



NZMS National Long Course Champs

West Wave Aquatic Centre, Henderson, Auckland
25th & 26th May 2018



ENTRY FORM

CLOSING DATE FRIDAY 4th MAY 2018

YOUR PERSONAL DETAILS

Surname	
First Name	
Postal Address	
Club Code	
Club Name	
Date of Birth	/ /19
Age on 31/12/2018	
Gender	Male / Female
Phone	
Email Address	

ONLINE ENTRY AVAILABLE at <https://mypage.swimming.org.nz>

- Online entry will automatically populate your seeded times from recent results.
- If you have not recently competed in that event, no time will be displayed. In this instance please email estimated time to wcmsevents@gmail.com for manual entry after submitting your online entry (no additional fees apply).

Email entry to wcmsevents@gmail.com

Post entry to Waitakere City Masters Swimming Club,
PO Box 21-339, Henderson, Auckland 0650

Payment Options – please indicate which used:

- Cheque - made out to 'Waitakere City Masters Swimming Club Inc
 Direct Credit - 12 3039 0753724 03
 (please use your name as a reference).

YOUR SWIM ENTRY DETAILS

***NO TIME (NT) will NOT be accepted.**

Event No	Distance (metres)	Stroke	Entry Time Min: Sec: pts
			: :
			: :
			: :
			: :
			: :
			: :

By paying the entry fee and submitting this form I:

- declare myself to be fit enough to compete
- 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.
- acknowledge that 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.
- acknowledge this information is collected by NZMS Inc. and may be forwarded to their sponsors. I understand I have the right to request access to and correction of this information, or to write to the organisers to request that my name is not passed on to any sponsors.
- agree that a refund after the closing date will only be issued if a medical exemption certificate is made available to the organisers.
- agree that these conditions are confirmed by the placement of this entry.

PRINT NAME _____

SIGNATURE _____

If you intend to challenge a NZ record please write the relevant event number(s) here:

YOUR PAYMENT DETAILS

	Fees Payable	No.	\$ Paid
Online, early bird Entry	\$50		
Manual, early bird entry	\$55		
After 22nd April online entry	\$65		
After 22nd April manual entry	\$70		
Saturday Lunch (Must be pre-ordered)	\$15		
Saturday Night Function (cash bar available)	\$45		

TOTAL PAID \$

National Long Course Masters Swimming Championships, 25th & 26th May 2018

West Wave Aquatic Centre, Sel Peacock Drive, Henderson, Auckland

MEET INFORMATION

- **You must be a current financial member of NZMS to enter.**
- **Saturday Evening Function:** Start at approximately 5pm (shortly after conclusion of the meet) at The Falls Restaurant in Sel Peacock Drive, Henderson (next to West Wave). A 3 course set menu dinner is included in the cost & a cash bar is available. **Trophy presentation will take place here** with plenty of time to chat & enjoy the company of friends.
- FINA rules governing Masters Swimming will apply.
- Events are pre-seeded, slowest to fastest, according to submitted times. A 'No Time' (NT) will NOT be accepted.
- Age groups are determined by age on 31st December 2018.
- Swimmers are restricted to 6 individual events plus relays.
- The 1500 and 800 events are two separate events. Those entering both will swim the 1500 and have the 800 split recorded as their 800 finish time. Two swimmers per lane is a slight possibility.
- Swimmers may enter and swim an alternate stroke in distance events but must specify when entering – in the 'Your Swim Entry Details' box on Entry Form.
- Medals awarded per event to 1st, 2nd and 3rd in each 5yr age group. These can be collected from the medal desk once results have been posted.
- Ribbons will be awarded in relays to 1st, 2nd, 3rd.
- Enquiries to Paulette Tasker– wcmsevents@gmail.com
Or phone / txt on 021 138 2155 (no calls during work hours please)
- Your Entry will be acknowledged with further information and updates as required. For supplemental information and discussions you can sign up to the Event Page on Facebook – <https://www.facebook.com/WaitakereMasters>
- Warm ups are of **30mins** duration.
- **Entry deadline is Friday 4th May 2018. *NO LATE ENTRIES will be accepted.**

SWIMMING PROGRAMME

Session 1 : Friday 25th May (warm up 4.30- 5.00pm) Start 5.15pm

- 1 50m Butterfly
- 2 100m Backstroke
- 3 1500m Freestyle
- 4 800m Freestyle

Session 2 : Saturday 26th May (warm up 8.15-8.45am) Start 9.00am

- 5 400m Individual Medley
- 6 50m Freestyle
- 7 100m Butterfly
- 8 200m Breaststroke
- 9 200m Backstroke
- 10 100m Freestyle
- 11 4 x 50m Women's Medley Relay
- 12 4 x 50m Men's Medley Relay

Session 3 : Saturday 26th May afternoon

(Warm up approx. 1 hour after Session 2 finishes) Start 15min after warm up.

- 13 4 x 50 Women's Freestyle Relay
- 14 4 x 50 Men's Freestyle Relay
- 15 200m Butterfly
- 16 200m Freestyle
- 17 100m Breaststroke
- 18 200m Individual Medley
- 19 50m Backstroke
- 20 50m Breaststroke
- 21 400m Freestyle
- 22 4 x 50 Mixed Medley Relay
- 23 4 x 50 Mixed Freestyle Relay
- 24 6 x 50m Flying Squadron Regional Freestyle Relay

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FURTHER INFORMATION

We are looking forward to having you attend our meet & hope the following information helps with your planning.

ACCOMMODATION:

- **Quest Apartments** www.questhenderson.co.nz
12 Wadier Place, Henderson. (off Sel Peacock Drive)
Phone 09 839 7247
Within easy walking distance of West Wave, Henderson Transport Hub, & the venue for the Saturday night function.
- **Quality Hotel Lincoln Green** www.lincolngreen.co.nz
159 Lincoln Road, Henderson.
Phone 0800 4725 293 Email reception@lincolngreen.co.nz
5 minutes drive & approximately 25 minutes walk to West Wave
- West Wave is only 5 minutes walk from the Henderson Interchange so if you choose to stay further away & travel using public transport that is also an option.

PUBLIC TRANSPORT:

- Check out Auckland Transport at <https://at.govt.nz>

PARKING:

- Limited **Time zoned parking at West Wave** (You will be fined if you stay longer than advertised period)
- Alternative parking available corner of Edmonton Road & Sel Peacock Drive (\$4 per day)
- Free parking at Tui Glen Reserve, Claude Brooke Drive (Off Edmonton Road)

SATURDAY NIGHT FUNCTION:

- **The Falls Restaurant**
Sel Peacock Drive, Henderson
2 minutes walk from West Wave
Plenty of on site parking available

MESSAGE SERVICE & RAFFLES

- Please bring cash if you are interested in either of these