



Tawa Swimming Club and Porirua City Aquatics' DASH FOR CASH LONG COURSE NATIONAL QUALIFYING MEET

Saturday 11 October 2025

Te Ngaengae Pool, 12 Everest Avenue, Naenae

Doors Open 3.30pm; Warm up 4.00 – 4.25pm; Racing starts 4.30pm

Events: 1. 1500Free* 2. 50 Fly 3. 200 Back 4. 100 Free 5. 200 Fly 6. 50 Breast 7. 100 Back 8. 200 Breast 9. 100 Fly 10. 400 Free 11. 400 IM	<i>Entries close 11.59pm, Sunday 5 October 2025</i> <i>\$12.00 per event</i> <i>Maximum of four events</i> <i>Great opportunity to get qualifying times for SW Summer Champs and all the upcoming National meets</i>
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*For the 1500m, only two heats will be held for this event, with the fastest 10 male and fastest 10 female swimmers entries accepted first (swimmers must be 12Y&O). If either gender is undersubscribed, then the event will be made up of the next fastest of the other gender. Swimmers who miss out can email their alternative event or receive a refund.

**Swimmers who compete in at least three events will be eligible for one of the four cash prizes of \$50.00 to be drawn at the end of the meet.
Swimmers must be present at the draw to claim their prize.**

MEET CONDITIONS AND INFORMATION

1. Meet will be swum Long Course under Swimming New Zealand (SNZ) rules and policies and Swimming Wellington (SWN) policies except where local rules and conditions apply.
2. Meet is an Officiated Meet and is open to all financial SNZ registered competitive swimmers.
3. Events will be swum as timed finals, mixed gender and seeded slowest to fastest. Over-the-top starts will apply. Events will be marshalled.
4. Maximum 4 events per swimmer. **2 NTs are allowed.**
5. All times must be held on the SNZ database. Converted times are accepted. Age as at 11 October 2025.
6. Entries will be via the SNZ Fastlane system <https://fastlane.swimming.org.nz/login> and close at 23:59:59 (Midnight) on Sunday 5 October 2025. Late entries will **not** be accepted.
7. Entry fees are \$12.00 per event. Payment is required when entering.
8. If the maximum number of swimmers are entered prior to entry closing date, the meet entries will close early.
9. For the 1500m freestyle, swimmers must be 12 years or older. Only two heats will be held for this event, as per the note on the preceding page.
10. Protests may be submitted in accordance with SNZ Policy 008 (to the referee in writing on the SNZ protest form by the team manager within 30 minutes following the conclusion of the respective event). The protest must be accompanied with \$100 (cash).
11. The organisers reserve the right to restrict entries, combine events or alter the programme.
12. Para Swimmers must report to the Technical Director no later than 10 minutes before warm-up.
13. For withdrawals, email racesec@swimtawa.org.nz by 5.00pm on Thursday 9 October 2025. Withdrawals after this time are to be advised to the recorder's desk at the venue 30 minutes before the start of the meet. Refunds for withdrawals **may** be considered with a medical certificate provided.
14. The final programme will be sent to clubs and will be available on the Tawa website, www.swimtawa.org.nz Friday 10 October after 12 noon. Printed programmes for nominated coaches & team managers will be available as follows: 1–10 swimmers (2); 11–20 (3); 21+ (4).
15. There will be an Officials Meeting in the meeting room at 4.10pm.
16. Entry for spectators is a gold coin.
17. SWN pool entry passes are to be used by Swimmers, Coaches and Team Managers. Officials are to sign in.
18. The Organisers will not be liable for any loss or damage during the period of the meet. All participants must agree to comply with the Sports' Anti-Doping Rules.
19. The Organisers reserve the right to amend the program if necessary, and to restrict entries.
20. Clubs are required to provide at least 2 IOT and 2 timekeepers, however Clubs with higher number of entries may be asked to provide more. Please send names to officials@swimtawa.org.nz no later than Monday 6 October 2025.
21. By entering this meet participants agree to allow images (e.g. photography, video, etc.) to be taken by accredited media approved by SWN. Images are only to be used for legitimate purposes by SWN, Tawa or PCA in accordance with the SNZ Member Protection Policy.
22. Strapping on a swimmer is not permitted unless sighted prior to the meet by the Meet Referee and supported by a doctors/physio certificate/letter.

WARM UP PROTOCOL:

23. Entry to the pool during warm-up will be feet first only.
24. Lanes 0-9: General Swimming with only feet first entry applicable in all lanes
25. Lanes 0/1/2 and 7/8/9 to become diving lanes at 4.15pm
26. Lane 2 is a designated pace lane; Lane 0: Designated to para swimmers.
27. Lane 9 is available for para-swimmers, if required, only between 4.30 and 4.45pm