

COAST SWIMMING CLUB

Northern Zone Level 3

Sunday 11th November 2018

Northern Arena – 25m pool

8 Polarity Rise, Silverdale

Warm up: 12.30 pm

Start: 1.00 pm

MEET CONDITIONS:

- SNZ Rules and local rules apply
- Age as at day of meet
- No swimmer may have achieved a Level 2 time to enter this meet
- All timed finals, graded scratch, results declared on times.
- All times to be short course or converted to short course
- No time trials permitted
- Over the top starts and the One Start Rule will apply
- 200m events top 16 only
- Late entries \$10.00 per event, only if there is a spare lane – heats will not be reseeded
- No refund on scratching, unless a medical certificate is sighted no later than 48 hours from the end of the meet
- Clubs to provide: 1 Official per 4 swimmers to a maximum of 4 unless requested before the meet to provide more
- Poolside Officials: ASA will endeavour to obtain the necessary number of officials but the number on poolside may be more or less than the requirement set out in SNZ Rules
- All participants must agree to comply with the Sports Anti-Doping Regulations
- Entries to be submitted via the SNZ database.
- **Entries Close: 11 pm 28th October 2018**
- **Entry Fees: \$5.00** per event
- Queries regarding entries via your Club Handicapper only to: entries@coastswimclub.org.nz

Prizes: Ribbons 1st, 2nd, 3rd in each heat

IN THE EVENT OF AN EVACUATION PLEASE FOLLOW THE INSTRUCTIONS OF THE POOL STAFF.

Team Managers/Coaches are responsible for accounting for all team members

<i>Event</i>	<i>Distance</i>	<i>Stroke</i>
1	200	Free
2	50	Back
3	25	Breast
4	100	IM
5	25	Free
6	50	Breast
7	200	Back
8	25	Fly
9	100	Free
10	25	Back
11	50	Fly
12	100	Breast
13	50	Free
14	100	Back
15	4 x 50	Medley Relay
16	4 x 50	Free Relay