

GOLD COAST SWIMMING ZONE
COMBINED CLUBS'
LONG COURSE CARNIVAL

(This meet is open to members of clubs in the Gold Coast Zone Region.)



Naenae Pool
SATURDAY 11th November 2017

Warm up 5.00pm
Start 5.30pm

Door Charge; Swimmers \$8.00 – cash only – eftpos is not available. Spectators & officials free other

ORDER OF EVENTS

Ev no	
1	400 Freestyle
2	400 Medley
3	50 Butterfly
4	50 Backstroke
5	100 Backstroke
6	100 Breaststroke
7	200 Freestyle
8	100 Freestyle
9	200 Medley
10	100 Butterfly
11	200 Backstroke
12	50 Breaststroke
13	50 Freestyle
14	200 Butterfly
15	200 Breaststroke

All events 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 SNZ database, open on 16th October and close at midnight on Saturday 4th November.

Entry cards are not required.

Meet Manager generated deck cards will be used.

CONDITIONS OF ENTRY.

- Meet to be swum under SNZ/FINA and Local rules.
- Maximum 3 events per swimmer.

To enter the following events swimmers must be able to swim the minimum entry times as listed

- **400m free – 200m free in under 3m20s**
- **400m medley – 200m medley in under 3m30s**
- **200m back, free & fly – 100m of the same stroke under 1m55s**
- **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**

- Gold Coast Clubs with at least four swimmers competing will be awarded points for best times on a percentage basis. The Personal Best Trophy will be presented to the winning club. Individuals recording a best time will receive a Best Time ribbon.
- 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 the SNZ Member Protection Policy.

WARM UP RULES

- Team Managers/Coaches are responsible for the safety of swimmers during the warm up.
- Feet first entry only in the following allocated warm up lanes. Lane 2 PCA, Lane 3 Raumatī, Lane 4 Tawa, Lane 5 Kapiti, Lane 6 is restricted to swimmers 14 years and over.
- Diving is permitted in lanes 1 & 7 only at the diving board end, with turn practise at the shallow end, for the duration of the warm up.
- During the warm up swimmers must not swim across the lanes and must enter and/or exit the pool from either end.

Duties All clubs are to advise Hugh Allan at Hugh.Allan@xtra.co.nz the names of their officials no later than Friday 3rd November

- Five timekeepers
- Three inspector of turns
- One recorder/ desk helper

Other duties and equipment required.

Note extra runners are required to take the deck cards to the other end in the 50m events.

P.C.A. – Three key officials (one referee and two judges of stroke) and two runners, also to supply/bring stop watches and clip boards, refreshment people

TAWA – One referee/JOS, Starter with starting equipment, Assistant marshall, a runner

RAUMATI – Marshall, Chief time keeper, a runner KAPITI – Two door people, two runners.

Meet organiser Viv Morton 2347071 and Hugh Allan 232 7910

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