



Swimming Manawātū

Mid-Winter Splash and Dash

Freyberg Community Pool

30 August 2026

Warm up 12.45pm Start 1.15pm



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|----|--------------------------------|----|-----------------------------------|
| 1 | 12 & Under 4 x 25 Free relay | 14 | 12 & Under 4 x 50 Freestyle relay |
| 2 | 13 & Over 4 x 25 Free relay | 15 | 13 & Over 4 x 50 Freestyle relay |
| 3 | OPEN 4 x 50 Breaststroke relay | 16 | 100 Breaststroke |
| 4 | 100 IM | 17 | 50 Butterfly |
| 5 | 50 Backstroke | 18 | 25 Freestyle |
| 6 | 25 Breaststroke | 19 | 100 Backstroke |
| 7 | 100 Butterfly | 20 | 50 Breaststroke |
| 8 | 50 Freestyle | 21 | 25 Butterfly |
| 9 | 25 Backstroke | 22 | 100 Freestyle |
| 10 | 12 & Under 4 x 25 Medley relay | 23 | 12 & Under 4 x 25 Butterfly relay |
| 11 | 13 & Over 4 x 25 Medley relay | 24 | 13 & Over 4 x 25 Butterfly relay |
| 12 | OPEN 4 x 50 Medley relay | 25 | 4 x 100 Freestyle relay |
| 13 | OPEN 200 Choice – one only | | |

- This event is open to all swimmers registered as competitive in the SNZ database.
 - The meet will be run under WA, SNZ and local rules.
 - Entries will close at 10pm on Tuesday 25 August 2026; relay entries are requested by Wednesday 26 August at 10pm.
 - \$5 per event – relays free. Payment is via the database at the time of entry.
 - NT will be accepted; however, the swimmer must be able to competently swim the distance.
 - Swimmers are limited to 6 (six) individual events.
 - Swimmers may enter 1 (one) 200m event.
 - Once entries have closed, refunds will only be made on production of a medical certificate
 - The Organisers will not be liable for any loss or damage during the period of the meet.
- All participants must agree to comply with the Sports' Anti-Doping Rules.

RELAYS

- Entry is free.
- Composite teams are permitted and encouraged.
- There are no gender restrictions.
- Swimmers must have competed in one individual event to be eligible for relays.
- Relay names must be submitted to meet control 15 minutes prior to the start.
- Swimmers may swim up an age group in a relay, but cannot also swim in their own age group.

Enquires to manswim.racing@gmail.com