



## TIME TRIALS : Thursday 7 July 2022

Warm up 6.15pm : Start 6.45 pm

1	200	IM
2	25	Free
3	50	Fly
4	100	Back
5	25	Breast
6	50	Free
7	100	Fly
8	25	Fly
9	50	Breast
10	100	Free
11	50	Back
12	100	Breast
13	100	IM
14	200	Back

### Conditions of Entry

- 1. We would greatly appreciate it if a parent or caregiver can stay to assist with running time trials – timekeepers are essential to the event and you get to present the PB ribbons to the swimmers.***
2. You must be at the pool by 6.00pm on Thursday.
3. You can swim a maximum of 3 events.
4. Please do not enter events one after another – there is not enough time for swimmers to recover and return to marshalling.
5. Squad swimmers are not allowed to enter 25m events.
6. Club swimmers are not allowed to enter 200m events.
7. If you have any issues with your entry, please email Vicky on [racesec@swimtawa.org.nz](mailto:racesec@swimtawa.org.nz)

8. The meet will be swum under SNZ Policy 007 and local rules. Times will be entered into the SNZ database. This meet is considered a "Development" meet by SNZ. Under a change in SNZ policies (due to COVID), times from Development meets are currently able to be used as qualifying times for regional meets and NZ Short Course. Disqualification Forms (DQs) will be written up for the purpose of assisting coaches, but swimmers will not be "disqualified".
9. Age is as at 7th July 2022. The meet is open to Tawa Swimming Club registered recreational, club and competitive swimmers.
10. Entries will be via the SNZ Database. Entries close at 6.00pm, Tuesday 5th July 2022. Late entries will not be accepted.
11. NT (No Times) are accepted for all events. Swimmers may only enter up to three events.
12. Marshalling will be next to the toddler pool.
13. Pool entry will be payable at the door.
14. All participants must agree to comply with the Sports Anti-Doping Rules.
15. Para swimmers are eligible to compete at this meet. Para swimmers must present their classification card to the Meet Referee prior to the commencement of the meet.
16. Tawa Swimming Club reserves the right to restrict entries, combine events or alter the programme.
17. Participants who have entered this event agree to allow images (e.g. photography, video, etc.) to be taken. Images are only to be used for legitimate purposes by Swimming Wellington or Tawa Swimming Club in accordance with the SNZ Member Protection Policy.
18. All swimmers entering this meet must provide an official or person to assist with running the meet as required.
19. Tawa Swimming Club will not be liable for any loss, damage or injury that may occur at this meet.
20. Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Meet Referee prior to the start of the meet.
21. Protests shall be lodged as per SNZ Regulation 008.
22. The organisers reserve the right to change any aspect of the event to meet COVID-19 health restrictions in place at the time of the meet.