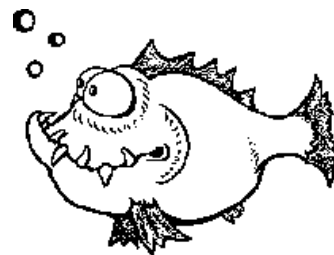


GOLD COAST SWIMMING ZONE RIBBON CARNIVAL

Tawa Pool, hosted by Porirua City Aquatics

Open to PCA, Tawa, Raumati and Otaki Titan swimmers who did not swim at Swim Wellington's November Tier one meet or who swum less than four events at Wellington Junior championships (Nov 20/21).



Tawa Pool, Sunday 28 November 2021	<i>Times recorded at this Development Meet will be up-loaded to SNZ database for use as qualifying times. Times cannot not be used to break Regional and/or National records</i>	Warm up 5- 5.25pm Start time 5.30pm
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Door entry \$8.00 for swimmers.

PLEASE BRING THE CORRECT MONEY

Free entry for Officials

ORDER OF EVENTS

Comp	Event
1	400 Freestyle
2	400 Medley
3	50 Freestyle
4	100 Freestyle
5	50 Breaststroke
6	100 Breaststroke
7	100 Medley
8	25 Butterfly*
9	50 Butterfly
10	100 Butterfly
11	50 Backstroke
12	100 Backstroke
13	25 Breaststroke*
14	200 Freestyle
15	200 backstroke
16	200 butterfly
17	200 breaststroke
18	200 medley

All races will be mixed races, swum slowest to fastest.

***There will be no diving in the 25m races**

Note: the organisers reserve the right to alter the order and/or combine events.

On-line entries via SNZ website will close at midnight on Sunday 21 November, or when 50 swimmers have entered, whichever is earlier.

CONDITIONS OF ENTRY.

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
- 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 SNZ Policy 007 and local rules.
- Those achieving a Personal best 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. Teams of at least 4 swimmers will 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

- Team Managers/ Coaches are responsible for swimmers' safety during the warm up.
- Club warm up lanes will be allocated by the organiser and advised at the meet.
- Clubs may organise Diving practise during the warm up in their allocated warm up lanes. Clubs must appoint a person to supervise diving.
- Swimmers must not swim across the lanes and may only enter and exit the lanes from the either end of the pool.

COVID RULES

- Stay home if you are unwell
- Masks are to be worn by everyone 12 and over
- Social distancing to be observed (1m for swimmers, 2m officials)
- Swimmers are to arrive and go home in their togs to minimise contact / risk / lack of social distancing in the changing rooms

TEAM MANAGEMENT. One team manager for teams less than 10, two for teams of 10 or more.

OFFICIALS REQUIRED. One starter, 10 timekeepers incl. chief t/k plus 2 spare watches, two marshalls, one runner, two administration/office. *Clubs will be advised of their allocation after entry numbers are known.*

Only named officials will be allowed entry to the pool.

*The Organisers will not be liable for any loss, damage or injury suffered during this meet.
For the Gold Coast Meet organisers Brent Harris 027 4891 120 & Viv Morton 027 645 1146*