

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 / 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 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.