



STEEFORMERS

West Coast CHAMPS

Sunday 15 October 2023
Splash Centre, Whanganui

SESSION 1

Warm Up: 8:30am-9:05am

Start Time: 9:15am

1. 50m Freestyle
2. 100m Individual Medley
3. 50m Breaststroke
4. 100m Butterfly
5. 200m Freestyle
6. 4 x 50m Medley Relay 12&under - Male
7. 4 x 50m Medley Relay 12&under - Female
8. 4 x 50m Medley Relay 13&over - Male
9. 4 x 50m Medley Relay 13&over - Female
10. 100m Backstroke
11. 200m Breaststroke

SESSION 2

45 minute break between

Sessions 1 & 2

(Warm Up first 35 minutes of break)

12. 400m Freestyle
13. 50m Backstroke
14. 100m Breaststroke
15. 200m Individual Medley
16. 4 x 50m Freestyle Relay 12&under - Female
17. 4 x 50m Freestyle Relay 12&under - Male
18. 4 x 50m Freestyle Relay 13&over - Female
19. 4 x 50m Freestyle Relay 13&over - Male
20. 100m Freestyle
21. 50m Butterfly
22. 200m Backstroke

Session 2 will start 45 minutes after Session 1 finishes
Pool will be available for warm up during the first 35 minutes of this break between sessions



Sunday 15 October 2023

Splash Centre Whanganui

Conditions of entry

1. This event will be swum short course. Please note the pool depth is 1.4m. Care is required when diving. Feet first entry during warm up. Diving is permitted in lanes 1 and 8, deep end only, for the last 15 minutes of warm up.
2. Sessions 1 & 2: Warm up 8:30am – 9:05am, 9:15am Start with a 45 minute break between Session 1 and Session 2. The pool will be available for warm up during the first 35 minutes of the break between sessions.
3. This meet is a designated meet and will be swum under SNZ/World Aquatics, Para and local rules with events run as mixed timed finals with over the top starts.
4. Open to Swimming New Zealand club and competitive-registered swimmers.
5. The meet will be limited to 160 swimmers – please enter early to avoid disappointment.
6. Age as at 15 October 2023.
7. Entries will be via Fastlane and close at 23:59pm on Sunday 8 October 2023 - late entries will not be accepted.
8. Entry fees are \$9.00 per individual event.
9. There is no charge to enter relays. Swimmers aged 12 & under may swim up (ie in the 13 & over relay) but if doing so must not swim in the equivalent 12 & under relay.
10. NTs will be accepted but coach estimated times will be requested and appreciated.
11. All scratchings close at midday on Friday 13 October 2023 - there will be no refunds for withdrawals after this date (unless supported by a medical certificate).
12. A lane will be available in the training pool for warm up and swim down during the day.
13. Medals will be awarded for 1st, 2nd and 3rd for male and female in the following age groups:
 - 50m & 100m events: 9 & under, 10, 11, 12, 13, 14, 15 & over
 - 200m events: 12 & under, 13 & over
 - 400m event: Open
 - and Open age group for Multi Class swimmers (Open Para)*Please note medals will not be awarded for Relay events*
14. Free spectator entry, Programmes \$3 and raffle tickets will also be available - cash only please as EFTPOS not available.
15. Entry and programmes for nominated coaches and team managers will be 1-10 swimmers (2), 11-20 (4), 21-35+ (6)
16. The organisers reserve the right to restrict entries, combine events or alter the programme.
17. All clubs are required to provide one timekeeper for every four swimmers entered.
18. Participants who have entered this event agree to allow images (e.g. photography, video etc) to be taken by accredited media approved by the Whanganui Swimming Club. Images are only to be used for legitimate purposes by the Whanganui Swimming Club or Swimming Manawatu in accordance with the SNZ Member Protection Policy. Club photographers should seek prior approval from the Meet Organiser prior to the start of the meet.
19. Whanganui Swimming Club will not be liable for any loss, damage or injury incurred during the meet.
20. Any queries to whanganuiswimclub@gmail.com.