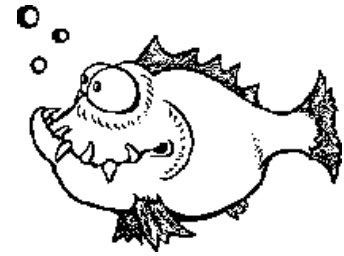


GOLD COAST SWIMMING ZONE RIBBON CARNIVAL



Hosted by Porirua City Aquatics

This meet is open to financial members of club's in the Gold Coast Zone

Tawa Pool

Warm up 5.00pm

Sunday 26th February 2017

Start 5.30pm

Door entry fees; Swimmers \$8.00 - cash only, eftpos is not available. Officials and spectators are free

ORDER OF EVENTS

Comp	Event
1	400 Freestyle
2	400 Medley
3	50 Freestyle
4	100 Freestyle
5	50 Breaststroke
6	100 Breaststroke
7	100 Medley
8	25 Butterfly
9	50 Butterfly
10	100 Butterfly
11	50 Backstroke
12	100 Backstroke
13	25 Breaststroke
14	200 Freestyle
15	200 backstroke
16	200 butterfly
17	200 breaststroke
18	200 medley

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

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

On-line entries via SNZ website close on 17th February 2017

CONDITIONS OF ENTRY.

To enter the following events swimmers must be able to swim the minimum entry times as listed

- 400m free – 200m free in under 3.20
- 400m medley – 200m medley in under 3m30
- 200m back, free & fly – 100m of the same stroke under 1m55
- 200m breaststroke – 100m breaststroke under 2 minutes
- 100m back, free & fly – 50m of the same stroke under 60 sec
- 100m breaststroke – 50m breaststroke in under 1m10s
- Maximum 3 swims per swimmer.
- Meet to be swum under SNZ/FINA Rules
- Those achieving a Personal Best time or new time will receive a best time ribbon.
- The Personal Best Trophy will be presented to the club achieving the most personal best times on a percentage basis. Clubs must have at least 4 swimmers enter the meet to be eligible.
- 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.

WARM UP RULES

- Team Managers and Coaches are responsible for swimmers' safety during the warm up.
- Warm up lanes (no diving, feet first entry) – Lane 2 Tawa, Lane 3 Raumati, Lane 4 Kapiti, Lane 5 Swimmers 14yrs and over, Lane 6 PCA.
- Diving throughout the warm up is only permitted in Lane 1 and Lane 7 from the start end with turn practise at the other end. Clubs must appoint a person to supervise diving.
- Swimmers must not swim across the lanes and may only enter and exit the lanes from the either end of the pool.

Duties: Clubs are to advise Adele Lloyd at adelton@xtra.co.nz their officials names by Sunday 19th February

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.

- 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

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

Meet organiser for the Gold Coast Viv Morton ph 234 7071 email president@swimporirua.co.nz