



# West Coast CHAMPS

**Sunday 3 November 2024**  
Splash Centre, Whanganui

## SESSION 1

**Warm Up: 8:30am-9:05am**

**Start Time: 9:15am**

1. 50m Freestyle
2. 100m Individual Medley
3. 50m Breaststroke
4. 100m Butterfly
5. 200m Freestyle
6. 4 x 50m Medley Relay Mixed - 12 & under
7. 4 x 50m Medley Relay Mixed - 13 & over
8. 100m Backstroke
9. 200m Breaststroke

## SESSION 2

**45 minute break between**

**Sessions 1 & 2**

**(Warm Up first 35 minutes of break)**

10. 400m Freestyle
11. 50m Backstroke
12. 100m Breaststroke
13. 200m Individual Medley
14. 4 x 50m Freestyle Relay Mixed - 12 & under
15. 4 x 50m Freestyle Relay Mixed - 13 & over
16. 100m Freestyle
17. 50m Butterfly
18. 200m Backstroke

**Session 2 will start 45 minutes after Session 1 finishes**

*Pool will be available for warm up during the first 35 minutes of this break between sessions*



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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 – 9.05am, 9:15am Start with a 45 minute break between Session 1 and Session 2. The pool will be available for warm up during the first 35 minutes of the break between sessions.
3. This meet is an official meet and will be swum under SNZ/World Aquatics and local rules with events run as mixed timed finals with over the top starts.
4. Open to Swimming New Zealand club and competitive-registered swimmers.
5. The meet will be limited to 160 swimmers – please enter early to avoid disappointment.
6. Age as at 3 November 2024.
7. Entries will be via Fast Lane and close at 10pm on Tuesday 29 October 2024 - late entries will not be accepted.
8. Entry fees are \$9.50 per individual event.
9. There is no charge to enter relays. All relays are mixed. Teams must consist of 2 female and 2 male swimmers. Swimmers aged 12 & under may swim up but if doing so must not swim in the equivalent 12 & under relay.
10. NTs will be accepted but coach estimated times will be requested and appreciated.
11. All scratchings close at midday on Friday 1 November 2024 - there will be no refunds for withdrawals after this date (unless supported by a medical certificate).
12. A lane will be available in the training pool until 2:15pm for warm up and swim down.
13. Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> for male and female in the following age groups:
  - 50m & 100m events: 9 & under, 10, 11, 12, 13, 14, 15 & over
  - 200m events: 12 & under, 13 & over
  - 400m event: Open
  - and Open age group for Multi Class swimmers (Open Para)*Please note medals will not be awarded for Relay events*
14. Programmes will be provided for clubs as follows: 1-10 swimmers (2), 11-20 (3), 21+ (4)
15. Free spectator entry. Raffle tickets and programmes (\$5) will also be available - cash only please (no EFTPOS facility).
16. The organisers reserve the right to restrict entries, combine events or alter the programme.
17. All clubs are required to provide one timekeeper for every four swimmers entered.
18. 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.
19. Whanganui Swimming Club will not be liable for any loss, damage or injury incurred during the meet.
20. Any queries to [racingwsc@gmail.com](mailto:racingwsc@gmail.com).

