

Southland Short Course Championships 2017



SUNDAY 24th September, 2017

SPLASH PALACE, Invercargill

SESSION: 1 WARM UP 8:30AM
START 9:15AM

1. 400m Freestyle
2. 50m Butterfly
3. 100m Backstroke
4. 200m Medley
5. 50m Backstroke
6. 100m Breaststroke
7. 200m Butterfly
8. 200m Freestyle
9. 11 & Under - 4 x 50m Medley Club Relay
10. 12 & Over - 4 x 50m Medley Club Relay

SESSION: 2 WARM UP 1:00PM
START 1:45PM

11. 400m Medley
12. 50m Freestyle
13. 100m Butterfly
14. 200m Breaststroke
15. 100m Medley
16. 100m Freestyle
17. 200m Backstroke
18. 50 Breaststroke
19. 11 & Under - 4 x 50m Free Club Relay
20. 12 & Over - 4 x 50m Free Club Relay

Fun relay - At the completion of event 20, there will be a fancy dress relay (fancy dress TBC). Teams will be advised when draft psych sheets are sent out. If you do not wish to take part in this fun relay, please let the Executive Officer know at the time of entering (admin@swimsouthland.org.nz)

- Open to all Competitive Swimmers who are financial and registered with SNZ for the current year.
- 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 gender open events but resulted in male and female in the following age groups: 10 & under, 11 & 12, 13 & 14, 15 & over.
Ribbons will be awarded.
- Please note that Swimming Southland has a rule that allows Swimming Southland records to be broken in mixed gender events. However Swimming NZ records cannot be broken in mixed gender events and the records other provinces may not be allowed. Please communicate with the Swimming Southland Executive Officer prior to the meet should you believe this affects any swimmers
- Photographs taken during this meet may be used by Swimming Southland on the website - please make the Executive Officer aware if you do not wish your photograph to be used (admin@swimsouthland.org.nz)
- Spectators Pool Entry - please be aware, there is a \$2 fee for spectators when entering Splash Palace.

- Entry fee: \$7.30 per individual event
 \$12.00 per relay
- Entries to be submitted online via SNZ Database. **Entries close 8pm on Sunday 17th September 2017**
- Queries to: *Swimming Southland, Executive Officer*
admin@swimsouthland.org.nz
027 951 6729