

# Palmerston North A S C



# March Carnival

Freyberg Community Pool

Sunday 30 March 2025

12.45pm warm up – 1.15pm start

Event	1	Foxton Cup Boys relay (13 & u)
	2	Foxton Cup Girls relay (13 & u)
	3	200 Choice (one only)
	4	50 Butterfly
	5	100 Backstroke
	6	50 Freestyle
	7	100 Butterfly
	8	25 Freestyle <b>OR</b> Butterfly
	9	200 Medley relay
	10	25 Backstroke <b>OR</b> Breaststroke
	11	100 Individual Medley
	12	100 Breaststroke
	13	50 Backstroke
	14	100 Freestyle
	15	50 Breaststroke
	16	Monk Cup relay

## CONDITIONS OF ENTRY

- ♦ All Swimmers must be registered with Swimming New Zealand
- ♦ All events will be swum under World Aquatics, SNZ and local rules
- ♦ Entry fee \$6.00 per event
- ♦ Entry and payment via the SNZ database, NT accepted.
- ♦ Swimmers limited to 5 events
- ♦ 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
- ♦ Clubs – please provide 1 timekeeper per 4 swimmers
- ♦ The Foxton Cup relays are 5 swimmers x 50m freestyle - 13 yrs & under.
- ♦ The Monk Cup is 4 swimmers x 50 free, Open, 2 male and 2 female swimmers
- ♦ Medley relay - 2 male and 2 female swimmers
- ♦ 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
- ♦ Participants who have entered this event agree to allow images (e.g. photography, video, etc.) to be taken by accredited, approved media. Images are only to be used for legitimate purposes by Swimming Manawatu or host Club in accordance with the SNZ Member Protection Policy.

**ENTRIES CLOSE:** Monday 24 March 2025 at 10:00pm, or if the number of swimmers entered reaches 140.

Enquiries to:- Dianne Farmer, [d.farmer@xtra.co.nz](mailto:d.farmer@xtra.co.nz) / ph 027-270-8340  
Psych sheets will be available on the Swimming Manawatu website  
[www.manswim.org.nz](http://www.manswim.org.nz)