

GOLD COAST SWIMMING ZONE CHOCOLATE & RIBBON CARNIVAL

HOST CLUB, Raumati with Otaki Titans assisting.

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

Coastlands Pool,
Sunday 5 Nov 23

Door entry \$8.00 for swimmers.

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

PLEASE BRING THE CORRECT MONEY



Warm up 4.30pm

Start time 5pm

Free entry for all others.

ORDER OF EVENTS		CONDITIONS OF ENTRY.
Ev no.	Event	<p><i>This meet is open to Competitive, Club and Recreation swimmers.</i> To enter the following events swimmers must be able to swim the minimum entry times as listed,</p> <ul style="list-style-type: none"> ● 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/World Aquatics/Local Rules. ● The Protest fee is \$50 to be paid when a protest is lodged. ● 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. Clubs of at least 4 swimmers will be eligible. ● All participants must agree to comply with the Sports Anti-Doping Rules ● Classified para swimmers are eligible to compete at this meet and must report to the technical 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 muscle/joints is not permitted unless supported by a doctors or physio certificate that is to be sighted by the Technical Director prior to the start of the meet.
1	400 freestyle	
2	400 medley	
3	50 breaststroke	
4	100 freestyle	
5	25 backstroke	
6	50 butterfly	
7	100 backstroke	
8	25 breaststroke	
9	100 medley	
10	50 freestyle	
11	100 breaststroke	
12	25 butterfly	
13	50 backstroke	
14	100 butterfly	
15	25 freestyle	
16	200 backstroke	
17	200 butterfly	
18	200 breaststroke	
19	200 freestyle	
20	200 medley	
<p>All races will be mixed races, swum slowest to fastest. <i>Note: the organisers reserve the right to alter the order and/or combine events.</i> On-line entries via SNZ website will close at midnight on Tuesday 31 October</p>		<p>WARM UP RULES</p> <ul style="list-style-type: none"> ● Team Managers/Coaches are responsible for swimmers' safety during the warm up. ● Club warm up lanes will be allocated by the organiser, based on team entry numbers and advised at the meet. ● Club/Coach supervised diving in each lane is permitted from 4.45pm ● Swimmers must not swim across the lanes and may only enter and exit the lanes from the either end of the pool during the warm up.

Duties: Clubs are to provide officials names as listed to Dean Adams officials@raptors.nz by Wed 1 October

- Timekeepers PCA & Tawa 10 each. Otaki & Raumati 5 each
- Qualified IOTs & Trainees are welcome. Names to be supplied

Gold Coast meet organiser is Fiona Morrison,
Email racesecc@raptors.nz

Host club to organise: Starter, Chief timekeeper, Marshall (1).
Assisting club Runners (2), door people (2)
Officials are advised to bring a water bottle
 Technical Director:
 Marco Cecioni ph 021 205 6577

