



Last Chance Meet

Sunday 14th September, 2008 - Moana Pool - Short Course (25 metres)

Session one: Warm up 8:30am - Start 9:00am

Break for ½ hour

Session two: Start 11.00am – 1.00pm

All information is available on www.wavesswimming.co.nz

1. Mixed Open 50m Freestyle	14. Mixed Open 800m Freestyle
2. Mixed Open 100m Backstroke	15. Mixed Open 1500m Freestyle
3. Mixed Open 400m Freestyle	16. Mixed Open 200m Freestyle
4. Mixed Open 200m Breaststroke	17. Mixed Open 50m Backstroke
5. Mixed Open 50m Butterfly	18. Mixed Open 100m Breaststroke
6. Mixed Open 100m Freestyle	19. Mixed Open 100m Medley
7. Mixed Open 200m Medley	20. Mixed Open 200m Butterfly
8. Mixed Open 50m Breaststroke	21. Mixed Open 200m Backstroke
9. Mixed Open 100m Butterfly	22. Mixed Open 400m Medley
10. Mixed 10 & Under 4x25 Freestyle Relay	23. Mixed 10 & under 4x25 Medley Relay
11. Mixed 11 & 12 4x50 Freestyle Relay	24. Mixed 11 & 12 4x50 Medley Relay
12. Mixed 13 & 14 4x50 Freestyle Relay	25. Mixed 13 & 14 4x50 Medley Relay
13. Mixed 15 & over 4x50 Freestyle Relay	26. Mixed 15 & over 4x50 Medley Relay
½ hour Break	

- There are no qualifying times for this meet and *No Times* are acceptable.
- The only exceptions are the 400m, 800 & 1500m races – *the 400 Fr qualifying time is 6.30 and the 400 IM time is 6.45, 800m is 11.00 and 1500 is 19.45.*
- Only the fastest 8 swimmers will be eligible to swim in the 800 and 1500 metre events.
- Relay teams must comprise of 2 girls and 2 boys.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- This meet is open to all affiliated swimmers - please enter through your clubs.
- We would appreciate an electronic TM file and payment to the 'Waves Swimming Club'.
- Entries cost \$4.50 per event and to fit within the time available each swimmer is limited to four events.

Entries: Entries close Sunday 7th September 2008. Please email your TM file, meet entry report and meet entry fee report to Kay Alexander at williander@xtra.co.nz. Please note that no refunds will be issued after the Psych Sheets have been published on the Waves web site. Please post your payment to:

Kay Alexander
12 Wardlaw St
Dunedin.

Officials: We would like a full complement of officials if possible. We would appreciate one official from each club for every 4 swimmers entered. Please contact Diana Evans on 4710888 or devans@business.otago.ac.nz to confirm your availability.

www.wavesswimming.co.nz



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