

# SOUTHLAND WINTERS



**SUNDAY 22 August, 2010**  
**SOUTHLAND AQUATIC CENTRE**

**SESSION: ONE WARM UP 8:30AM**

**SESSION: TWO WARM UP 1:00PM**

**Duty Clubs: Murihiku/Waverley/Collegiate Duty Clubs: Hokonui/Orca**

- |                      |                       |
|----------------------|-----------------------|
| 1. 400m Freestyle    | 9. 400m Medley        |
| 2. 50m Butterfly     | 10. 50m Freestyle     |
| 3. 100m Backstroke   | 11. 100m Butterfly    |
| 4. 200m Medley       | 12. 200m Breaststroke |
| 5. 50m Backstroke    | 13. 100m Medley       |
| 6. 100m Breaststroke | 14. 100m Freestyle    |
| 7. 200m Butterfly    | 15. 200m Backstroke   |
| 8. 200m Freestyle    | 16. 50 Breaststroke   |

- ❑ Open to all Swimmers who are affiliated to Swim Southland for the 2010/11 season, visitors are to be affiliated to SNZ.
- ❑ The meet shall be swum short course (25m)
- ❑ There shall be 40 minutes warm up at the start of each session
- ❑ No restriction on the number of entries per individual swimmer
- ❑ All events shall be swum as mixed open events. Resulted in male and female in the following age groups: 10 & under, 11 & 12, 13 & 14, 15 & over
- ❑ Entry fee: \$5:00 per event. (Visiting clubs please submit payment with entries.)
- ❑ Entries close Monday 16 August 2010 with:

[Swimming Southland Executive Officer,](#)

[Email: admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)

## **NOTE:**

- ⇒ **Club members please enter through your club Entries Secretary.**
- ⇒ **Club Team Manager to be advised with entries.**
- ⇒ **We would like a full compliment of officials if possible.**