



200m & 400m time trials

Saturday 31 July 2010
Karori Pool

Warm up: 5:15 - 5.45pm
Start: 6.00 pm

| Event | | Distance | Stroke |
|-------|-------|----------|--------|
| 1 | Mixed | 200 | Free |
| 2 | Mixed | 200 | Back |
| 3 | Mixed | 200 | Breast |
| 4 | Mixed | 200 | Fly |
| 5 | Mixed | 200 | IM |
| 6 | Mixed | 400 | Free |
| 7 | Mixed | 400 | IM |

Conditions of Meet

- Maximum of three events per swimmer.
- The meet will be conducted under SNZ Rules and local rules as applicable.
- The organisers will if necessary alter the programme and/or refuse entries to allow the meet to finish within the allotted time.
- The organisers will not be responsible for any loss or damage during the period of the meet.
- Age is at the day of meet.
- The meet is short course and will be run as timed finals, with over the top starts. Official short course, converted long course times to be submitted as a cfile accompanied by a fee summary report and swimmer entry report. "No Times" **will** be accepted.
- Entries close on **Monday 26th July 2010** at 5.00pm with: Lynda Kamstra, phone (04) 479-6114. Please email your entries (TM cfile) to karoripiratesracing@gmail.com
- Entry fees of \$6.00 per swim must be forwarded by Thursday 29 July 2010 to: Karori Pirates Swimming Club, 53 Crofton Road, Ngaio, Wellington. Cheques should be made out to Karori Pirates Swimming Club Inc. Fees can also be paid by direct credit into the Pirates bank account: 03-0502-0590602-01
- No refunds for withdrawals after the circulation of the psych sheets.
- Programmes: \$1.00. Pool Entry \$1:00 per spectator. Swimmers and Named Officials - Free
- All participants must agree to comply with the Sports Anti Doping Rules.
- Publicity - Entry constitutes consent to photographs for publicity purposes.
- Officials – 1 IOT and timekeeper per club – please contact Karen O'Neil on Karen.ONeil@vuw.ac.nz