

GOLD COAST SWIMMING ZONE

RIBBON CARNIVAL

HOST CLUB, Porirua City Aquatics

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



Tawa Pool

Sunday 12 June 2022

Warm up 4.30pm

Start 5.00pm

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

ORDER OF EVENTS

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

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 midnight on 6 June 2022

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, 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**
- Maximum 3 swims per swimmer.
- Meet to be swum under SNZ/FINA Rules/Local Rules. The Protest fee is \$50.00, to be paid when protest is lodged.
- 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
- Classified para swimmers are eligible to compete at this meet. Para swimmers must report to the technical director prior to warm up.
- 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.
- Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the start of the meet.

WARM UP RULES

- Warm up will commence at 4.30pm and finish at 4.55pm. Team Managers and Coaches are responsible for swimmers' safety during the warm up.
- Clubs warm up lanes will be allocated by the referee and advised at the meet. Allocation will be made on entry numbers from each club.
- Diving in each lane may commence from 4.45pm at the discretion of the Team Manager or Coach supervising the lane. Swimmers must not swim back to the start end once Diving has commenced.
- 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 officials@swimporirua.co.nz names by 5pm on 6 June 2022

OFFICIALS ARE ADVISED TO BRING A WATER BOTTLE

DUTY CLUB: Two marshalls, Starter, Chief timekeeper, two runners, two door people.

ALL CLUBS: Timekeepers – Tawa 12, other clubs 7 each

The Organisers will not be liable for any loss, damage or injury suffered during this meet.
For the Gold Coast, Technical Director Brent Harris and Meet organiser Viv Morton ph 234 7071