



SWIMMING WAIKATO'S

HIT OUT MEET

at Hamilton's Waterworld

An opportunity to shake off the
Christmas Pudding !

SESSION ONE

Friday 1 February

Warm Up—5.00pm

Racing—6.00pm

SESSION TWO

Saturday 2 February

Warm Up— 7.30am

Racing—8.30am

SESSION THREE

Saturday 2 February

Warm Up — at the completion of
session one

Racing— one hour after the completion
of session one, including warm up



MEET EVENTS

Session 1 Friday PM Warm up 5.00pm— Start 6.00pm				
Event	Distance	Stroke		
1	1500m	Freestyle	13+	
2	400m	Freestyle	12/u	
3	200m	Butterfly	13+	
4	100m	Butterfly	12/u	
Session 2 Saturday AM Warm-up 7.30am—Start 8.30am				
5	800m	Freestyle	13+	
6	200m	Freestyle	12/u	
7	200m	Backstroke	13+	
8	100m	Backstroke	12/u	
9	100m	Breaststroke	13+	
10	200m	Breaststroke	12/u	
11	200m	Individual Medley	13+	
Session 3 Warm-up at the end of Session 2 Start—one hour after the completion of Session 2				
12	400m	Individual Medley	13+	
13	200m	Individual Medley	12/u	
14	100m	Backstroke	13+	
15	200m	Backstroke	12/u	
16	400m	Freestyle	13+	
17	100m	Breaststroke	12/u	
18	200	Breaststroke	13+	