

**GOLD COAST SWIMMING ZONE  
TAWA SWIMMING CLUB  
PAEKAKARIKI SHIELD RELAYS  
and CHOCOLATE CARNIVAL**



Open to swimmers from Kapiti, Raptors, Porirua City Aquatics & Tawa Swimming Clubs

Tawa Pool

Sunday 30<sup>th</sup> April 2017

Duty Club Tawa

Warm up 5pm

Start 5.30pm

Entry fees; Swimmers \$8.00 – cash only, no EFTPOS

Officials and spectators are free

**ORDER OF EVENTS**

1. 50 Backstroke
2. Girls 9yrs and under 4x25m freestyle relay
3. Boys 9yrs and under 4x25m freestyle relay
4. Girls 10/11yrs 4x25m freestyle relay
5. Boys 10/11yrs 4x25m freestyle relay
6. Girls 12/13yrs 4x25m freestyle relay
7. Boys 12/13yrs 4x25m freestyle relay
8. Girls 14yrs and over 4x25m freestyle relay
9. Boys 14yrs and over 4x25m freestyle relay
10. 50 breaststroke
11. 25 Butterfly (Novice)
12. 50 Butterfly
13. Boys &/or Girls 9yrs & U 4x25m medley relay
14. Boys &/or Girls 10/11yrs 4x25m medley relay
15. Boys &/or Girls 12/13yrs 4x25m medley relay
16. Boys &/or Girls 14yrs & O 4x25m medley relay
17. 50 Freestyle
18. Flying Squadron relay 8x25m freestyle relay  
(one boy and one girl from each age group.)

*Note; The organisers reserves the right to alter the order and/or combine events.*

**WARM UP RULES;** Team Managers/Coaches are responsible for swimmers' safety during the warm up. Diving is permitted in Lanes 1 & 7 for the duration of the warm up. Swimmers are to exit the pool ONLY from the ends.

**CONDITIONS OF ENTRY**

- The meet will be swum under SNZ/FINA and local rules
- Maximum swims - two individual events. No times will be accepted. Individual events will be swum as mixed races, slowest to fastest.
- Those achieving a Personal Best will receive a PB ribbon and a Chocolate Bar
- Clubs with four or more entrants will be awarded points on a percentage basis for Personal Best swum in individual events. The winning club will win the Best time Trophy.
- All participants must agree to comply with the Sports Anti-Doping Rules
- Para swimmers are eligible to compete at this meet and shall compete under the IPC Swimming Rules. Para swimmers must present their classification card to the Meet Director prior to the commencement of the 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 Swim Wellington or Gold Coast clubs in accordance with SNZ's Member Protection Policy.
- On-line entries for individual events close at midnight on 17<sup>th</sup> April 2017

**WARM UP & RELAY LANES**

- |                          |           |                            |
|--------------------------|-----------|----------------------------|
| 1. Diving start end only | 2. Kapiti | 3. Raumati                 |
| 4. Swimmers 14yrs & over |           | 5. PCA                     |
| 6. Tawa                  |           | 7. Diving, start end only. |

**CONDITIONS OF ENTRY FOR PAKAKARIKI SHIELD RELAY ENTRIES (Relay entries will be taken at the meet)**

- Age is as at the date of the meet. All club members are eligible for relay selection
- Swimmers must swim in their own age group – there will be no swimming up/down and no exhibition swims. Swimmers may only swim once in any relay team/event.
- Clubs may enter more than one relay team in each event, naming the teams 'A,B,C etc'. Only the A team will score.
- Clubs are to write up an entry card for each relay team, showing the event number, event name (9yrs &U boys Free) team name (Tawa A etc) and the swimmers names and dates of birth. These are to be submitted by 5.15pm
- Points will be awarded as follows; 4x25m 6,5,4,3,2,1. 8X25m 8,6,4,3,2,1.

**Duties:** All clubs are to provide officials as listed below, to Hugh Allan at [Hugh.Allan@xtra.co.nz](mailto:Hugh.Allan@xtra.co.nz) by Monday 24<sup>th</sup> April.

- PCA and Tawa 6 each
- Kapiti and Raumati 4 each
- One person to assist at the desk

Meet organiser for the Gold Coast Viv Morton phone 234 7071

Duty club to organise

- Marshall and assistant
- Chief timekeeper
- Starter
- Two runners and two door people
- Two referees/judge of stroke

*The Organisers will not be liable for any loss, damage or injury suffered during this meet.*