



JUST SKINS

22nd July 2017

Warm-up 4:00 pm - Start 4:30pm

ENTRY FEE \$20 for all 4 strokes– Entries Close 17th July 2017

Late Entries \$30

MANUREWA AQUATIC CENTRE

Sykes Road, Manurewa

Free entry for Club Skins Relay. Relay places earn double points so enter your club

The Major Meet Rules are as follows:

- The meet is run with up to six (6) people in a heat
- The first length is as per a normal race start
- All subsequent lengths swum are started in the water. One hand shall remain in contact with the wall until the start signal is given.
- Every subsequent length is started 45 seconds from the original start time until a winner is found
- The last person is eliminated each time a length is swum, unless a disqualification arises, then the disqualified person is eliminated
- Dead heats are to be re-swum at the discretion of the Referee
- Points are awarded as follows 1st 6pts, 2nd 5pts, 3rd 4pts, 4th 3pts, 5th 2pts and 6th 1 point
- The club with the highest total points wins the Jane Logan Trophy
- Swimmers do not have to be masters swimmers, but must be over 25 to compete

For Inquiries contact: Richard Smith smith.rj@xtra.co.nz **021 999 100**

Name:			DOB:	
E-Mail:			Contact#:	
Age Group:	Under 40 : 40 to 59 : 60 & Over (Circle one) <small>Your age is the age you are on the night</small>		Male/ Female	
Event	Stroke	50m Time (used for heat seeding)	Club Code	
1	Butterfly with Fins			
2	Butterfly		Masters #:	
3	Backstroke			
4	Breaststroke			
5	Freestyle			
6	Club Relay		See Separate Entry Form	

Please Make Cheques Payable to - **Manukau Masters Swimming Club Inc.**

5a Cairnsvale Rise, Manurewa, Auckland 2105

For payment by Direct Credit or AP

Account Name: Manukau Masters Swimming Club Inc.
 Account Number: 12-3032-0818468-00
 Bank: ASB Bank, Manurewa Branch
 Details: Skins + Your Name

JANE LOGAN TROPHY

AWARDED TO TOP CLUB

