

GOLD COAST SWIMMING ZONE CHOCOLATE & RIBBON CARNIVAL

HOST CLUB, Tawa Swimming Club.

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

**Tawa Pool, Sunday
17 August**

*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*

Door entry \$10.00 for swimmers.

PLEASE BRING THE CORRECT MONEY



Warm up 3.30-3.55pm

Start time 4 pm

Free entry for all others.

| ORDER OF EVENTS | | CONDITIONS OF ENTRY. |
|---|------------------|--|
| Ev no. | Event | <p><i>This meet is open to SNZ-registered Competitive swimmers.</i></p> <p>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. No times will be accepted. ● Meet to be swum under SNZ and local rules. DQs for stroke infringement may be given if there are sufficient officials on pool deck. ● 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. ● 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. <p>WARM UP RULES</p> <ul style="list-style-type: none"> ● Warm up will commence at 3.30pm and finish at 3.55pm. 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 3.45pm. 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 either end of the pool during the warm up. <p style="text-align: center;">HOST CLUB MAY RUN A RAFFLE</p> <p style="text-align: center;"><i>Note: the organisers reserve the right to alter the order and/or combine events.</i></p> |
| 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.</p> <p>On-line entries via SNZ website will open on 10 July and close at 11.59pm on Mon 11 Aug.</p> <p>Note - *25m race are for novice swimmers only</p> | | |

Technical Director Hugh Allan ph 0274423 357

Meet entries Vicky Gibbs racesec@swimtawa.org.nz

All clubs are to advise Lisa McPhail/Jane Clark (officials@swimtawa.org.nz) of their officials by Wed. 13 August 2025

Duty Club;

Marshalls – Starter
Chief time keeper
Runners – door people

All Clubs: A minimum of six timekeepers and two IOTs.

PCA and Raumati – each club is to provide a person to assist on the 'Chocolate' table.
The Organisers will not be liable for any loss, damage or injury suffered during this meet.
Officials are advised to bring a drink bottle