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**LAKE ROTOMA
KIWANIS OPEN WATER SWIM**

WAITANGI DAY - 6th FEBRUARY 2010

27 th year		PROGRAMME OF EVENTS	
NO:		CATEGORY	START TIME
1		NZ Open Water Championship (Swimming New Zealand)	absent
2	A 6 k	Open Women (main 1500 triangle 4 times)	10:15 am
3	B 6 k	Open Men (main triangle 4 times)	10:15am
4	C 400m	Under 12 Years, Girls (Beach rope)	10:25am
5	D 400m	Under 12 Years, Boys (Beach rope)	10:25am
6	E 100m	Littlies novelty (Beach rope)	10:30 am
7	F 1.5 k	16 to 20 Years, Men (main triangle once)	10:35 am
8	G 1.5 k	16 to 20 Years, Women (main triangle once)	10:35 am
9	H 3 k	Under 25 years, Women (main triangle twice)	10:45 am
10	J 3 k	Under 25 years, Men (main triangle twice)	10:45am
11	K 3 k	25 Years & Over, Women (main triangle twice)	11:00 am
12	L 3 k	25 Years & Over, Men (main triangle twice)	11:00 am
13	M 1 k	Under 25 Years, Women (out and back first leg--)	12:15 pm
14	N 1 k	Under 25 Years, Men (out and back first leg--)	12:15 pm
15	O 1 k	Under 12 Years, Boys (-- of triangle)	12:25 pm
16	P 1 k	Under 12 Years, Girls (-- of triangle)	12:25 pm
17	R 1.5 k	25 years and over Women (main triangle once)	12:45 pm
18	T 1.5 k	25 years and over Men (main triangle once)	12:45 pm
19	U 1.5 k	Under 16 years Girls (main triangle once)	1:00 pm
20	V 1.5 k	Under 16 years Boys (main triangle once)	1:00 pm
	400m	All in Novelty (Side rope)	2:00 pm
Intended Starting Times			

The Kiwanis Lake Swim is open to all, provided they are physically fit. Enter at your own risk

The 1500m triangle buoyed course is fully craft supported with power boats and guide canoes.

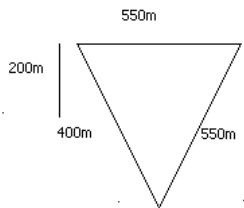
The Rope course is submerged 2m with floats at the surface .

Triangular 1500m course at the Northern End of Lake Rotoma.

See <http://www.kiwanis.org.nz/dv09roto.htm> or google lake rotoma swim.

All entrants must be within the age limits on the day of the events.

- DAY ENTRY FEE: UNDER 12 YEARS = \$10. 12 & UNDER 25 YEARS = \$25 OVER 25 YEARS = \$30**
- Further entries may be accepted up to ½ hour before the advertised start time on the day.
- Entrants participate at their own risk.
- All distances are accurate.
- First place-getter in each event receives a medal & Second & Third = certificates.
- Participation Certificates will be awarded to all who complete the course.
- Final Open Water Swimming Rules based on pages 145 - 153 of FINA handbook apply.
- Wet suits may be worn and will receive First , Second & Third certificates.(wetsuit class)
- High visibility colour-coded event bathing caps as supplied must be worn.



Entries to: Kiwanis Club of Whakatane
P.O.Box 410
Whakatane
Ph. Judy @ (07) 308 7086

Leigh Baker Ph. 07 308 7086
7 Sullivan Street Fax 07 308 7046
Whakatane E-Mail catsandhens@xtra.co.nz

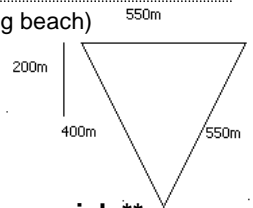
ENTRY REGISTRATION FORM/ risk waiver.

(200m runs along beach)

NAME..... EVENT.....Club.....

ADDRESS.....

SIGNATURE..... AMOUNT PAID.....



**** By signing & returning this slip I declare that I am physically fit & I enter at my own risk ****
Please make chq's payable to Kiwanis Club of Whakatane, PO Box 410, Whakatane
