

Porirua City Aquatics 100m Handicap Trophy Meet
Monday 19th June 2017,
Cannons Creek Pool, 6pm warm up for a 6.30pm start.

This replaces all Junior Squad training at Cannons Creek.

Due to the council's diving ban – everyone will start in the water.

All swimmers who can swim 100m freestyle should enter – this is a really fun event.

Entries close on Monday 12th June 2017

To enter swimmers need to have a current 50m or 100m time. Those without a time should speak to their coach and organise a time trial.

In the first round everyone competes in the handicapped heats swum over 100m freestyle. Thirty six swimmers then move through to the semi-finals. These 36 swimmers are the top placegetters from the heats. Depending on how many heats there are, it may be the first 3 or 4 swimmers from each the heat. The winner of each semi-final then competes in the grand final. Each round is re-handicapped.

As swimmers 'drop out' they will be put into one of six relay teams. All teams swim in the relay heats to establish a time and then swim a handicapped relay final. Teams improving their time by more than four seconds will be disqualified. (*We are awake to those who think they can swim slow in the heats to win the final!*)

An explanation of handicapped swimming. Take two swimmers, one is 10 seconds faster than the other. When the race starts the starters shouts 'Go', and then counts the seconds. The slower swimmer starts on 'Go' and the faster swimmer starts when the starter gets to '10' – if both swimmers are swimming up to their best they will finish at the same time.

Imagine six swimmers in a race, all starting at different times and finishing within splits of each other – how exciting!

To enter write your name on the list on the noticeboard or email the race secretary. Late entries cannot be accepted.