



SUMMER SIZZLER

Sunday 20th January 2019

25m Indoor Pool—Rotorua Aquatic Centre

SESSION ONE

Warmup 8.30am Start 9am

- Event 1 200 Backstroke
- Event 2 50 Freestyle
- Event 3 400 Medley
- Event 4 50 Breaststroke
- Event 5 200 Freestyle
- Event 6 100 Butterfly
- Event 7 50 Backstroke
- Event 8 200 Breaststroke
- Event 9 100 Medley
- Event 10 4 x 50 Medley Relay
- Event 11 800 Freestyle

SESSION TWO

60 minutes after end of Session One

- Event 12 200 Medley
- Event 13 50 Butterfly
- Event 14 400 Freestyle
- Event 15 100 Breaststroke
- Event 16 200 Butterfly
- Event 17 100 Backstroke
- Event 18 100 Freestyle
- Event 19 4 x 50 Freestyle Relay
- Event 20 1500 Freestyle

CONDITIONS

Age as at January 20th 2019

Entries via the SNZ database— Entry Fee \$9.00 per event—Relay \$15.00 per team

NT's are not accepted

Ribbons—awarded to 1st, 2nd, 3rd in each heat. Medals for age group winners 10/u, 11, 12, 13, 14, 15, 16 and over Male and Female. Lots of spot prizes.

Relays—13 and under and 14 and over. Must be 2 males 2 females \$40 cash for winners

Overall Top Male and Female Highest FINA Point win back all their entry fees.

Electronic timing will be used.

Enquiries to: swimrotoruarecorder@gmail.com Ph 027 6688966

The Summer Sizzler is in conjunction with the SBOP JUNIOR CAMP (12 and under)