



HAMILTON MASTERS MID WINTER LONG COURSE MEET

SATURDAY 30 JULY 2016

9.00am: Warm up, 9.30am: Start

**Entry deadline
14 July, 2016**

Venue: Waterworld, Garnett Ave (off Te Rapa Road) HAMILTON

Prize giving at conclusion of meet. 6.00pm meal at Kingsgate Hotel
This is a Sanctioned Long course Meet run by Hamilton Masters Swim club

Event No. (Please circle)	Stroke	Time(00min:00.00sec) Must submit Estimated time
1	1500m Free	
2	800m Free	
	Events 1&2 combined	
3	100m Breaststroke	
4	50m Backstroke	
5	200m Fly	
6	50m Free	
7	100m Backstroke	
8	50m Breaststroke	
Interlude	Warm up	
9	200 IM	
10	100 Free	
11	200 Breaststroke	
12	100 Fly	
13	200 Free	
14	200 Backstroke	
15	50 fly	
16 combined	400 Free / 400 IM	
If time	Fun relay	
PLEASE PRINT NEATLY IN UPPER CASE. Thanks		

Please post entries to:
Hamilton Masters Swimming Club
PO Box 14013, Hamilton
Or
Email entry to: jolie.fenwick@gmail.com
Payment Options – please indicate which you have used:
Cheque made out to Hamilton Masters Swim club
Or Direct Credit
03 1560 0047661 00
Please include your name as a reference

Enquiries please contact:
Jolie Fenwick 027 505 4014 jolie.fenwick@gmail.com
Eleanor Pinfold 07 854 9874 ele-ross@wave.co.nz
Chrystal Kelly 027 425 4131 chrystallkelly@gmail.com

Limit of 5 events per person

Entrant Details	Full Name:	Age as at 31 December 2016:
Email Address		Date of Birth (d/m/y):
Address		Registration Fee \$45 _____ Lunch – boxed \$10 _____ Meal at Kingsgate Hotel, across road \$40 _____ from swim pool TOTAL _____
Contact Phone Numbers		
Gender M / F	Club Code Masters ID	Must be current financial member of NZMS to enter

I acknowledge that by sending in my entry 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 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. This information is collected by NZ Masters Swimming Inc. and may be forward to our sponsors. You have the right to request access to, and correction of this information or to write to the organisers stating that you do not want your name to be passed on to any sponsor. Your agreement to these conditions is confirmed by your placement of this entry.



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SATURDAY 30 JULY 2016

Waterworld, Garnett Ave (off Te Rapa Road) HAMILTON

Programme

Meet Information

- Please ensure that your name and NZMS number on the form are the same as in the NZMS database, otherwise you may not be recognised as a paid up member.
- Kingsgate Motel has a special deal for accommodation prices. State that you are involved with the Masters swim meet across the road.
reservations@distinctionhamilton.co.nz
- Kingsgate Motel is the venue for the meal at 6.00pm. Must be pre paid for on your meet registration form
- Boxed lunch is from Volare. Must be pre paid with registration form
- FINA rules governing Masters Swimming will apply
- Submitted times for all events will determine when you swim, (slowest to fastest times)
- Restriction of 5 events per swimmer
- Prize awarded to each 5 year age group winner, based on points
- Several spot prizes to be won
- Event 1 & 2 (1500 & 800) are 2 separate events. If entering both the time will be taken at the 800m split . If entering only the 800m you may be included in the same event with those in the 1500m. More than likely you will be swimming 2 to a lane.
- Enquiries to:
Jolie Fenwick 027 505 4014 jolie.fenwick@gmail.com
Eleanor Pinfold 07 854 9874 ele-ross@wave.co.nz
Chrystal Kelly 027 425 4131 chrystallkelly@gmail.com
- There will be half the diving pool available for warm ups and warm downs.
- Deadline for entries is Thursday 14 July, 2016
- Mail entries to Hamilton Masters Swim Club, PO Box14013, Hamilton or email jolie.fenwick@gmail.com
- Cheques to be made out to Hamilton Masters Swim Club or Direct Credit 03 1560 0047661 00 **Please include your name as a reference**

Warmup 9.00	Start 9.30
1	1500m Free
2	800m Free
	Events 1&2 combined
3	100m Breaststroke
4	50m Backstroke
5	200m Fly
6	50m Free
7	100m Backstroke
8	50m Breaststroke
Interlude	Warm up 30 mins
9	200 IM
10	100 Free
11	200 Breaststroke
12	100 Fly
13	200 Free
14	200 Backstroke
15	50 fly
16 combined	400 Free / 400 IM
If time	Fun relay

Tickets will be included with your programme for the Boxed lunch and meal at Kingsgate

WE LOOK FORWARD TO SEEING YOU AND HOPE TO MAKE THIS AN ANNUAL EVENT AGAIN