



Rising
STARS

Kawakawa Swimming Pool

7th & 8th April 2018

Session 1: Saturday

7th April 2018

Warm up 09:00 - Start 10:00

1. Male 400 Free
2. Female 400 Free
3. Male 50 Breast
4. Female 50 Breast
5. Male 200 Back
6. Female 200 Back
7. Mixed 25 Free
8. Male 100 Fly
9. Female 100 Fly

Session 2: Saturday

7th April 2018

Warm Up 15:30 - Start 16:30

10. Male 200 Breast
11. Female 200 Breast
12. Male 50 Free
13. Female 50 Free
14. Mixed 25 Fly
15. Male 100 Back
16. Female 100 Back
17. Mixed 9+U 4X25 Free Relay
18. Mixed 10-11 4X50 Free Relay
19. Mixed 12-13 4X50 Free Relay
20. Mixed 14-18 4X50 Free Relay

Age Groups:

50m and 100m 9+U,10,11,12,13,14-18
200m 9+U,10-11, 12-13, 14-18
400m 12+U, 13-18

Session Programmes:

Two session programmes will be issued to the team managers and will be distributed via the team boxes.

Results:

Results will be posted on the windows by the front door, and will be posted on the Swimming New Zealand Database and Take Your Marks

All races are timed Finals

NT or Custom times will not be accepted, however times from unapproved meets can be used.

Session 3: Sunday

8th April 2018

Warm up 09:00 Start 10:00

21. Male 200 IM
22. Female 200 IM
23. Male 100 Breast
24. Female 100 Breast

10 Minute Break

25. Male 50 Back
26. Female 50 Back
27. Mixed 25 Breast
28. Male 200 Free
29. Female 200 Free

Session 4: Sunday

8th April 2018

Warm up for this session starts

1 hour after the end of Session 3

Warm up will be 30 minutes

30. Male 100 IM
 31. Female 100 IM
 32. Male 50 Fly
 33. Female 50 Fly
 34. Mixed 25 Back
 35. Male 100 Free
 36. Female 100 Free
- 10 Minute Break**
37. Parents 4X25 Free Relay