



## **81st Anniversary Interclub Swimming Meet**

**Sunday 5<sup>th</sup> December, 2010  
Splash Palace, Invercargill  
Long Course**

**Warm up 8.30 to 9.15am. Start 9.30am.**

- Event:**
- 1 Mixed Open 400m Individual Medley**
  - 2 Mixed Open 100m Breaststroke**
  - 3 Mixed Open 200m Freestyle**
  - 4 Mixed Open 50m Backstroke**
  - 5 Mixed Open 50m Backstroke (Non Competitive)**
  - 6 Mixed Open 100m Butterfly**
  - 7 Mixed Open 200m Individual Medley**
  - 8 Mixed Open 50m Freestyle**
  - 9 Mixed Open 50m Freestyle (Non Competitive)**
  - 10 Mixed Open 100m Backstroke**
  - 11 Mixed Open 200m Breaststroke**
  - 12 Mixed Open 50m Butterfly**
  - 13 Mixed Open 50m Butterfly (Non Competitive)**
  - 14 Mixed Open 100m Freestyle**
  - 15 Mixed Open 200m Backstroke**
  - 16 Mixed Open 50m Breaststroke**
  - 17 Mixed Open 50m Breaststroke (Non Competitive)**
  - 18 Mixed Open 200m Butterfly**
  - 19 Mixed Open 400m Freestyle**
  - 20 Mixed Open 4 x 50m Freestyle Fancy Dress Relay**

## Conditions of entry:

- Open to all Swimmers who are affiliated to Swimming New Zealand for the 2010/11 season.
- Age as at 5th December 2010.
- The meet shall be swum long course (50m).
- The meet shall be run in accordance with FINA and Swimming NZ rules.
- All events will be seeded fastest to slowest.
- There shall be 45 minutes warm up at the start of the session.
- No restriction on the number of entries per individual swimmer.
- All events (excluding non competitive) will be resulted as male and female in the following age groups: 10 & under, 11/12yrs, 13/14yrs, 15yrs and over.
- Entry fee: \$5.00 per event entered per Swimmer, except for the relay. (Visiting clubs please submit payment with entries.)
- Swimmers may enter in the non competitive events or the competitive events not both.
- No late entries accepted
- **ENTRIES CLOSE Sunday 28th November 2010 at 5pm:**
  - Please email your TM file and meet entry report to  
David Prattley  
Executive Officer  
Swimming Southland  
78 Norton St, GORE  
Ph 03 2088414  
Cell 027 2088414  
E-mail: [admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)
- **RELAY ENTRIES** and enquiries to Sheryll Joyce  
Email: [wg\\_sajoyce@xtra.co.nz](mailto:wg_sajoyce@xtra.co.nz)  
Ph: 03-2179540
- **Fancy Dress Freestyle Relay**
  - Swimmers are to make up their own team for the fancy dress relay. Teams are to be 4 swimmers, ANY age group, ANY club.
  - Entry fees for the relay is \$2.50 per team member, \$10 per team.
  - Swimmers **MUST SWIM** in their Fancy Dress costume.
  - There will be 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes for the **MOST CREATIVELY DRESSED TEAM** and these will be awarded at the end of the meet.
- Psych sheets will be sent to clubs and posted on the Swimming Southland website. Any alterations must be in the hands of the Swimming Southland Executive Officer by 5pm on Wednesday 1<sup>st</sup> December 2010.
- Please note that no refunds for entry fees will be issued after the final psych sheets have been posted on the Swimming Southland website.
- Clubs must submit entries for their swimmers, except for relay entries.
- Swimmers need to check with their clubs for their entry closing date.
- Club Team Manager to be advised with entries please.
- Club officials to be advised with entries please.
- Time Trials will be allowed during the meet at the discretion of the meet director. All time trial applications must be made on the official form and have the correct change with the application.
- Ribbons will be awarded to the first 3 place getters in each individual event. These will be issued to the Team Managers at the end of the meet.

## Meet rules and starts

- **Over the top starts will be used except in all backstroke events.**
- **In backstroke, entry to the water will be by feet first – no diving**
- **Swimmers must report and stay in the marshal area, following instructions from the marshal. Failure to do so may result in disqualification.**
- **Warm-up rules apply as follows –**
  - **ALL** lanes to be used for general swimming and race preparation with no diving until the Sprint/Dive Lanes are in place.
  - Feet first entry **ONLY** until the Sprint/Dive Lanes are in place.
  - An announcement will be made for the start of the **SPRINT/DIVE LANE Period.**
  - Diving and sprints to the 25m is permitted in the **Sprint/Dive Lane.**
  - Signs will indicate what is happening in each lane.
  - An announcement will be made 5 minutes prior to Warm-up finishing.
  - Another announcement will be made at the completion of the Warm-up. **At this time swimmers are to clear the pool.**