



Freyberg Community Pool

Sunday 18 August 2019

1.00pm warm up 1.30pm start

Event	1	Foxton Cup Boys (relay)
	2	Foxton Cup Girls (relay)
	3	200 Individual Medley
	4	50 Backstroke
	5	100 Breaststroke
	6	200 Freestyle
	7	50 Breaststroke
	8	100 Butterfly
	9	25 Nominated Stroke (9&U)
	10	200 Backstroke
	11	50 Butterfly
	12	100 Freestyle
	13	100 Individual Medley
	14	200 Breaststroke
	15	50 Freestyle
	16	100 Backstroke
	17	200 Butterfly
	18	Monk Cup (relay)

## CONDITIONS OF ENTRY

- ◆ All events will be swum under FINA, SNZ and Para rules. Para swimmers are to present their classification prior to the start of the meet.
- ◆ Entry is via the SNZ database.
- ◆ \$5.00 per event to be paid via the SNZ database at the time of entry.
- ◆ Swimmers limited to 4 individual events plus relay
- ◆ Swimmers may compete in **two 25m events** only
- ◆ 200m events may be limited if excessive entries are received
- ◆ Any Club may enter the Foxton Cup (5 swimmers 13 & u) and Monk Cup (4 swimmers – Open - 2 male/2 female) relay events however only Manawatu Clubs will earn points towards the respective Cups
- ◆ PNASC reserves the right to limit entries or alter the programme should the need arise
- ◆ Free admission – please support the raffle
- ◆ PNASC will not be liable for any loss or damage during the meet
- ◆ All participants must agree to comply with the sports anti doping rules

**ENTRIES CLOSE** Friday 9 August 2019 at 23:00.00.

Enquiries to Dianne Farmer – 06 356 4167 or [d.farmer@xtra.co.nz](mailto:d.farmer@xtra.co.nz)

Psych sheets will be available on the Swimming Manawatu website  
[www.manawatu.swimming.org.nz](http://www.manawatu.swimming.org.nz)