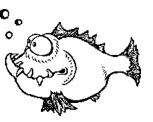
GOLD COAST SWIMMING ZONE **RIBBON CARNIVAL**

Tawa Pool, hosted by Tawa Swimming club

Open to members of PCA, Tawa, Raumati and Otaki Titan clubs.

CONDITIONS OF ENTRY.



Warm up 4.30-4.55pm

Free entry for Officials

Start time 5pm

Tawa Pool, Sunday 13 February 2022

ORDER OF EVENTS

Comp

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Monday 7 Feb or earlier if the

Times recorded at this Development Meet will be up-loaded to SNZ database for use as qualifying times. Times cannot not be used to break Regional and/or National records

PLEASE BRING THE CORRECT MONEY

To enter the following events swimmers must be able to swim the minimum entry times Event as listed 200 freestyle 400m free - 200m free in under 3.20 • 200 backstroke • 400m medley - 200m medley in under 3m30 200 butterfly 200m back, medley, free & fly - 100m of the same stroke under 1m55 200 breaststroke 200m breaststroke - 100m breaststroke under 2 minutes 200 medley • 100m back, free & fly – 50m of the same stroke under 60 sec • 100m breaststroke - 50m breaststroke in under 1m10s 50 freestyle • Maximum 3 swims per swimmer. 100 backstroke Meet to be swum under SNZ Policy 007 and local rules. • 25 Butterfly * Those achieving a Personal best or new time will receive a best time ribbon. 50 breaststroke The Personal Best Trophy will be presented to the club achieving the most personal • 100 medley best times on a percentage basis. Teams of at least 4 swimmers will be eligible. 100 breaststroke All participants must agree to comply with the Sports Anti-Doping Rules Para swimmers are eligible to compete at this meet. • 25 breaststroke* By entering this event swimmers agree to allow images (e.g. photography, video, 50 butterfly etc.) to be taken by accredited media approved by Swimming Wellington. Images 100 butterfly are only to be used for legitimate purposes by Swimming Wellington or Gold Coast 50 backstroke clubs in accordance with the SNZ Member Protection Policy. 100 freestyle WARM UP RULES 400 medley up. 400 freestyle All races will be mixed races, swum slowest to fastest. up lanes and must appoint a person to supervise diving. *There will be no diving in the 25m races Swimmers must not swim across the lanes and may only enter and exit the Note: the organisers reserve lanes from the either end of the pool. the right to alter the order **COVID RULES – NO SPECTATORS WILL BE ALLOWED AT THIS MEET** and/or combine events. Vaccine passes are required for those over 12yrs 3 mths. • On-line entries via SNZ website Everyone must sign in/contact tracing • will close at midnight on •

- meet is oversubscribed.

TEAM MANAGER AND COACHES. Two for teams up to 10, Three for teams up to 20, Four for teams over 19. OFFICIALS REQUIRED. One starter, 10 timekeepers incl. chief t/k plus 2 spare watches, two marshalls, one runner, two administration/office.

Clubs will be advised of their allocation after entry numbers are known. Named officials are to sign in.

The Organisers will not be liable for any loss, damage or injury suffered during this meet. For the Gold Coast Meet organisers Hugh Allan ph 027 4423 357 & Viv Morton 027 645 1146

Door entry \$8.00 for swimmers.

- Team Managers/ Coaches are responsible for swimmers' safety during the warm
- Club warm up lanes will be allocated by the organiser and advised at the meet.
- Clubs may organise Diving practise during the warm up in their allocated warm
 - Social distancing is to be observed.
 - Stay home if you are not well
- Swimmers are to arrive and go home in their togs to minimise contact / risk / lack of social distancing in the changing rooms