

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	<i>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</i>	Warm up 4pm -4.25pm Start time 4.30pm
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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; Marshall - Starter Two door people	Assisting Club: A second assistant marshall, chief time keeper, Two runners	All Clubs A minimum of nine timekeepers and three IOTs. <i>The Organisers will not be liable for any loss, damage or injury suffered during this meet.</i> Officials are advised to bring a drink bottle
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