



# Waves Winter Meet 4

**SATURDAY 9<sup>th</sup> July 2011**

**Moana Pool – Warm-up 4pm, start 4.30pm**

- The Meet is a Short Course (SC) Meet & we expect racing to be concluded by 7pm.
- There are no qualifying times for this meet and *No Times* are acceptable. The only exceptions are the 400m races – *the 400 Fr qualifying time is 6.30 and the 400 IM time is 6.45.*
- 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 400m Freestyle    | 9. Mixed Open 100m Butterfly     |
| 2. Mixed Open 50m Freestyle     | 10. Mixed Open 200m Freestyle    |
| 3. Mixed Open 100m Backstroke   | 11. Mixed Open 50m Backstroke    |
| 4. Mixed Open 200m Breaststroke | 12. Mixed Open 100m Breaststroke |
| 5. Mixed Open 50m Butterfly     | 13. Mixed Open 200m Butterfly    |
| 6. Mixed Open 100m Freestyle    | 14. Mixed Open 200m Medley       |
| 7. Mixed Open 200m Backstroke   | 15. Mixed Open 400m Medley       |
| 8. Mixed Open 50m Breaststroke  | 16. Mixed Open 100m Medley       |

## **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 2<sup>nd</sup> July 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)*