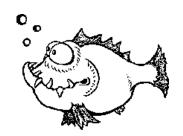
GOLD COAST SWIMMING ZONE

RIBBON CARNIVAL

HOST CLUB, OTAKI with RAUMATI assisting

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



Coastlands Pool, Sun. 14 Sept. 25 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 \$10.00 for swimmers.

PLEASE BRING THE CORRECT MONEY

Free entry for all others

ORDER OF EVENTS		
Ev no and 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 11yrs &	
	over	
20	400 freestyle 11yrs	
	& over	

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 Fastlane open on 14 Aug close at midnight on Sun. 7 Sept 25

CONDITIONS OF ENTRY.

This meet is open to financial Competitive 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. No times entries will be accepted.
- Meet to be swum under SNZ and 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.

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.

HOST CLUB MAY RUN A RAFFLE

Meet organiser Seuga Frost otakitsc@gmail.com

Meet entries Sara otakiracesec@gmail.com

All clubs are to advise Mike Watkins otakisc@gmail.com of their officials by Tuesday 9 Sept 2025

Duty Club;	Assisting Club:	All Clubs A minimum of nine timekeepers and three IOTs.
Marshall - Starter	A second assistant marshall,	The Organisers will not be liable for any loss, damage or injury
Two door people	chief time keeper, Two	suffered during this meet.
	runners	Officials are advised to bring a drink bottle