

# CENTRAL INTER-SQUAD DISTANCE MEET #1

SUNDAY 21 SEPTEMBER 2008 - WANAKA POOL  
SHORT COURSE (25 METRES)  
WARM UP 4:00PM - START 4:30PM

## PROGRAMME:

1. Mixed Open 400m Freestyle
2. Mixed Open 800m Freestyle
3. Mixed Open 100m Backstroke
4. Mixed Open 200m Breaststroke
5. Mixed Open 100m Freestyle
6. Mixed Open 200m Backstroke
7. Mixed Open 100m Butterfly
8. Mixed Open 200m Freestyle
9. Mixed Open 100m Breaststroke
10. Mixed Open 200m Butterfly
11. Mixed Open 100m Medley
12. Mixed Open 200m Medley
13. Mixed Open 400m Medley

## MEET RULES:

- There are no qualifying times for this meet and *No Times* are acceptable.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Swimmers must be affiliated to Swimming Otago for the 2008/09 season as competitive swimmers
- Entries - \$3 per event.
- Swimmers may enter one of 400m free, 800m free or 400m medley
- Swimmers may enter a maximum of three races.

## ENTRIES:

Entries close Monday 16 September 2008.

Please email your TM file, meet entry report and meet entry fee report to Jill Scott at [scotwk@ihug.co.nz](mailto:scotwk@ihug.co.nz).

Please post your payment to: *Wanaka Swimming Club, PO Box 358, Wanaka 9305.*

## OFFICIALS:

We would like a full complement of officials and would appreciate each club to supply at least one official for every 4 swimmers entered. Please contact Leisa Gordon – [rogleisa@xtra.co.nz](mailto:rogleisa@xtra.co.nz) – to confirm your availability.

*For further information contact Helen Henderson, Wanaka Swimming Club -  
[h.henderson@clear.net.nz](mailto:h.henderson@clear.net.nz)*