

Palmerston North A S C



Summer Carnival

Freyberg Community Pool

Sunday 22 March 2020

1.00pm warm up - 1.30pm start

Event	1	200	Individual Medley
	2	50	Butterfly
	3	100	Backstroke
	4	200	Breaststroke
	5	50	Freestyle
	6	100	Butterfly
	7	200	Backstroke
	8	100	Individual Medley
	9	25	<i>Free, Back, Breast, Fly – 10yrs & under</i>
	10	200	Freestyle
	11	100	Breaststroke
	12	50	Backstroke
	13	200	Butterfly
	14	100	Freestyle
	15	50	Breaststroke
	16	200	Medley Relay

CONDITIONS OF ENTRY

- ♦ All Swimmers must be registered with Swimming New Zealand
- ♦ All events will be swum under FINA, SNZ and Para and local rules
- ♦ Entry fee \$5.00 per event
- ♦ Entry and payment via the SNZ database, NT accepted.
- ♦ Swimmers limited to 5 events plus relay
- ♦ All events are being swum as timed finals
- ♦ 200m events may be limited if excessive entries are received
- ♦ PNASC reserves the right to limit entries or alter the programme should the need arise
- ♦ Free admission – please support the raffle
- ♦ Medley Relay is Open - there is no restriction on the composition of the team. Manawatu teams will earn points for the Paul Kent Memorial Trophy.
- ♦ PNASC will not be liable for any loss or damage during the meet
- ♦ All participants must agree to comply with the sports anti doping rules

ENTRIES CLOSE: Saturday 14 March 2020 at 10:00pm

Enquiries to:- Dianne Farmer, d.farmer@xtra.co.nz / ph 027-270-2340
Psych sheets will be available on the Swimming Manawatu website
www.manswim.org.nz and will be forwarded to clubs providing e-mail addresses.