



NOVEMBER SWIM FEST

Manala Amateur Surf Swim Club

Te Papawai Community Pool Kawakawa

Sunday 8th November

Warm up 10am - Start 11am

Events:

SESSION ONE

1. 100m Free
 2. 200m Back
 3. 200m Breast
 4. 25m Back
 5. 50m Free
 6. 100m Fly
 7. 25m Free
 8. 50m Back
 9. 100m Breast
 10. 100m Medley
 11. Mixed 10 & under 4x25m Free Relay
 12. Mixed 11 & 12 4x50m Medley Relay
- BREAK 20 MINUTES

SESSION TWO

13. 200m Free
 14. 200m Fly
 15. 25m Fly
 16. 50m Breast
 17. 100m Back
 18. 25m Breast
 19. 50m Fly
- BREAK 10 MINUTES---
20. Top 24 4x50m Free Relay

CASH PRIZES FOR ALL RELAYS

Entries will be online through SNZ database. Entries open 8/10/20 and close 1/11/20.

Entry Fee: \$8 per event. No charge for events 11, 12 and 20 (relays)

MEET CONDITIONS:

- Meet swum under the rules of SNZ. All participants must comply with the Sports Anti-Doping Rules.
- **SWIMWEAR:** All swimwear shall comply with current FINA rules.
- Age on the day. Timed finals. All entries graded scratch. Over the top starts for all events.
- Each Club to provide 1 named Official per 3 swimmers entered names with entries please.
- Manaia reserves the right to alter, change or postpone the event.
- If not paid online, payments to **Manaia Amateur Surf Swim Club** bank account **12-3093-0248948-00** or **cheques payable to Manaia Amateur Surf Swim Club, P O Box 8060 Kensington, Whangarei**
- No **refunds** will be given after the publication of the Psych Sheets (even on production of a medical certificate)
- For any enquiries please contact manaiaentries@gmail.com

RELAYS:

- Relay swimmers must be entered in at least 2 events at this meet.
- **Event 20: Top 24** swimmers must have competed and received a time in Event 5 - 50m Freestyle

DECISIONS ARE FINAL AND AT THE DISCRETION OF THE MEET CONTROLLER

