

West Coast Champs 2010

14th - 15th August 2010
Splash Centre, Wanganui

Session 1 - Saturday 14th August Warm up 8.00am Start 9.00am

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|----|---|
| 1 | 200 Freestyle - Boys |
| 2 | 200 Freestyle - Girls |
| 3 | 50 Breaststroke - Boys |
| 4 | 50 Breaststroke - Girls |
| 5 | 100 Backstroke - Boys |
| 6 | 100 Backstroke - Girls |
| 7 | Open 400 IM – Boys (faster than 6:15) |
| 8 | Open 400 IM – Girls (faster than 6:30) |
| 9 | 200 Breaststroke - Boys |
| 10 | 200 Breaststroke - Girls |
| 11 | 100 Butterfly - Boys |
| 12 | 100 Butterfly - Girls |

Session 2 - Saturday 14th August Warm up 4.00pm Start 5.00pm

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| 13 | 200 IM - Boys |
| 14 | 200 IM - Girls |
| 15 | 50 Backstroke - Boys |
| 16 | 50 Backstroke - Girls |
| 17 | 100 Freestyle - Boys |
| 18 | 100 Freestyle - Girls |
| 19 | 200 Butterfly - Boys |
| 20 | 200 Butterfly - Girls |
| 21 | 100 Breaststroke - Boys |
| 22 | 100 Breaststroke - Girls |
| 23 | Open 400 Freestyle – Boys (faster than 5:25) |
| 24 | Open 400 Freestyle – Girls (faster than 5:40) |

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Session 3 - Sunday 15th August

Warm up 8.00am Start 9.00am

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| 25 | 100 IM - Boys |
| 26 | 100 IM - Girls |
| 27 | Open 800 Freestyle – Boys (faster than 11:30) |
| 28 | Open 800 Freestyle – Girls (faster than 12:00) |
| 29 | 50 Butterfly - Boys |
| 30 | 50 Butterfly - Girls |
| 31 | 200 Backstroke - Boys |
| 32 | 200 Backstroke - Girls |
| 33 | 50 Freestyle - Boys |
| 34 | 50 Freestyle - Girls |

Conditions of Meet

- Meet conducted under SNZ rules.
- Entry fees are \$7.00 per event and must accompany entries.
- Entries must be received by 5pm 30 July 2010. Post to Meet Secretary, 12 Konini Street, Wanganui or email to groves5@xtra.co.nz.
- Late entries will not be accepted.
- There will be no refund of entry fees for withdrawals or scratching other than for medical reasons. Medical certificates must be produced.
- Session 1 – scratching to control at least 30 minutes prior to start of meet. For all other sessions – scratching to control within 15 minutes of the close of the prior session.
- No times are not acceptable.
- Age as of first day of meet - 14 August 2010.
- Order of events to be swum as listed. All events are Timed Finals.
- Age groups are as follows 10 years & under, 11 & 12 years, 13 & 14 years, 15 years & over.
- Open events are open to all competitors.
- Ribbons will be awarded to the first three placing's in each age group.
- A towel will be awarded to event winners, maximum of one towel per swimmer.
- There will be no presentation ceremonies. Ribbons and towels will be available to Team Managers only from the awards table.
- Each team is asked to name one timekeeper/official for every 5 club swimmers.