

CENTRAL INTER-SQUAD DISTANCE MEET #2

SUNDAY 9 NOVEMBER 2008 - WAKATIPU HIGH SCHOOL POOL
SHORT COURSE (25 METRES)
WARM UP 9:00AM - START 9:30AM

PROGRAMME:

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

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 Wednesday 5 November 2008.

Please email your TM file, meet entry report and meet entry fee report to Christine Thompson at qtswimmeets@xtra.co.nz

Please post your payment to: *Queenstown Swimming Club, PO Box 1992, Queenstown 9348.*

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 qtswimmeets@xtra.co.nz - to confirm your availability.