

NORTHLAND MASTERS SWIMMERS

2016 POSTAL SWIM “THE WALL”

EVENT RULES:

- **800 metres** - To be swum as 400m Freestyle, 50m Butterfly, 100m Backstroke, 100m Breaststroke and 150m Freestyle
- **1500 metres** - To be swum as 800m Freestyle, 100m Butterfly, 200m Backstroke, 200m Breaststroke and 200m Freestyle
- To be swum in a standard 25 metre or 50 metre pool any time from 1 March 2016 to 30 April 2016.
- Each distance must be swum in sequence. *All four strokes are to be swum.* You are able to stop but the clock keeps going.
- Only one timekeeper is required but a record of the split time for every second length of the pool is a requirement
- Age will be as at 31 December 2016

Eligibility Any financial registered swimmer either Nationally or Internationally

Awards A certificate will be issued to all participants.

Entry Fee **NZ\$10.00** per NZMS competitor per distance or **AUD\$12.00** per AUSSI competitor (difference is to cover cost of postage)

Cheque or Bank Draft made payable to Northland Masters Swimmers.

Results Will be posted on the New Zealand Masters website as soon as possible after the closing date.

Entries To Northland Masters Swimmers, C/- Karena Nisbet, 433C Apotu Road, R D 1, Kamo, Whangarei 0185
E-mail enquiries to: wudbox@gmail.com

Entries are to be post-dated no later than 10 May 2016

NORTHLAND MASTERS SWIMMERS 2016 POSTAL SWIM

“THE WALL” ENTRY FORM

NAME CLUB

ADDRESS

AGE(as at 31 Dec 2016) MALE/FEMALE

MEMBERSHIP NO

PAYMENT FOR CERTIFICATE NZ\$10.00 OR AUD\$12.00
(Please make cheques or Bank Drafts payable to Northland Masters Swimmers)

To be swum 1 March to 30 April 2016 - Entries post-dated no later than 10 May 2016
NORTHLAND MASTERS C/- K NISBET, 433C APOTU ROAD, RD 1, KAMO 0185

ACC DISCLAIMER - The organising committee, officers, agents and members will not be responsible for any claims, costs, proceedings and damage whatsoever and howsoever arising directly or indirectly out of or in connection with its participation in this postal swim or the provision by the organising committee of the postal swim.

ONLY ONE DISTANCE IS TO BE SWUM PER ENTRY

800m - 400m Freestyle, 50m Butterfly, 100m Backstroke, 100m Breaststroke and 150m Freestyle

1500m - 800m Freestyle, 100m Butterfly, 200m Backstroke, 200m Breaststroke and 200m Freestyle

REMEMBER each distance is to be swum in sequence. You are able to stop but the clock continues on until the finish. ALL FOUR STROKES ARE TO BE SWUM

50 _____:_____:	800 _____:_____:
100 _____:_____:	850 _____:_____:
150 _____:_____:	900 _____:_____:
200 _____:_____:	950 _____:_____:
250 _____:_____:	1000 _____:_____:
300 _____:_____:	1050 _____:_____:
350 _____:_____:	1100 _____:_____:
400 _____:_____:	1150 _____:_____:
450 _____:_____:	1200 _____:_____:
500 _____:_____:	1250 _____:_____:
550 _____:_____:	1300 _____:_____:
600 _____:_____:	1350 _____:_____:
650 _____:_____:	1400 _____:_____:
700 _____:_____:	1450 _____:_____:
750 _____:_____:	1500 _____:_____:

SWIMMERS
SIGNATURE

TIMEKEEPERS
SIGNATURE