

NORTHLAND MASTERS SWIMMERS

2014 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 2014 to 30 April 2014.
- 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 2014

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 2014

NORTHLAND MASTERS SWIMMERS 2014 POSTAL SWIM

“THE WALL” ENTRY FORM

NAME CLUB

ADDRESS

AGE(as at 31 Dec 2014) 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 2014 - Entries post-dated no later than 10 May 2014
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