



# Waves Winter Meet 3

## DISTANCE & SPRINT MEET

### SUNDAY 19<sup>th</sup> JUNE 2011

Moana Pool – Warm-up 9.30am, start 10.00am

- The Meet is a Short Course (SC) Meet & we expect racing to be concluded by 12.30pm.
- There are **no qualifying times** for this meet and *No Times* are acceptable, however you should be confident that your swimmer can achieve 15mins or better for 800m and 23mins for the 1500m
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Psych Sheets will be posted on [www.wavesswimming.co.nz](http://www.wavesswimming.co.nz)

#### Race Programme:

1. Mixed Open 50m Freestyle
2. Mixed Open 800m Freestyle Heat 1
3. Mixed Open 50m Backstroke
4. Mixed Open 800m Freestyle Heat 2
5. Mixed Open 50m Breaststroke
6. Mixed Open 800m Freestyle Heat 3
7. Mixed Open 50 Butterfly
8. Mixed Open 800m Freestyle Fastest Heat
9. Mixed Open 1500 Freestyle Heat 1
10. Mixed Open 1500m Freestyle Fastest Heat

### PRIZES: RIBBONS – MOVIE PASSES – CASH

- **10 & Under:** Ribbons for every Personal Best Time (PB)
- **11 & 12yrs:** 8 Movie passes to be won (4 girls and 4 boys)
- **13 -15yrs:** Special Skins Race - 2 prizes of \$30 cash to be won
- **16yrs & over:** Special Skins Race - 2 prizes of \$30 cash to be won

#### Entries & Officials:

- This meet is open to all affiliated swimmers -please enter through your clubs.
- **Entries are \$4.00 per event** and to fit within the time available each swimmer is limited to four events.
- **Entries close Saturday 12<sup>th</sup> June 2011.**
- Clubs please email your TM file and Meet Entry Report to Pam Adair [pam.adair@xtra.co.nz](mailto:pam.adair@xtra.co.nz) and post your fees to Waves Swimming Club, PO Box 2340, Dunedin
- Please note that no refunds will be issued after the Psych Sheets have been published on the Waves web site.
- To ensure a full complement of officials we would appreciate one official from each club for every 4 swimmers entered.
- **Officials please contact Diana Evans on 4710888 or [devans@business.otago.ac.nz](mailto:devans@business.otago.ac.nz) to confirm your availability.**

*All information is available on [www.wavesswimming.co.nz](http://www.wavesswimming.co.nz)*