



### 37<sup>th</sup> New Zealand Long Course Championships 2010

Splash Palace – Southland Aquatic Center, 56 Elles Road, Invercargill

Friday 12<sup>th</sup> – Saturday 13<sup>th</sup> March 2010

Name \_\_\_\_\_ NZMS Reg No \_\_\_\_\_ Club Code \_\_\_\_\_  
 Address \_\_\_\_\_ M / F  
 Contact Ph. \_\_\_\_\_ Email \_\_\_\_\_ Age @ 31 Dec 2010 \_\_\_\_\_

Registration Fee \$30 \_\_\_\_\_ Closing Date for Entries: 16 February 2010  
 Event Entry \$5 per event – max 6 events \$5 x \_\_\_\_\_ Cheques Payable to "Foveaux Masters Swimming Club"  
 Dine & Dance (Limited to the first 150) \$45 \_\_\_\_\_ Post Entry Forms & Fees to: Foveaux Masters, P O Box 13, Gore  
 Total \$ \_\_\_\_\_ or e-mail to [admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)

If paying by D/C please pay to Foveaux Masters Swimming 03 1355 0528490 00 using your name and NZMS Rego # as reference.

#### Friday 12<sup>th</sup> March 2010

Registration from 3:00 pm at Splash Palace

Warm-up 5:15 pm Start 6.00 pm

Session 1	Expected Time
1 400m Individual Medley	_____
2 50m Butterfly	_____
3 200m Backstroke	_____
4 100m Breaststroke	_____
5 4x50m Women's Medley Relay	_____
6 4x50m Men's Medley Relay	_____
7 800m Freestyle	_____
8 1500m Freestyle	_____

A swimmer wishing to enter events 7 and 8 will have their first 800 m split of the 1500 m recorded for event 7.

Relay entries to be made 10 minutes prior to the start of each session and will be deck seeded.

#### Saturday 13<sup>th</sup> March

Warm-up 7:30 am Start 8:00 am

Session 2	Expected Time
9 200m Freestyle	_____
10 200m Individual Medley	_____
11 200m Butterfly	_____
12 50m Backstroke	_____
13 100m Freestyle	_____
14 200m Breaststroke	_____
15 4x50m Women's Freestyle Relay	_____
16 4x50m Men's Freestyle Relay	_____

Warm-up 2.30 pm Start 3:00 pm

Session 3	Expected Time
17 100m Butterfly	_____
18 50m Freestyle	_____
19 100m Backstroke	_____
20 50m Breaststroke	_____
21 400m Freestyle	_____
22 4x50m Mixed Medley Relay	_____
23 4x50m Mixed Freestyle Relay	_____
24 Inter-region 6 x 50m Flying Squadron Relay	_____

### Social Event

SATURDAY DINE & DANCE START 7:00PM

Pay Bar. Dress for "the Beach" @

Level 6, The Kelvin Hotel  
16 Kelvin Street, Invercargill

**"KRAMIT" WILL BE PLAYING UNTIL LATE**  
**FULLY CATERED WITH BLUFF OYSTERS SET TO ENTICE**

#### Disclaimer

I acknowledge that by sending in an entry form, I declare myself to be fit enough to compete. I acknowledge that I am aware of the NZMS Doping Policy and will comply in all respects with it and with the requirements of Drug Free Sport New Zealand. The organising committee, officers, agents and members will not be responsible for any claims, proceeding and damage whatsoever and howsoever arising directly or indirectly out of or in connections with my participation in this meet. This information is collected by NZ Masters Swimming Inc. and the organising committee and may be forwarded to our sponsors. You have the right to request access to, and correction of this information or to write to the organisers stating that you do not want your name to be passed onto any sponsor. Your agreement to these conditions is confirmed by your placement of this entry.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

#### For Further Information Please Contact:

Wayne Evans

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