

SOUTHLAND WINTER CHAMPIONSHIPS



SUNDAY 4 September, 2011

SOUTHLAND AQUATIC CENTRE

SESSION: ONE WARM UP 8:30AM

Duty Clubs: Collegiate/Orca

SESSION: TWO WARM UP 1:00PM

Duty Clubs: Hokonui/Murihiku

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| 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 Swimming Southland for the 2011/12 season and any visitors that are to be affiliated to SNZ.
- The meet shall be swum short course (25m)
- There shall be 45 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 gender open events but resulted in male and female in the following age groups: 10 & under, 11 & 12, 13 & 14, 15 & over. Please note that Swimming Southland has recently passed a rule allowing Southland records to be broken in mixed gender events. However NZ records cannot be broken in mixed gender events and other provinces records may not be allowed. Please communicate with the Swimming Southland Executive Officer prior to the meet should you believe that this affects any swimmers.
- Entry fee: \$5:00 per event. (Visiting clubs please submit payment with entries.)
- Entries close at 8pm on Monday 29 August 2011 with:

Swimming Southland Executive Officer,

Email: admin@swimsouthland.org.nz

Psych Sheets will be posted on the Swimming Southland website

www.swimsouthland.org.nz on Tuesday 30 August 2011.

NOTE:

- ⇒ Club members please enter through your club Entries Secretary.
- ⇒ Club Team Manager to be advised with entries.
- ⇒ Southland clubs will be expected to supply timekeepers based on total entries. The numbers will be advised after the psych sheets are posted