



AQS

Napier Aquahawks in conjunction with Aquashop

Present

The 2010 Winter T3000m Postal Swim Series

The Challenge:

- To swim a timed 3000m (or 3300 yard) swim in June, July & August, 2010.
- To monitor and record improvement's throughout that time period.

Prizes will be awarded for:

- Each month the top male & female in the following age groups:
 - 13 & 14 years, 15 & 16 years, 17 – 20 years, 21 – 25 years, 25 – 35 years, 36 years & over
- The most improved swimmer (must enter in all 3 months T3000's to be eligible) in each of the above groupings.

Entry conditions:

- Age as at June 1st, 2010 (regardless if a swimmer just selects 1 of the months to participate in).
- \$5.00 per swimmer per submitted entry. This must be paid to Napier Aquahawks on or before the 5th of the following month otherwise the swimmers time will be ineligible to go into that month's results.
- All results will be converted to short course.
- Results are to be submitted to Napier Aquahawks Swimming Club (naq@xtra.co.nz) on or before the 5th of the following month of the swim. Please use the TM file with manual input of swimmers recorded time.
- A return email address is required for results to be sent to.
- 3000's may be swum at any time throughout the month to be eligible for that month's results.

Thanks to Aquashop there is over \$1200 worth of prizes to be won