

GOLD COAST SWIMMING ZONE WOOLLAHRA TROPHY CARNIVAL

HOST CLUB, PORIRUA CITY AQUATICS

Open to swimmers from Otaki Titans, Raumati, Porirua City Aquatics and Tawa Swimming Clubs



Tawa Pool Sunday 20 MARCH 22	Swimmers door entry \$8.00 cash. All others – free entry. THERE WILL BE NO SPECTATORS AT THIS MEET	Warm up 4.30pm, Start 5pm
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Ev	Order of events
1	400 Freestyle
2	400 Medley
3	50 Backstroke
4	100 Freestyle
5	50 Breaststroke
6	100 Medley
7	25 Butterfly (Novice)
8	Relay Heat 12yrs & U 4x50 Fr
9	Relay Heat 13yrs & O 4x50 Fr
10	100 Breaststroke
11	25 breast (Novice)
12	50 Butterfly
13	100 Backstroke
14	50 Freestyle
15	100 Butterfly
16	200 Freestyle
17	200 Backstroke
18	200 Breaststroke
19	200 Butterfly
20	200 Medley
21	Relay Final 12yrs & U 4x50 Fr
22	Relay Final 13yrs & O 4x50 Fr

CONDITIONS OF ENTRY.

- Maximum 3 individual events per swimmer.
- Individual events will be swum as mixed races, slowest to fastest.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- This meet will be swum as a Development meet.
- Classified Para swimmers are eligible to compete at this meet.
- 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 SW or Gold Coast clubs in accordance with the SNZ Member Protection Policy.

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

- **400m free – 200m free in under 3m20**
- **400m medley – 200m medley in under 3m30**
- **200m back, medley, 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**

RULES FOR THE WOOLLAHRA TROPHY (age as the date of the meet)

- Points will awarded for best times on a percentage basis, e.g. if a club has 61% best times this will count as 61 points.
- Maximum of two relay teams per club per event.
- Relays teams will be handicapped for the final. Any team breaking their heat time by more than two seconds will be DQ'd
- Points for relays will be awarded for first to eight places as follows 8, 7, 6, 5, 4, 3, 2, and 1.

WARM UP LANES

- Team Managers/ Coaches are responsible for swimmers' safety during the warm up.
- 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 up lanes and must appoint a diving supervisor.
- Swimmers must not swim across the lanes and may only enter and exit the lanes from the either end of the pool.

COVID RULES – NO SPECTATORS WILL BE ALLOWED AT THIS MEET

- Vaccine passes are required for those over 12yrs 3 mths.
- Everyone must sign in/contact tracing
- 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

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

On-line entries via SNZ database will close at midnight on Sunday 13 March or earlier if the meet is oversubscribed.

Relay entries will be taken on the night.

Officials are advised to bring a water bottle

TEAM MANAGERS, COACHES AND OFFICIALS. *After the entries close clubs will be advised of numbers required/allowed. Named officials, coaches and managers are to sign in.*

Organiser, Development Meet Brent Harris ph 027 4891 120. Gold Coast Contact Viv Morton ph 027 645 1146

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