

GOLD COAST SWIMMING ZONE WOOLLAHRA TROPHY CARNIVAL

HOST CLUB, Raumati Swimming Club. Assisted by Otaki Titans

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



Coastlands Pool Sunday 19 MARCH 23	<i>Times recorded at this Development Meet will be up-loaded to SNZ database for use as regional qualifying times but can not be used to break Regional and/or National records</i>	Warm up 4.30pm, Start 5pm
Door entry \$8.00 for swimmers. PLEASE BRING THE CORRECT MONEY Free entry for Officials & spectators		

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.

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

While this is a Development Meet, if there are sufficient qualified Technical Officials the meet will be swum according to FINA/SNZ and Local rules, including DQ's for rule infringements. Protest fee will be \$50.00

- 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.
- Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate & sighted by the Technical Director prior to the meet.
- 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 based on club entries.
- 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.

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 12 March or earlier if the meet is oversubscribed.

Relay entries will be taken on the night.

<p>Duties: Clubs are to provide officials names as listed to Marco Cecioni nzcecioni@hotmail.com by Wed 15 March.</p> <ul style="list-style-type: none"> • Timekeepers PCA and Tawa 10 each. Otaki & Raumati 5 each • Qualified IOTs and Trainees are welcome. Names to be supplied <p>Gold Coast meet organiser is Fiona Morrison E; racesec@raptors.nz</p>	<p>Host club to organise: Starter, Chief timekeeper, Marshall (1).</p> <p>Assisting club Runners (2), door people (2)</p> <p>Officials are advised to bring a water bottle</p> <p>Technical Director: Marco Cecioni ph 021 205 6577</p>
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The Organisers will not be liable for any loss, damage or injury suffered during this meet.