

GOLD COAST SWIMMING ZONE CHOCOLATE AND RIBBON CARNIVAL

Tawa Pool, hosted by Tawa Swimming club

Open to ALL members of PCA, Tawa, Raumati & Otaki Titan swimming clubs.



Tawa Pool, Sunday
12 February 2023

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

Warm up 3pm -3.25pm
Start time 3.30pm

Door entry \$8.00 for swimmers.

PLEASE BRING THE CORRECT MONEY

Free entry for Officials

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 | 25 breaststroke* |
| 13 | 50 butterfly |
| 14 | 100 butterfly |
| 15 | 50 backstroke |
| 16 | 100 freestyle |
| 17 | 400 medley |
| 18 | 400 freestyle |

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

*Conditions for 25m races

- **New swimmers only**
- **No diving**

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

On-line entries via SNZ website will close at midnight on Monday 6 Feb or earlier if the meet is oversubscribed.

CONDITIONS OF ENTRY.

This meet is open to Competitive, Club and Recreational swimmers.

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. No times will be accepted.
- Meet to be swum under SNZ, FINA & local rules. Protest fee is \$50.00
- Those achieving a Personal best or new time will receive a best time ribbon and a chocolate bar.
- The Personal Best Trophy will be presented to the club achieving the most personal best times on a percentage basis. Teams of at least 4 swimmers will be eligible.
- All participants must agree to comply with the Sports Anti-Doping Rules
- Para swimmers are eligible to compete at this meet.
- Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to 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/ 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 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 provide officials names as listed to Lisa McPhail, officials@swimtawa.org.nz by Wed 8 Feb.

- Timekeepers PCA and Tawa 6 each. Otaki & Raumati 4 each
- Qualified IOTs and Trainees are welcome. Names to be supplied
- One person from each club to assist at the desk

Meet organiser for the Gold Coast: Viv Morton phone 027 645 1146

Duty club to organise: Starter, Chief timekeeper, Marshall (2), Runners (2), door people (2)

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

Technical Director: Hugh Allan ph 0274 423 357

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