

# Palmerston North A S C



# Winter Carnival

Freyberg Community Pool

Sunday 8 August 2010

1.00pm warm up 1.30pm start

Event	1	Foxton Cup Boys (relay)
	2	Foxton Cup Girls (relay)
	3	200 Individual Medley
	4	50 Backstroke
	5	100 Backstroke
	6	200 Freestyle
	7	50 Breaststroke
	8	100 Breaststroke
	9	25 Nominated Stroke (9&U)
	10	200 Backstroke
	11	50 Butterfly
	12	100 Butterfly
	13	100 Individual Medley
	14	200 Breaststroke
	15	50 Freestyle
	16	100 Freestyle
	17	200 Butterfly
	18	Monk Cup (relay)

## CONDITIONS OF ENTRY

- ♦ All events will be swum under the current rules of SNZ where sufficient qualified officials are available.
- ♦ All swimmers must be affiliated to Swimming New Zealand Inc
- ♦ \$5.00 per event, must be received prior to the meet. Please make cheques payable to "Palmerston North Swimming Club"
- ♦ Please submit short course times
- ♦ Swimmers limited to 4 events plus relay
- ♦ All events graded scratch timed finals
- ♦ 200m events may be limited if excessive entries are received
- ♦ Any Club may enter the Foxton Cup (5 swimmers 13 & u) and Monk Cup (open) relay events however only Manawatu Clubs will earn points towards the respective Cups
- ♦ PNASC reserves the right to limit entries or alter the programme should the need arise
- ♦ Spot prizes
- ♦ Free admission - please support the raffle
- ♦ PNASC will not be liable for any loss or damage during the meet
- ♦ All participants must agree to comply with the sports anti doping rules

**ENTRIES CLOSE:** Monday 26 July 2010 with Dianne Farmer  
[d.farmer@xtra.co.nz](mailto:d.farmer@xtra.co.nz) / ph 06-356-4167 / fax 06 356 4129  
Please submit entries as a cfile or hyp file and include a word document

Fee Summary, entry fees and enquiries to Dianne Farmer, 23 Newcastle Street, Palmerston North

Pysch sheets will be available on the Swimming Manawatu website [www.manswim.org.nz](http://www.manswim.org.nz) and will be forwarded to clubs providing e-mail addresses.

Results will be emailed at the conclusion of the meet and posted on the SM website.