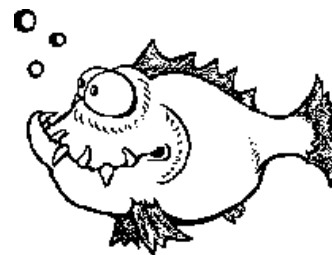


GOLD COAST SWIMMING ZONE

RIBBON CARNIVAL

HOST CLUB, Tawa

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



Tawa Pool, Sunday
30 June 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	200 freestyle
2	200 backstroke
3	200 butterfly
4	200 breaststroke
5	200 medley
6	50 freestyle
7	25 breaststroke
8	100 backstroke
9	25 Butterfly
10	50 breaststroke
11	100 medley
12	25 backstroke
13	100 breaststroke
14	50 butterfly
15	100 butterfly
16	50 backstroke
17	100 freestyle
18	25 freestyle
19	400 medley
20	400 freestyle

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 Monday 24 June 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 to 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 infringements 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 warmup.
- 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 the officials co-ordinator officials@swimtawa.org.nz by Wed 26 June.

- Timekeepers PCA and Tawa 6 each. Otaki & Raumati 4 each
- Qualified IOTs and Trainees are welcome. Names to be supplied

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.

• One person from each club to assist at the desk
Meet organiser for the Gold Coast: Viv Morton phone 027 645 1146

Technical Director: Hugh Allan ph 0274 423 357