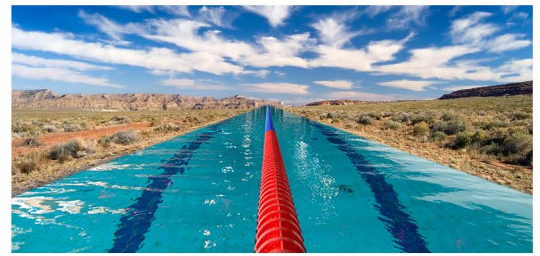


**Long Distance  
Championship  
Long Course,  
+  
400m  
Challenge!**



**21 Dec 2019**

Warm Up 09:30

Start 10:15

Kauri Coast Community Pool  
Dargaville

- 1. 400m Girls 9 & under**
- 2. 400m Boys 9 & under**
- 3. 400m Girls 10-11yrs**
- 4. 400m Boys 10-11yrs**
  
- 5. 800m Womens Timed Final**
- 6. 800m Mens Timed Final**
- 7. 1500m Womens Timed Final**
- 8. 1500m Mens Timed Final**

Swimmers may enter one event only.

Each entry must be accompanied by a named Official who will stay for the duration of the Championships. Swimmers must complete the distance within 15min (800m) and 30min (1500m).

The Referee has the right to stop the swimmer and record as a DNF.

Age Groups 11 and Under, 12/13, 14/15, 16 and Over M&F (events 5-8 only).

Events 1-4 (400m challenge) are not Northland Championship events.

**MEET CONDITIONS:**

Meet will be swum under the rules of SNZ.

Age on the day.

Timed Finals. All entries seeded. Over the top starts if required.

All participants must comply with the Sports Anti Doping rules.

Swimming Northland will endeavour to obtain the necessary number of Officials but the number on poolside may be more or less than the stated number required by SNZ depending on the availability of Officials on the day.

Withdrawals are to be in the hands of the Chief Recorder 30 mins prior to the start time.

Swimmers must be financial and registered competitive on the SNZ database.

**On line entries only.** \$9 per entry.

Entries open 2 Nov 2019, close 15 Dec 2019 - No late Entries.

*All inquiries to [events@swimmingnorthland.org.nz](mailto:events@swimmingnorthland.org.nz)*

\*\*\*No refunds will be given, after the publication of Psych Sheets.\*\*\*