

GOLD COAST SWIMMING ZONE
TAWA SWIMMING CLUB
PAEKAKARIKI SHIELD RELAYS
and CHOCOLATE CARNIVAL



Tawa Pool

Sunday 15th May 2016

Duty Club Tawa

Warm up 5pm

Start 5.30pm

Entry fees; Swimmers \$6.00 (cash – no Eftpos)

All others, including officials \$1.00

ORDER OF EVENTS

1. 50 Backstroke
2. Girls 9yrs and under 4x25m freestyle relay
3. Boys 9yrs and under 4x25m freestyle relay
4. Girls 10/11yrs 4x25m freestyle relay
5. Boys 10/11yrs 4x25m freestyle relay
6. Girls 12/13yrs 4x25m freestyle relay
7. Boys 12/13yrs 4x25m freestyle relay
8. Girls 14yrs and over 4x25m freestyle relay
9. Boys 14yrs and over 4x25m freestyle relay
10. 50 Breaststroke
11. 25 Butterfly (Novice)
12. 50 Butterfly
13. Boys &/or Girls 9yrs & U 4x25m medley relay
14. Boys &/or Girls 10/11yrs 4x25m medley relay
15. Boys &/or Girls 12/13yrs 4x25m medley relay
16. Boys &/or Girls 14yrs & O 4x25m medley relay
17. 50 Freestyle
18. Flying Squadron relay 8x25m freestyle relay
(one boy and one girl from each age group.)

The Organisers will not be liable for any loss, damage or injury suffered during this meet.

WARM UP RULES. Team Managers/Coaches are responsible for swimmers' safety during the warm up. Diving is only permitted in Lanes 1 & 7. Swimmers are to exit the pool ONLY from the ends.

CONDITIONS OF ENTRY FOR PAKAKARIKI SHIELD RELAY ENTRIES

- Age is as at the date of the meet. All swimmers are eligible for relay selection
- Swimmers must swim in their own age group – there will be no swimming up/down and no exhibition swims.
- One heat will be swum for each relay event. Clubs may enter more than one relay team in each event, naming the teams 'A,B,C etc'. Where events are oversubscribed every effort will be made to fill the lanes and give all clubs a similar number of swims. Only the A team will score. The A team member's names, dates of birth and swimming order are to be submitted to the recorders table by 5.15pm.
- Points will be awarded as follows; 4x25m 6,5,4,3,2,1. 8X25m 8,6,4,3,2,1.

CONDITIONS OF ENTRY

- The meet will be swum under SNZ/FINA rules
- Maximum swims - two individual events
- Those achieving a Personal Best will receive a PB ribbon and a Chocolate Bar
- Clubs with four or more entrants will be awarded points on a percentage basis for Personal Best swum in individual events. The winning club will win the Best time Trophy.
- All participants must agree to comply with the Sports Anti-Doping Rules
- 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
- By entering this event swimmers 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 Gold Coast clubs in accordance with the SNZ Member Protection Policy.

Race Secretaries are to e-mail entries to Ruth Humble racesecc@swimtawa.org.nz no later than Wednesday 11th May at 5pm, and bring their entry cards for the individual events to the meet

WARM UP LANES

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|----------------------------|-----------|------------|
| 1. Diving start end only | 2. Kapiti | 3. Raumati |
| 4. Swimmers 14yrs & over | 5. PCA | 6. Tawa |
| 7. Diving, start end only. | | |

Duties: All clubs are to provide officials as listed below, and advise Hugh Allan at Hugh.Allan@xtra.co.nz names of the IOT's by Monday 2nd May & timekeepers by Monday 9th May.

- Timekeepers PCA and Tawa 6 each, Kapiti and Raumati 4 each
- IOT 3 each (two must be qualified)
- All clubs are to provide one person for the table

Duty club to organise

- Marshall and assistant
- Chief timekeeper
- Starter
- Two runners and two door people
- Two referees/judge of stroke