

# Swimming

Please send this completed sports coupon with the completed registration form

Name:

Age Group:  20+  25+  30+  35+  40+  45+  
 50+  55+  60+  65+  70+  75+  80+

Your club or District:

## Events Session 1

Minutes:Seconds

- 400m Freestyle ..... : .....
- 200m Breaststroke ..... : .....
- 50m Backstroke ..... : .....
- 100m Butterfly ..... : .....
- 200m Backstroke ..... : .....
- 50m Breaststroke ..... : .....
- 100m Individual Medley ..... : .....
- 200m Freestyle ..... : .....
- 100m Backstroke ..... : .....
- Medley Relays
- Freestyle Relays

APPROX BREAK FOR 1HR

## Events Session 2

Minutes:Seconds

- 200m Individual Medley ..... : .....
- 50m Butterfly ..... : .....
- 100m Freestyle ..... : .....
- 100m Breaststroke ..... : .....
- 200m Butterfly ..... : .....
- 50m Freestyle ..... : .....
- 800m Freestyle ..... : .....

# Swimming

## DATES & TIMES:

Saturday 15 October  
9:30am Warm-up 10:00am Start

## VENUE:

CBay Aquatic Centre,  
Te Weka St, Timaru

## AGE POLICY:

Men and Women 20+

## SPORTS FEE:

\$15 per person plus \$4 per event  
No event fee for relays.

## CONTACTS:

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No late entries taken 1 October

Men and Women contest separate competitions.

Please write estimated swim time for each event.

No-finals, placings decided on time in each age group.

Relay teams - entries taken poolside - you must have entered an individual event to enter a relay. Events under NZMS rules but run as an unsanctioned event. Records will not be ratified.

Warm-up 30 mins prior to start of session