

Warm-up: 8.00am Start: 9.00am

Session 1

I - 25m Breaststroke

2 - 100m Backstroke

3 - 200m Freestyle (II and over)

4 - 50m Breaststroke

5 - 25m Freestyle

6 - 200m IM (II and over)

7 - 100m Freestyle

8 - 200m Breaststroke (II and over)

9 - 50m Butterfly

10 - 4x25m Freestyle (12&U Relay)

20 minute break then...

Session 2

II - 100m Butterfly

12 - 25m Backstroke

13 - 100m Breaststroke

14 - 50m Backstroke

15 - 25m Butterfly

16 - 200m Backstroke (II and over)

17 - 100m IM

18 - 50m Freestyle

19 - 4x50m Medley (13&O Relay)

Entries Close: Sunday 5th October, 11.59pm Proudly sponsored by....





Sausage

sizzle!

Spot

Prizes!

in association with John Duff Roofing

Entries and payment to be submitted via the Swimming New Zealand Database (Fast Lane). If the meet is oversubscribed entries will be trimmed. Queries regarding entries must be made only via your Club to email wasc.carnival@gmail.com

Meet Conditions:

1. Age as at day of the meet, 12th 2025. October. 2. The meet will be conducted under Swimming New Zealand and Swimming Auckland approved meet criteria. Whangarei Swimming will endeavour to obtain the required number of pool officials for meet approval but the number on poolside may be more or less than the requirement set out in SNZ Rules. 3. Event Entry Fees: \$10.00 PER INDIVIDUAL EVENT. Late entries (\$20.00 per individual event) will be accepted at the discretion of the organiser, only if there is a spare lane. No refunds on scratching, unless a medical certificate is sighted no later than 48 hours from the end of the meet. 4. All events will be timed finals. Slowest to Fastest. 5. This is a non self-marshalling meet. Over the top starts and the ONE START rule will apply. Re-seeding or combining of heats will be at the Referee's discretion. 6. This is a paperless meet. The meet programme will be available on the MeetMobile app. Hard copy programmes will be provided for all coaches, managers and Technical Officials. 7. All participants must agree to comply with the Sports Anti-Doping Rules.

8. Clubs to supply: 1 Official per 4 swimmers per session to a max of 6 unless requested for more before the meet. Clubs to email names of officials by Thursday 10 October 2025 to wasc.carnival@gmail.com