



Lazy Seal
Freediving Club

Wellington Winter Champs 2010

Freediving Competition
Te Rauparaha Arena Aquatic Centre, Porirua

31 July – 1 August 2010



Competition Schedule:

Friday 30 July:

6pm nominations for Saturday STA close
8pm competition draw for STA available on www.lazyseal.co.nz

Saturday 31 July:

Te Rauparaha Arena Aquatic Centre

Static Competition

8:25 am officials' briefing
8:35 am competitors' briefing – compulsory for all competitors
8:45 am first competitor's check in
9 am warm ups commence
9:45 am first top time
10:30 am approx rec grade statics
11 am finish

1 pm nominations for Saturday DYN/DNF close

Dynamic/Dynamic without fins competition

4 pm competition draw posted at pool
4:15 pm first competitor's check in
4:30 pm warm ups commence
4:45 pm rec grade fun event - speed
5:15 pm first top time
6:20 pm approx rec grade fun event - gathering
6:45 pm finish

8 pm nominations for Sunday DYN/DNF close (remember you can not repeat an event)
10 pm hopefully results from Saturday and competition draw for Sunday available at www.lazyseal.co.nz

Sunday 1 August:

Te Rauparaha Arena Aquatic Centre

Dynamic/Dynamic without fins competition

8:45 am first check in
9 am warm ups
9:45 am first top time
10:45 am approx rec grade dynamics
11:30 am finish

12 noon lunch & prize giving (hopefully) followed by AGM at Guy & Jude's house:
9 Lambley Rd, Titahi Bay, ph 04 236 7080
follow the main road through Titahi Bay, after the view of the bay and the judder bars turn left into John St then left into Lambley Rd. Please park on the street.

8 pm competition results available at www.lazyseal.co.nz