



Capital Classic 2017

Long Course Signature Meet with Wheel of Pain

Wellington Regional Aquatic Centre – Saturday 25 November 2017

Session 1: Warmup 9.00am – Start 9.30am

Session 2: Warmup 4.00pm - Start 4.30pm

| G | B | AGE | STROKE |
|---|-------|----------|----------------|
| 1 | 2 | Open | 400m Free |
| 3 | 4 | Open | 50m Fly |
| 5 | 6 | Open | 200m Breast |
| 7 | 8 | 9&U | 100m Back |
| 9 | 10 | 10/11 | 100m Back |
| 11 | 12 | 12/13 | 100m Back |
| 13 | 14 | 14/15 | 100m Back |
| 15 | 16 | 16&O | 100m Back |
| 17 | 18 | Open | 200m IM |
| 19 | 20 | 9&U | 100m Fly *** |
| 21 | 22 | 10/11 | 100m Fly *** |
| 23 | 24 | 12/13 | 100m Fly *** |
| 25 | 26 | 14/15 | 100m Fly *** |
| 27 | 28 | 16&O | 100m Fly *** |
| 29 | 30 | Open | 50m Breast *** |
| 31 | 32 | Open | 200 Free |
| 33 | 34 | Open | 50m Back |
| 63 | Mixed | Coaches' | 50m Sprint |
| The Wheel of Pain – events 70 and 80 Must be pre-entered with other events. | | | |

| G | B | AGE | STROKE |
|---|----|-------------|----------------|
| 70 | 80 | Top10 | Wheel of Pain |
| 35 | 36 | Open Top 30 | 400m IM *** |
| 37 | 38 | Open | 200 Fly |
| 39 | 40 | 9&U | 100m Freestyle |
| 41 | 42 | 10/11 | 100m Freestyle |
| 43 | 44 | 12/13 | 100m Freestyle |
| 45 | 46 | 14/15 | 100m Freestyle |
| 47 | 48 | 16&O | 100m Freestyle |
| 49 | 50 | Open | 200m Back *** |
| 51 | 52 | 9&U | 100m Breast |
| 53 | 54 | 10/11 | 100m Breast |
| 55 | 56 | 12/13 | 100m Breast |
| 57 | 58 | 14/15 | 100m Breast |
| 59 | 60 | 16&O | 100m Breast |
| 61 | 62 | Open | 50 Free |
| The Wheel of Pain – events 70 and 80 - Stroke/Distance and Lane will be drawn on the night. Swimmers will be selected by their 50m entry times in that event | | | |



MEET CONDITIONS:

- All events will be timed finals, with over the top starts. The Meet will be conducted under SNZ/FINA and Local Rules
- The meet will start from the Deep End of the pool, and Warmup Rules in relation to Diving and Feet First Entry must be observed.
- Lanes 0, 1, 8 & 9 will be diving lanes during the last 10 minutes of Warm Up only.** Any Para swimmers will have the use of Lane 9
- 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 Swimwv 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 1 x NT entry in total per swimmer** will be accepted from a choice of 100, or 200m or 400m events. **NT for 50m events will not be accepted.**
- All entrants must be **SNZ registered COMPETITIVE swimmers**, and entries are to be submitted via the SNZ entry system, with payment by Credit or Debit card at the time of entry. No pay later entries accepted for this meet
- Swimmers must pre-enter Ev 70 or 80 (at no cost) 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 free tickets for one male lane plus one female lane. All ticket holders of the winning lane(s) claim a cake of chocolate. Ticket holders are eligible to win both male and female lanes if they hold the winning lane numbers for both events.
- 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 determine. The organisers will not be responsible for any loss or damage during the meet.
- Entries open on 30 October 2017 and close on Sunday 19 November 2017** Entry fees are \$10.00 per event - except for The Wheel of Pain.
- There will be no refunds for withdrawals after the circulation of the psych sheets on Tuesday 21 November.
- Scratchings to be emailed to racesec@capitalswim.co.nz up to Noon on Friday 24th November when the Programmes will be printed, and then manually at the pool on Saturday.
- All participants must agree to comply with the Sports Anti Doping Rules.
- Pool Entry:** Swimmers, Coaches & Officials are to use their Swim Wellington or SCAT Passes. Visitor Passes will be available for non Wellington Clubs. Officials are to Sign in at the Door. Spectators \$2: Programmes: \$2
- There will be a fundraising raffle for sale on the day, which will be drawn on the day
- All clubs are requested to provide at least 2 x qualified IOT and 2 x Timekeeper per session, and to advise the names to Barbara Ryan at barbara@kilbirnie.school.nz
- Wheel of Pain and Chocolate Sweepstake details will be circulated by email, and be available at the meet.
- Participants who have entered this event agree to allow images (e.g. photography, video, etc.) to be taken by accredited media persons 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
- The Organisers wish to express their gratitude to the Sponsors of the Sport in Wellington.

Session 2 will commence with The Wheel of Pain (free entry) where the Top 10 swimmers (each of male and female) based on their 50m Free entry time will compete for two \$50 cash prizes in a mystery race decided by the Spin of The Wheel
Also running is the CHOCO SWEEPSTAKE *** Back the winner and you win too!**