

HAVE - A - GO RACE NIGHT



Friday 29th September 2017, Cannons Creek Pool, 6pm warm up 6.30pm start

Race night is targeting all club swimmers and Penguins, Seals and Swordfish squad swimmers.

Come along and Have-a-Go – entries taken on the night.

This meet is not about winning – it is about Having a Go, learning to race, learning race rules and establishing a club time..

Times will not be official.

Penguins training will be cancelled on Friday 29th

Sharks are welcome to attend, maybe try something new.

Entry restrictions

- Only new swimmers & swimmers 8 years and under may enter 25m freestyle and backstroke.
- Swordfish swimmers may not enter 25m freestyle, backstroke or breaststroke.

Events

1. 100m freestyle
2. 25m freestyle
3. 50m backstroke
4. 25m breaststroke
5. 50m butterfly
6. 200m freestyle
7. 75m *reduced* medley – Bk, Br, Fr.
8. 25m backstroke
9. 50m breaststroke
10. 25m butterfly
11. 50m freestyle
12. 100m medley – Fly, Bk, Br, Fr

Conditions of Entry

1. Open PCA members and invited swim schools
2. To be swum under local rules
3. Parents of those entering must make themselves available to assist at the meet, as required.
4. Maximum of four events per swimmer.
5. Personal Best ribbons will be awarded to those achieving a new or best time.
6. All participants must agree to comply with Sports Anti-Doping Rules
7. The organisers reserve the right to alter the programme and/or combine events

PLEASE NOTE

- In line with the Porirua City Council's diving ban there will be NO DIVING at this meet
- All 25m races plus the 75m medley will start at the front entrance end of the pool

TO ENSURE THE SAFETY OF SWIMMERS THE WARM UP RULES ARE:

Swimmers must not play around or swim across the lanes during the warm up. Swimmers may only enter and exit the pool from the ends.

Everyone on pool deck is to ensure these warm up rules are complied with.

Race night organiser is Keri Martin 234 7764