



TIME TRIALS

Thursday 3 March 2022

Warm up 6.15pm

Start 6.30 pm

Demo – Senior Swim Squad		
1	100	IM
2	25	Free
3	50	Fly
4	100	Free
5	25	Breast
6	50	Free
7	100	Breast
8	25	Fly
9	50	Breast
10	50	Back
11	100	Back
12	100	Fly

Conditions of Entry

- You must enter online at <https://swimtawa.org.nz/upcoming-meets>
- Entries close online at 6pm on Tuesday 1 March
- You must be at the pool by 6.10pm on Thursday
- You can swim a maximum of 3 events
- Please do not enter events one after another – there is not enough time for swimmers to recover and return to marshalling.
- Squad swimmers are not allowed to enter 25m events
- This is not an official meet so your times cannot be used when entering other meets.
- If, after entering, you need to make any changes or withdraw then email our Time Trials coordinator Lisa at timetrials@swimtawa.org.nz
- We greatly appreciate if parent or caregiver can stay to assist with running time trials – timekeepers are essential to the event and you get to present the PB ribbons to the swimmers.