



Waves Distance & Sprint Meet 3

Saturday June 26th 2010 - Moana Pool - Short Course(SC)

Warm up 4:00pm - Start 4:30pm

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

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| 1. Mixed Open 50m Freestyle | 7. Mixed Open 50m Butterfly |
| 2. Mixed Open 800m Freestyle –Heat | 8. Mixed Open 800m Freestyle –Fastest Heat |
| 3. Mixed Open 50m Backstroke | 9. Mixed Open 1500m Freestyle -Heat |
| 4. Mixed Open 800m Freestyle –Heat | 10. Mixed Open 1500m Freestyle - Fastest Heat |
| 5. Mixed Open 50m Breaststroke | 11. Mixed Open 50m Duel in the Pool |
| 6. Mixed Open 800m Freestyle –Heat | |

- There are no qualifying times for this meet and *No Times* are acceptable.
- The 50m races are included to allow younger swimmers to compete at this meet.
- For the distance races no times are acceptable however you should be confident that your swimmer can achieve 15.00 or better for 800m Free and 23.00 for the 1500m.
- 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 \$3.50 per event and to fit within the time available each swimmer is limited to four events.
- Cash prizes:
 - One swimmer will win \$100.00 at each meet based on a random draw of event number and placing – anyone can win this price!
 - All swimmers who attend all 4 meets in the series will go into a draw for \$100.00.
 - Each swimmer's PB's will be accumulated across all of the meets and the swimmer with the largest total will win \$100.00.
 - Any swimmer can enter the 'Duel in the Pool' – 50 metres, any stroke, handicap based on best time, the cost is \$2.00 – points accumulated over 4 meets with the winner "taking all of the accumulated prize pool". Non cash prizes to the winner at each meet.
- Non Cash Spot Prizes will be awarded throughout each meet.

Entries: Entries close Sunday 20th June 2010. Clubs please email your TM file, meet entry report and meet entry fee report to Andy Adair at apadair@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:

Waves Swimming Club
PO Box 2340, 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

