

# GOLD COAST SWIMMING ZONE WOOLLAHRA TROPHY CARNIVAL

HOST CLUB, RAUMATI, with Otaki Titans assisting

Open to swimmers from Kapiti, Raumati, Porirua City Aquatics and Tawa Swimming Clubs



|  |  |                              |
|--|--|------------------------------|
| Coastlands Aquatic Centre<br>Sunday 5 April 2020 | <b>Door entry fees – Cash only - no Eftpos</b><br><b>Swimmers \$8.00, all others, including Officials free</b> | Warm up 5pm,<br>Start 5.30pm |
|--|--|------------------------------|

| Ev | Order of events                  |
|----|----------------------------------|
| 1  | 400 Freestyle                    |
| 2  | 400 Medley                       |
| 3  | 50 Backstroke                    |
| 4  | 100 Freestyle                    |
| 5  | 50 Breaststroke                  |
| 6  | 100 Medley                       |
| 7  | 25 Butterfly (Novice)            |
| 8  | Relay Heat<br>12yrs & U 4x25 Fr  |
| 9  | Relay Heat<br>13yrs & O 4x25 Fr  |
| 10 | 100 Breaststroke                 |
| 11 | 25 freestyle (Novice)            |
| 12 | 50 Butterfly                     |
| 13 | 100 Backstroke                   |
| 14 | 50 Freestyle                     |
| 15 | 100 Butterfly                    |
| 16 | 200 Freestyle                    |
| 17 | 200 Backstroke                   |
| 18 | 200 Breaststroke                 |
| 19 | 200 Butterfly                    |
| 20 | 200 Medley                       |
| 21 | Relay Final<br>12yrs & U 4x25 Fr |
| 22 | Relay Final<br>13yrs & O 4x25 Fr |

**CONDITIONS OF ENTRY.**

- Maximum 3 individual events per swimmer.
- Individual events will be swum as mixed races, slowest to fastest.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Swum under SNZ/FINA and local rules. Protest fee \$50.00
- Classified Para swimmers are eligible to compete at this meet. Para swimmers must report to the Technical Director prior to warm up.
- Participants who have entered this event 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 SW or Gold Coast clubs in accordance with the SNZ Member Protection Policy.
- Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the meet.

**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**

**RULES FOR THE WOOLLAHRA TROPHY** (age as at 5 April 2020)

- Points will awarded for best times on a percentage basis, e.g. if a club has 61% best times this will count as 61 points.
- Maximum of two relay teams per club per event.
- Relays teams will be handicapped for the final. Any team breaking their heat time by more than two seconds will be DQ'd
- Points for relays will be awarded for first to eight places as follows 8, 7, 6, 5, 4, 3, 2, and 1.

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

**Entries will be on-line via SNZ database, closing at midnight on 29 March. Relay entries will be taken on the night.**

**WARM UP LANE** will be allocated by the referee and advised at the meet depending entry numbers.

**WARM UP RULES.** Team Managers & Coaches are responsible for swimmers safety during the warm up.

**DIVING** for the duration of the warm up is only permitted in Lanes 0 & 9 from the start end. Swimmers must not swim across the lanes & may only exit the pool at the ends, except for those diving who must exit at the side. Clubs must appoint a person to supervise diving.

**DUTIES;** All clubs are to provide officials as follows and [officials@raptors.nz](mailto:officials@raptors.nz) with names no later than 29 March 2020

| <u>Duty club</u>  | <u>Assisting Club</u>                                       | <u>All clubs</u>  |
|---|---|---|
| Marshall And Starter<br>Two door people<br>To arrange one referee & 2 x JOS | Assistant Marshall<br>Two Chief time keepers<br>Two runners | IOT's (qualified) Tawa & PCA three each<br>Raumati & Otaki Titans two each<br>Timekeepers PCA & Tawa nine each<br>Raumati & Otaki Titans six each |

Technical Director Marco Cecioni ph 021 205 6577. Gold Coast Contact Viv Morton ph 234 7071

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