Doping Rules.
- Organisers on behalf of Capital Swim Club are: Meet Director, Steve Hind (04-3873884) and Entries Officer, Robert Loo (04-4994252)
- Internet payments from clubs can be made to 03-0521-0208931-00 (GST no: 60-217-424)

