

24



01.05.2010.

17:00. WRAC. \$500.

YOU. 23 MATES. 10 TEAMS. BRING IT.

24

01.05.2010. WRAC. \$500.

16:15 WARM-UP. 17:00 START.



EVENT	AGE	M	F	M/F
50m Free	11/U	1	2	
8 x 50m Medley relay	12/13			3
100m Back	14/0	4	5	
8 x 50m Medley relay	11/U			6
50m Back	12/13	7	8	
100m Fly	14/0	9	10	
50m Back	11/U	11	12	
50m Fly	12/13	13	14	
8 x 50m Free relay	14/0			15
50m Fly	11/U	16	17	
8 x 50m Free relay	12/13			18
100m Breast	14/0	19	20	
8 x 50m Free relay	11/U			21
50m Breast	12/13	22	23	
100m Free	14/0	24	25	
50m Breast	11/U	26	27	
50m Free	12/13	28	29	
8 x 50m Medley relay	14/0			30
6 x 50m Free relay	All			31
6 x 50m Breast relay	All			32
6 x 50m Back relay	All			33
6 x 50m Fly relay	All			34
24 x 50m Flying squad	All			35

1. Meet limited to 10 x teams (each club will be permitted at least 1 x team with remaining spaces awarded by ballot if more than 10 x teams enter).
2. Combined club teams acceptable.
3. Teams will consist of 24 swimmers (4xM + 4xF in each of 3 age groups – 11&U, 12/13, 14&0).
4. Age is at the day of the meet.
5. Swimming-up permitted but swimmers may only compete 1 x age group.
6. 1xF and 1xM swimmer will be nominated for each stroke in each age group. Swimmers to compete in all individual + relay events for their stroke + free relay for their age group + the flying squad.
7. Cost \$240.00 per team (\$10 per swimmer). Spectators = \$2.
8. A \$500 cash prize will be awarded to the team with the highest points (highest finish in flying squad event to decide ties).
9. Entry times are not required.
10. Teams will be assigned a lane for the meet by ballot.
11. Entries close SW Operations Manager by 5pm, Monday 26 April 2010 (operations@swimwn.co.nz). Payment by cheque should be sent by 26 April to Viv Morton, 6 Exploration Way, Whitby, Porirua, 5024. Electronic payments can be made to; WPT 030502-0166158-00.
12. Pool entry via the rear door.
13. Event will be short course (25m) and swum under SNZ rules (NB: finishing positions will be awarded by referee based on electronic timing).
14. Clubs will be advised of required duties when entries have closed.

 THE LION FOUNDATION

POINTS

Individual events	1 st =10, 2 nd =7, 3 rd =6, 4 th =5, 5 th =4, 6 th =3, 7 th =2, 8 th =1
Relay events (excl. #35)	1 st =20, 2 nd =14, 3 rd =12, 4 th =10, 5 th =8, 6 th =6, 7 th =4, 8 th =2
Event 35 (flying squad)	1 st =30, 2 nd =21, 3 rd =18, 4 th =15, 5 th =12, 6 th =9, 7 th =6, 8 th =4

