



# SOUTH ISLAND MASTERS SHORT COURSE CHAMPIONSHIPS

- ❖ Friday / Saturday – 18<sup>th</sup> / 19<sup>th</sup> September, 2015
- ❖ EA Networks Centre - Ashburton

## ENTRY FORM

(Entries Close Sunday, 30<sup>th</sup> August 2015)

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### Session One

**Friday PM (Warm-up 5.00pm, racing commences 5.30pm)**

- 1) 400m IM
- 2) 200m Backstroke
- 3) 50m Freestyle
- 4) 100m Breaststroke
- 5) 200m Butterfly
- 6) 800m Freestyle

### Session Two

**Saturday AM (Warm-up 8.00am, racing commences 8.30am)**

- 7) 200m Medley Relay - Women
- 8) 200m Medley Relay – Men
- 9) 200m Freestyle
- 10) 50m Backstroke
- 11) 200m IM
- 12) 50m Breaststroke
- 13) 50m Butterfly
- 14) 100m Freestyle
- 15) 200m Medley Relay – Mixed

### Session Three

**Saturday (Warm-up 1 hour following conclusion of Session two, racing commences 15 minutes later)**

- 16) 200m Freestyle Relay - Women
- 17) 200m Freestyle Relay - Men
- 18) 200m Breaststroke
- 19) 100m Backstroke
- 20) 100m Butterfly
- 21) 400m Freestyle
- 22) 100m IM
- 23) 200m Freestyle Relay – Mixed

*Competitors may enter a maximum of 6 events (not including relays)*

*\*FINA rules Governing Masters Swimming will apply.*

*\*Swimmers must be financial members of NZMS at time of entry.*

*\*Swimmers may enter and swim an alternate stroke in distance events but must specify when entering.*

*\*No late entries will be accepted*

*\*Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in each 5yr age group, based on points aggregate.*

**PERSONAL DETAILS**

Surname			
First Name			
Postal Address			
Swim Club Name		Swim Club Code	
NZMS Number		Gender M / F	
Home Phone / Mobile		Date of Birth	
Email		Age as at 31 <sup>st</sup> Dec 2015	
Assistance Required		Hearing : Y / N	Pool Exit : Y / N

**SWIM ENTRY DETAILS**

Event Number	Event	Record Attempt	Entry Time: (Min : Sec)

**Payment Details - Fees Payable**

	Fee Payable	Number	Amount Paid
Registration & Entry Fee	\$40		
Newcomers	\$20		
Saturday Night Function	\$45		
Any dietary requirements:			
<b>TOTAL PAYABLE</b>			
Lunch available from EAT Café at EA Networks Centre			

Please send entry form to: [stevenz@xtra.co.nz](mailto:stevenz@xtra.co.nz), or Steve Prescott, 33 Agnes St, Ashburton

**Payment:**

Cash with entry form

or

Cheques made out to: Ashburton Masters Swimming

or

Direct Credit BNZ 02-0836-0117161-83

**Meet Disclaimer**

**I acknowledge that by sending in a registration form:**

- I declare myself to be fit enough to compete.
- I acknowledge that I am aware of the NZMS Doping Policy and will comply in all respects with it and with the requirements of the NZ Sports Drug Agency and its proposed successor Drug Free Sport NZ.
- The organising committee, officers, agents and members will not be responsible for any claims, proceedings and damage whatsoever and howsoever arising directly or indirectly out of or in connection with my participation in this meet.
- Your agreement to these conditions is confirmed by the placement of your entry.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_