



Capital Classic 2016

(Long Course) Signature Meet with Wheel of Pain

Wellington Regional Aquatic Centre – Saturday, 26 November 2016

Session 1: 9.00am w/u and 9.30am start				Session 2: 4.00pm w/u and 4.30pm start			
G	B	AGE	STROKE	G	B	AGE	STROKE
1	2	Open	400m Free	70	80	Top10	Wheel of Pain
3	4	Open	50m Fly	35	36	Open Top 30	400m IM
5	6	Open	200m Breast	37	38	Open	200 Fly ***
7	8	9&U	100m Back	39	40	9&U	100m Freestyle
9	10	10/11	100m Back	41	42	10/11	100m Freestyle
11	12	12/13	100m Back	43	44	12/13	100m Freestyle
13	14	14/15	100m Back	45	46	14/15	100m Freestyle
15	16	16&O	100m Back	47	48	16&O	100m Freestyle
17	18	Open	200m IM ***	49	50	Open	200m Back
19	20	9&U	100m Fly	51	52	9&U	100m Breast ***
21	22	10/11	100m Fly	53	54	10/11	100m Breast ***
23	24	12/13	100m Fly	55	56	12/13	100m Breast ***
25	26	14/15	100m Fly	57	58	14/15	100m Breast ***
27	28	16&O	100m Fly	59	60	16&O	100m Breast ***
29	30	Open	50m Breast	61	62	Open	50 Free ***
31	32	Open	200 Free ***	- The Wheel of Pain – events 70 and 80 - Stroke/Distance and Lane will be drawn on the night. Swimmers will be selected by FINA Points of their entry times			
33	34	Open	50m Back ***				
The Wheel of Pain – events 70 and 80 Must be pre-entered with other events. Labelled WOP @ NT							



Session 2 will commence with The Wheel of Pain (free entry) where the Top 10 swimmers (each of male and female based on Fina points) will compete for two \$50 cash prizes in a mystery race decided by fate.

Also running is the Choco Sweepstake..... back the winner and you win too!

- The meet will be conducted under SNZ Rules and local rules as applicable.
- All events will be timed finals, with over the top starts. The meet will be swim Long Course and will start at the deep end of the pool. Entry into the pool during warm-up will be feet first only, except in authorised sprint lanes. The depth at the shallow end is 1.2m and there is to be no diving at the shallow end during warmup.
- Age is as at the day of the meet. Age groups for swimming and scoring are 9 & under, 10/11yrs, 12/13 yrs, 14/15 yrs, 16 yrs & over, or open, as listed. The events marked with *** will score in the Swim Signature scoring format.
- There is no limit on the number of events that can be entered by swimmers, but in accordance with the SW Signature Meet Rules, **only one NT (no time)** entry per swimmer will be accepted in a 100m or 200m or 400m event. NT will not be accepted for 50m events. All entrants must be SNZ registered **competitive** swimmers.
- **Swimmers must pre-enter Ev 70 or 80 with their initial entries to be eligible for selection in the Wheel of Pain**
- The Wheel of Pain events will be swum at the **start of Session 2**, and Chocolate Sweepstake tickets must be obtained prior to the end of Session 2 warmup. All swimmers are eligible for tickets for one male lane plus one female lane.
- In the event of fewer than 10 entrants in either of the Wheel of Pain events, the chocolate sweepstake lane sales will reflect this reduction.
- Para swimmers are eligible to compete at this meet and shall compete under the IPC Swimming rules. They must present their classification card to the Meet Director prior to the commencement of the meet.
- The organisers will if necessary alter the programme and/or refuse entries, to allow the meet to finish within the allotted time. Some ages may be combined for swimming if the numbers are low. The organisers will not be responsible for any loss or damage during the period of the meet.
- Entry and payment will be via the SNZ website **and entries close on Sunday 20 November 2016 at 11:59pm**
- Entry fees are \$9.00 per event (except for The Wheel of Pain, which is free to enter). If applicable, electronic payments from clubs are to be made to 03-0521-0208931-00 (GST no. 60-217-424) prior to the start of the meet.
- There will be no refunds for withdrawals after the circulation of the psych sheets on Tuesday 22 November.
- Scratchings to be emailed to racesec@capitalswim.co.nz up to Friday 25th and then manually at the pool on Saturday.
- All participants must agree to comply with the Sports Anti Doping Rules.
- **Pool Entry:** Swimmers & Officials are to use their Swim Wellington Meet Passes. Visitor passes will be issued for non Wellington Clubs and they will be available at the front door. Spectators \$2: Programmes: \$2
- There will be a fundraising raffle for sale to assist Capital Swimmers going to 2017 Junior and/or Open Nationals.
- All clubs are requested to provide at least 1 x qualified IOT and 1 x Timekeeper per session, and advise the names to Barbara Ryan on theyanfamily@clear.net.nz
- Wheel of Pain and Chocolate Sweepstake details will be published on the Capital Website and circulated at the Meet.
- Participants who have entered this event agree to allow images (e.g. photography, video, etc.) to be taken by accredited media approved by Swimming Wellington. Images are only to be used for legitimate purposes by Swimming Wellington or host Club in accordance with the SNZ Member Protection Policy.
- Capital Swim Club Organisers are: Pam Edwards 021 2410 517 & Meet Director Barbara Ryan 027 7896 373