



West Coast Champs

Splash Centre, Whanganui
Sunday 2 October 2022

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Session 1

Warm Up: 8.30am

Start Time: 9.15am

Female	Event	Male
1	50 Free	2
3	100 Back	4
5	50 Breast	6
7	100 Fly	8
9	200 Free	10
11	100 IM	12
13	50 Back	14
15	200 Breast	16
30 minute break between sessions		

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Session 2

30 minute break between

Sessions 1 & 2

Female	Event	Male
17	400 Free	18
19	100 Breast	20
21	200 IM	22
23	100 Free	24
25	50 Fly	26
27	200 Back	28
29	4x50 Medley Relay 12 & U	30
31	4x50 Medley Relay 13 & O	32

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Conditions of entry

1. This event will be swum short course. Please note the pool depth is 1.4m. Care is required when diving. Feet first entry during warm up. Diving is permitted in lanes 1 and 8, deep end only for the last 15 minutes of warm up.
2. **Sessions 1 & 2:** Warm up 8:30am – 9.15am start, with a 30 min break between Session 1 and Session 2.
3. This meet will be swum under SNZ/FINA, Para and local rules, with over the top starts.
4. No times will be accepted.
5. Age as at 2 October 2022. Open to Swimming New Zealand club and competitive registered swimmers.
6. Para swimmers are eligible to compete at this meet and will be seeded on their entry time.
7. Entries will be via Fastlane and close at 10:00pm on Sunday 25 September 2022. Late entries will not be accepted.
8. Entry fees are \$8.50 per event.
9. All scratchings close at midday on Friday 30 September 2022. There will be no refunds for withdrawals after this date (unless supported by a medical certificate).
10. Free entry. Programmes \$2. Cash only as Eftpos not available.
11. Entry and programmes for nominated coaches and team managers will be 1-10 swimmers (2), 11-20 (4), 21-35+ (6).
12. All events will be swum as timed finals.
13. Medals will be awarded for 1st, 2nd and 3rd for boys and girls in the following age groups; 50m & 100m events 9 and under, 10, 11, 12, 13, 14, 15, 16 and over. 200m events 12 and under & 13 and over. 400m events open.
14. The organisers reserve the right to restrict entries, combine events or alter the programme.
15. All clubs are asked to assist with timekeepers and/or technical officials.
16. Participants who have entered this event agree to allow images (e.g. photography, video etc) to be taken by accredited media approved by the Whanganui Swimming Club. Images are only to be used for legitimate purposes by the Whanganui Swimming Club or Swimming Manawatu in accordance with the SNZ Member Protection Policy. Club photographers should seek prior approval from the Meet Organiser prior to the start of the meet.
17. Any queries to admin@wanganuiswimclub.org.nz.