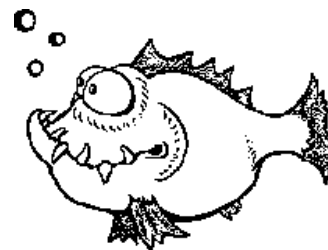


GOLD COAST SWIMMING ZONE
PORIRUA CITY AQUATICS
CHOCOLATE CARNIVAL



(This meet is open to members of club's in the Gold Coast Zone Region.)

**Due to the diving ban at Cannons Creek, PCA will
 host this meet at the Tawa Pool**

Tawa Pool

Duty Club is Porirua City Aquatics

Warm up 5.00pm

SUNDAY 13th November 2016

Start 5.30pm

Door Charge; Swimmers \$6.00 (Cash only – no Eftpos) All others, including Officials \$1.00

	Event
1	400 Freestyle
2	400 Medley
3	50 Freestyle
4	100 medley
5	50 Butterfly
6	100 Backstroke
7	100 Breaststroke
8	25m butterfly
9	100 Freestyle
10	50 breaststroke
11	100 Butterfly
12	50 Backstroke
13	200 Backstroke
14	200 Butterfly
15	200 Breaststroke
16	200 freestyle
17	200 Medley

CONDITIONS OF ENTRY

- Meet to be swum under SNZ/FINA and local rule
- Maximum of 2 events per swimmer.
- Swimmers achieving a personal best time will receive a PB ribbon & Chocolate bar. Those swimming a new event will receive a ribbon and a Chocolate fish or similar.
- To enter 400 freestyle swimmer must be able to swim 200 free under 3m20 & 200 medley in under 3m30 to enter 400m medley.
- Swimmers entering 100m events must be able to swim 50m of the same stroke in under 60 seconds (back, free and fly) and 1m10 for breaststroke.
- 200m entrants must be able to swim 100m back, free, and fly in under 1m55, and 2 minutes for breast.
- The Personal Best Trophy will be presented to the club achieving the most personal best times on a percentage basis. Clubs with at least four swimmers competing will be eligible for the PB Trophy.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- 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 PCA in accordance with the SNZ Member Protection Policy.
- Para swimmers are eligible to compete at this meet and shall compete under the IPC Swimming Rules. Para swimmers must present their classification card to the Meet Director prior to the commencement of the meet.

All events will be swum as mixed races, slowest to fastest.

Note: The organisers reserve the right to alter the order and/or combine events.

Entries will be on-line via SNZ database. Opening on 13th

October and closing at midnight on Friday 4th Nov.

Entry cards are not required.

Meet Manager generated deck cards will be used.

WARM UP RULES

- Team Managers and coaches are responsible for swimmers safety during the warm up. Feet first entry in all lanes except lanes 1 and 7 – see note below
- During warm up swimmers must swim in their allocated lanes. Lane 2 Porirua City Aquatics, Lane 3 Swimmers from any club who are 14yrs and over, Lane 4 Tawa, Lane 5 Kapiti, Lane 6 Raumati.
- Diving is only permitted from the start end in lanes 1 and 7, with turn practise at the other end.
- Swimmers must not swim across the lanes and are to enter and exit the pool at/from the ends only.

DUTIES All clubs are to advise Adele Lloyd at adelton@xtra.co.nz of their officials names no later than Sunday 6th November.

Duty club Refreshment people Marshall Assistant Marshall Starter Chief time keeper Two runners Two door people To arrange referee and JOS	IMPORTANT All Clubs: For times swum at this meet to be recognised as 'official', clubs must provide their share of qualified officials. <ul style="list-style-type: none"> • Two Inspector of Turns – at least one must be qualified • Visiting clubs six timekeepers – Host club three timekeepers • One person to assist at the desk – experience is not required
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The Organisers will not be liable for any loss, damage or injury suffered during this meet.