

Hamilton Winter Meet

Proudly run by the Hamilton Swimming Club

Friday 9th—Saturday 10th—Sunday 11th July 2010

www.hamiltonswimmingclub.org.nz

WaterWorld, Te Rapa, Hamilton

50metre 8 lane Indoor Pool

AGE GROUPS FOR POINTS AND MEDALS : 9 & under; 10/11; 12/13; 14/15; 16 & over

All 50m events qualifying time 60secs

All 100m events qualifying 2mins

All 200m events qualifying 4mins

400m Free, 400m IM, Womens 800m Free & Mens 1500m qualifying time & numbers limited

<p>Session 1 FRIDAY 9th July Warm-up 7.15am Start 8.15am Event 1 Female 800 Free OPEN (Top 24) faster than 12mins Event 2 Male 200 Backstroke Event 3 Female 50 Free Event 4 Male 400 Free OPEN (top 32) faster than 5:05.00 Event 5 Female 200 Breaststroke Event 6 Male 100 Breaststroke Event 7 Female 100 Backstroke</p>	<p>Session 2 FRIDAY 9th July Warm-up 2.30pm Start 3.30pm Event 1 Female 800 Free Fastest heat Event 8 Male 50 Butterfly Event 9 Female 100 Free Event 10 Male 400 IM OPEN (Top 32) faster than 6:10.00 Event 11 Female 200 IM Event 12 Male 100 Free Event 13 Female 50 Breaststroke</p>
<p>Session 3 SATURDAY 10th July Warm-up 7.15am Start 8.15am Event 14 Male 1500 Free OPEN (Top 24) faster than 22:30.00 Event 15 Female 100 Breaststroke Event 16 Male 200 IM Event 17 Female 400 IM OPEN (Top 32) faster than 6:10.00 Event 18 Male 50 Breaststroke Event 19 Female 200 Butterfly Event 20 Male 100 Butterfly</p>	<p>Session 4 SATURDAY 10th July Warm-up 2.30pm Start 3.30pm Event 14 Male 1500 Free Fastest heat Event 21 Female 200 Backstroke Event 22 Male 100 Backstroke Event 23 Female 400 Free OPEN (Top 32) faster than 5:20.00 Event 24 Male 200 Butterfly Event 25 Female 100 Butterfly Event 26 Male 200 Breaststroke</p>
<p>Session 5 SUNDAY 11th July Warm-up 9.00am Start 10.00am Event 27 Female 50 Butterfly Event 28 Male 50 Backstroke Event 29 Female 200 Free Event 30 Male 50 Free Event 31 Female 50 Backstroke Event 32 Male 200 Free</p>	<p>ENTRIES CLOSE JUNE 28th 2010 ENTRY FEE \$7.50 per EVENT MEDALS FOR EACH AGE GROUP 1st—2nd—3rd TOP CLUB PRIZE \$1500</p>