



Harbour Capital Masters

# NEW ZEALAND MASTERS SWIMMING

39<sup>th</sup> National Long Course Masters Swimming  
Championships

Wellington Regional Aquatic Centre, Kilbirnie, Wellington

Friday 13<sup>th</sup> & Saturday 14<sup>th</sup> April 2012

## MEET INFORMATION

- The Brentwood Hotel is our preferred accommodation and also the venue for the Saturday evening function. Please quote reference **73139/40** when booking.
- FINA rules governing Masters Swimming will apply.
- Events are pre-seeded, slowest to fastest, according to submitted times.
- Age groups are determined by age on 31 December 2012.
- Swimmers are restricted to six individual events plus relays.
- Points will be awarded (6,4,3,2,1 points for placing 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>)
- Medals will be awarded to 1st, 2nd and 3rd place per age group per event (male and female).
- The 1500 and 800 events are two separate events. Those entering both will swim the 1500 and have the 800 split recorded as their finish time. Two swimmers per lane are most likely, except if a NZ record is being challenged.
- The prize-giving will be at the Saturday night dinner
- Email enquiries to [barryandsheryl@paradise.net.nz](mailto:barryandsheryl@paradise.net.nz).
- Phone enquiries to Barry or Sheryl on (04) 976-7846.
- These and further details will be on the club website, [www.hcmswim.org.nz](http://www.hcmswim.org.nz).
- Warm-ups are of 30 minutes duration.
- Event 1, 6, 15, will begin at the times shown in the Swimming Programme. Please arrive 30 minutes earlier if you wish to have a warm-up. A second 20 metre pool is available for warm-up and warm-down.
- If you have difficulty entering or exiting the pool or hearing the starter please indicate on your entry form and assistance will be provided (e.g. positioned in outside lanes for easy exit).
- If you are attempting a NZ or World Record swim please indicate on your entry form next to the entry time.
- A finished programme will be available on the club website, [www.hcmswim.org.nz](http://www.hcmswim.org.nz), five days before the meet. Psych Sheets will be available 10 days before the meet.
- **Deadline is 05 March 2012.** No late entries will be accepted.

### Session 1: Friday 13 April, warm-up 5:00pm, start 5:30pm

1	400m Individual Medley
2	50m Butterfly
3	100m Backstroke
4	1500m Freestyle
5	800m Freestyle

### Session 2: Saturday 14 April, warm-up 8:30am, start 9:00am

6	4 x 50m Women's Medley Relay
7	4 x 50m Men's Medley Relay
8	100m Freestyle
9	200m Breaststroke
10	100m Butterfly

#### Morning tea break

11	50m Breaststroke
12	400m Freestyle
13	4 x 50m Women's Freestyle Relay
14	4 x 50m Men's Freestyle Relay

### Session 3: Saturday 14 April, warm-up one hour after completion of morning session

15	50m Freestyle
16	200m Butterfly
17	50m Backstroke
18	200m Individual Medley

#### Afternoon tea break

19	200m Backstroke
20	100m Breaststroke
21	200m Freestyle
22	4 x 50m Mixed Freestyle Relay
23	4 x 50m Mixed Medley Relay
24	6 x 50m Inter-region Flying Squadron Relay



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## ENTRY FORM

(Please print your details neatly in upper case. Thank you.)

Your Personal Details				
Surname				
First Name				
Postal Address				
Swim Club Code		Swim Club Name		
NZMS Number		Date of Birth	Age on 31/12/2012	
Home/Cell Phone		Gender	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Email				
Assistance Required	Hearing <input type="checkbox"/>	Entry/Exit <input type="checkbox"/>		

Your Swim Entry Details				
Event No.	Metres	Stroke	Record Attempt	Entry Time Min : Sec
				:
				:
				:
				:
				:
				:
				:

Your Payment Details			
Fees Payable		No	Amount Paid
Registration	\$35		
Per race fee	\$6		
Saturday packed lunch	\$7		
Vegetarian option	\$7		
Saturday Dine & Dance	\$40		
Shirt Male Size:	\$20		
Shirt Ladies Size:	\$20		
Total Payment Amount \$			

Payment Details	
<input type="checkbox"/>	Cheque payable to 'Harbour Capital Masters
<input type="checkbox"/>	Direct Credit to 03-0558-0088427-02, please use your name & NZMS Number as a reference.
<b>Please send entry forms and cheques to:</b>	
Harbour Capital Masters - 2012 Nationals PO Box 11357, Manners Street Wellington 6142	
Declaration	
<b>By paying the entry fee and sending this form I:</b>	
<ul style="list-style-type: none"> <li>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;</li> <li>acknowledge this information is collected by NZMS Inc. and may be forwarded to its 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;</li> <li>agree that these conditions are confirmed by the placement of this entry.</li> </ul>	
PRINT NAME _____	SIGNATURE _____