



Lazy Seal
Freediving Club

Wellington Winter Champs 2010

Freediving Competition
Te Rauparaha Arena Aquatic Centre, Porirua

31 July – 1 August 2010



Nominations:

Nominations should be sent by the time specified in the competition schedule via:
text or call to 027 294 8620 (note, **no** email option available)
or tell Kathryn at the pool before leaving

Entries:

No late entries will be accepted. Entries are to be received by 5pm on Friday 23 July 2010.
Entries should be either: scanned and emailed to: kathryn@lazyseal.co.nz
or posted to LSFC, 458 Evans Bay Parade, Evans Bay, Wellington

Entry requires the following to be submitted to the organiser:

- Entry liability release & medical statement forms (signed)
- Fees paid
- Copy of passport if not NZ
- Copy of medical certificate of non-contradiction to freediving, less than 12 months old

Fees:

Competition fees will be \$95 for competition divers and \$45 for recreation grade divers. The competition fee covers pool hire and entry, officials' costs, AIDA International competition fees, other competition requirements and Sunday lunch for yourself and supporters. It does not cover your national AIDA subs.

Fees need to be received on or before entries close: 5pm, 23 July. They should be direct credited to:

Account name: Lazy Seal Freediving Club
Account number: 38-9004-0459813-00

Please reference your name and "WWC2010".

Please note:

In addition to the entry fee, all participants must be current members of AIDA NZ.

Membership is from 1 April 2010 – 31 March 2011. Fees are as follows:

- AIDA NZ subs: \$100 annually
 - AIDA NZ rec grade: \$25/competition – results will not be considered for records or world rankings
 - Foreign competitors: \$50/competition
- Rec grade and foreigners may join AIDA NZ with payment of annual subs.

If not already paid, please direct credit funds to:

Account name: AIDA New Zealand Inc
Account number: 38-9007-0470620-00

Please reference your name and "subs".

Note that foreign divers in the competition grade also need to be members of their own AIDA national for their results to be registered. This is the diver's responsibility to organise.

Medical Certificates:

Please use the following form with your doctor if you require a new certificate:

<http://www.aida-international.org/aspportal1/scripts/aida%20international%20medical%20statement.pdf>

Our recommended diving doctor in Wellington is Dr Helen Fields (she knows about Freediving, works from home in the evenings and gives a thorough examination at a good price):

Phone: 027 221 5335 / email: Helen.f@xtra.co.nz