



MEET IT, BOOST IT CARNIVAL

Saturday, 1 July, Tawa Pool
Warmup 4.45pm – Start 5.30pm

Boost your chances to qualify for Wellington Winter Short Course Champs and improve your ranking for Top Ten. TSW Dolphins introduces a new kind of meet.

Aimed at encouraging the developing swimmer to make competition qualifying times, at this meet swimmers can only enter events if they have not swum faster than the times tabled below.

EVENT #	M/F	DIST	STROKE	QUAL	QUAL	QUAL	QUAL
				10U	11/12	13/14	150
1	Mixed	4x50	Medley	Relay			
2	Mixed	4x50	Medley	Relay			
3	Top 14 Mixed	400	Free	5.15.00	5.15.00	5.15.00	5.15.00
4	F	50	Back	45.00	42.00	39.00	37.50
5	M	50	Back	45.00	42.00	39.00	37.50
6	F	50	Fly	48.00	41.00	38.00	36.00
7	M	50	Fly	48.00	41.00	38.00	36.00
8	F	200	Free	3.10.00	2.45.00	2.30.00	2.27.00
9	M	200	Free	3.10.00	2.45.00	2.30.00	2.27.00
10	F	200	Breast	4.00.00	3.35.00	3.15.00	3.05.00
11	M	200	Breast	4.00.00	3.35.00	3.15.00	3.05.00
12	Top 14 Mixed	400	Medley	6.00.00	6.00.00	6.00.00	6.00.00
13	F	50	Free	39.00	35.00	32.50	30.00
14	M	50	Free	39.00	35.00	32.50	30.00
15	F	50	Breast	52.00	44.00	41.50	40.00
16	M	50	Breast	52.00	44.00	41.50	40.00
17	F	200	Back	3.25.00	3.10.00	2.50.00	2.45.00
18	M	200	Back	3.25.00	3.10.00	3.17.00	2.45.00
19	F	200	Fly	3.50.00	3.30.00	3.00.00	2.55.00
20	M	200	Fly	3.50.00	3.30.00	3.00.00	2.55.00
21	F	100	Medley	1.40.00	1.30.00	1.22.00	1.20.00
22	M	100	Medley	1.40.00	1.30.00	1.22.00	1.20.00
23	Mixed	4x50	Free	Relay			
24	Mixed	4x50	Free	Relay			

Conditions of Meet

1. All events will be swum under the current rules of SNZ and local rules as applicable.
2. Age of the swimmers will be as at 1 July 2006
3. The maximum number of entries per swimmer is 4 plus a relay.
4. Only one relay team per club can be entered per relay event. Swimmers must already be swimming at this meet. Please send in estimated times for seeding purposes.
5. Entry fees will be \$5.00 per individual event and relay entries are free.
6. Pool door fees are payable on entry by everyone : \$1.50 per swimmer and 50c per spectator.
7. **Entries close on Friday 23 June 2006 with Katie Hardwick-Smith, ph:934.4332 Please email entries to francis.katie@paradise.net.nz. NO LATE ENTRIES WILL BE ACCEPTED.**
8. Official short course (or converted from conversion chart) times to be submitted as a cfile from team manager, accompanied by a fee summary report and swimmer entry report. No Times will be accepted.
9. **Entry fees must be forwarded to The Treasurer (Glynne McFetridge), TSW Dolphins, P.O. Box 27-255, Marion Square, Wellington and be accompanied by a fee summary, by Tuesday 27 June 2006.**
10. There will be no refunds for withdrawals after the circulation of the psych sheets unless a medical certificate is provided.
11. Refunds for nonacceptance in the 400Free and 400Medley will be sent out after the meet.
12. TSW Dolphins reserves the right to limit entries or alter the programme should the need arise
13. TSW Dolphins will not be liable for any loss or damage during the meet.