

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 May 2024

*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 4pm -4.25pm
Start time 4.30pm

Door entry \$8.00 for swimmers.

PLEASE BRING THE CORRECT MONEY

Free entry for all others

ORDER OF EVENTS

Comp	Event
1	400 freestyle
2	400 medley
3	50 freestyle
4	25 backstroke
5	100 backstroke
6	25 Butterfly
7	50 breaststroke
8	100 medley
9	100 breaststroke
10	25 breaststroke
11	50 butterfly
12	100 butterfly
13	50 backstroke
14	100 freestyle
15	25 freestyle
16	200 freestyle
17	200 backstroke
18	200 breaststroke
19	200 butterfly
20	200 medley

**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
Sunday 5 May 2024

CONDITIONS OF ENTRY.

This meet is open to Competitive, Club and Recreation 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
- Note - As 200s are often combined it is not advised swimmers enter two 200s.*
- 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 Local Rules. DQs for stroke infringement may be given if there are sufficient officials on pool deck.
- 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
- Para swimmers are eligible to compete at this 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.
- 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 4pm and finish at 4.25pm. 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 4.15pm 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 provide officials names as listed to Blair St Just on officials@swimporirua.co.nz by Wed 7 May.

- 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: Brent Harris 027 489 1120