

Age Group and Open Meet



**Sunday 14th February 2009
Splash Palace, Invercargill
(Long Course)**

**Warm-up 11.30am – 12.15pm
Racing Commences 12.30pm**

Meet Schedule

- 1. 400m Freestyle**
- 2. 100m Breaststroke**
- 3. 200m Butterfly**
- 4. 50m Backstroke**
- 5. 100m Freestyle**
- 6. 200m IM**
- 7. 50m Breaststroke**
- 8. 100 Backstroke**
- 9. 200 Freestyle**
- 10. 100 Butterfly**
- 11. 200 Breaststroke**
- 12. 50 Fly**
- 13. 200 Backstroke**
- 14. 400 IM**
- 15. 50 Freestyle**
- 16. 800 Freestyle**
- 17. 1500 Freestyle**

Conditions of Entry

- **Open to all swimmers who are affiliated to Swimming New Zealand for the 2009/2010 season.**
- **This meet will be run under FINA regulation in conjunction with any Swimming New Zealand and Swimming Southland regulations that are relevant.**
- **The meet shall be swum long course.**
- **The warm up shall be 45 minutes commencing at 11.30am.**
- **There is no restriction on the number of entries per swimmer**
- **The 800m and 1500m events shall be restricted to one heat of each.**
- **All 50m, 100m and 200m events will be resulted male and female into the following age groups: 10 under 11/12 years, 13/14 years and 15 years and over.**
- **All 400m, 800m and 1500m events shall be resulted as male and female open.**
- **Entry Fees shall be \$5 per event. Normal pool entry will be payable at the door.**
- **Entries will only be accepted from clubs not individuals**

Please submit all entries by 12pm on Wednesday 10th of February 2010 to

**David Prattley
Executive Officer
Swimming Southland
PO Box 13 Gore
Ph 03 2088414
Cell 027 2088414
Email admin@swimsouthland.org.nz**

Psych Sheets will be posted on the Swimming Southland website on Wednesday 10th of February with any amendments to be advised by 8pm on Thursday 11th of February 2010.