



WHANGĀREI AMATEUR
SWIMMING CLUB

Summer Vibes

LONG COURSE MEET 2022

Saturday 8th January - Kauri Coast Community Swimming Pool - Dargaville
Warm up 9:30am / Start 10:30am

- | | |
|----------------------|----------------------------|
| 1 200 IM | 6 200m Free |
| 2 100m Breast | 7 50m Free |
| 3 200m Back | 8 400m Free |
| 4 50m Back | 9 Junior Club Relay |
| 5 100m Fly | <i>11 and under mixed</i> |
| | <i>6 x 50m Free</i> |

BREAK - 20 MIN

- | | |
|-----------------------|-----------------------|
| 10 200m Fly | 15 50m Breast |
| 11 100m Back | 16 12 and Over |
| 12 200m Breast | Male IM Skins |
| 13 50m Fly | 17 12 and Over |
| 14 100m Free | Female IM Skins |

CLUB SPONSORS



MARK CROMIE
MOTOR GROUP



MEET CONDITIONS

- This meet will be swum under Red Light Restrictions and any updated guidelines from NZ Govt, Swimming NZ and Swimming Northland.
- Under Red Light Restrictions all swimmers (over the age of 12yrs 3mths), timekeepers, officials and spectators must present a vaccination pass on entry.
- Spectator numbers will be limited and strictly confined to an allocated area.

Entry

- No refunds after publication of psych sheets unless you meet the stay at home guidance - then please contact WASC Carnival Secretary.
- Entry fee \$8.00 per event. Relay free.
- Competitive & club swimmers enter and pay online, a non-refundable credit card fee applies.
- **Entries close midnight January 4th and will be capped at 100 swimmers**

Swimming

- Meet will be swum under SNZ rules including the Sports Anti Doping and swimwear rules.
- Swimming Northland with WASC will endeavour to obtain the necessary number of Officials, but the number poolside may be less than the stated number required by SNZ for an Official meet depending on the availability of Officials on the day.
- Scratching as per SNZ rules and will not be re-seeded.
- Event 16 & 17 participants will be the top 6 male & 6 Female swimmers 12 & Over from results swum on the day from the 200m IM, and who have swum at least 3 meet events in total.
- Relay swimmers must have entered at least 2 other events in the meet.

Clubs to provide 1 qualified official per 3 swimmers entered names to Beth Finer - djfiner@xtra.co.nz . All other queries to wasc.carnival@gmail.com

If you have cold, flu or COVID-19 symptoms, stay home and call your doctor or Healthline on 0800 358 5453 for advice about getting tested. WASC reserves the right to postpone, cancel or amend the meet which will be subject to compliance with any COVID requirements at the time.