



Porirua City Aquatics

HARDCORE MEET

LONG COURSE TIER 2 MEET

7 November 2020

Wellington Regional Aquatic Centre

Kilbirnie

Warm up 5:00pm – 5:30pm Start 5:35pm

Events:

1. 100 Breaststroke
2. 200 Freestyle
3. 50 Freestyle
4. 200 Butterfly
5. 50 Backstroke
6. 200 Medley
7. 100 Freestyle

Swimmers who compete in three events will be eligible for one of the four cash prizes of \$50.00 to be drawn at the end of the meet. Swimmers must be present at the draw to claim their prize.

Meet Conditions:

1. All events will be swum as mixed timed finals. Self marshalling will operate.
2. The meet will be swum under SNZ/FINA rules and local rules, with over the top starts
3. Protests shall be lodged as per SNZ Policy 008 accompanied by \$100.00 cash.
4. Age is at 7 November. Open to SNZ registered club and competitive swimmers.
5. Races at this Long Course meet will start at the deep end. Entry to the pool during warm-up will be feet first only (except authorised sprint lanes). The depth at the shallow end is 1.2m. There is to be no diving at the shallow end.
6. Classified para swimmers are eligible to compete at this meet. Para swimmers must report to the technical director prior to warm-up.
7. Maximum 3 events per swimmer. 1 NT for events over 50m. No NT's for 50m events.
8. Entries will be via the SNZ Database. Entries close at 23:59.59 (midnight) on 1 November.
9. Entry fees are \$10.00 per event, payment online by Credit Card. PCA is GST registered no 55-174-466
10. **There will be no refunds for withdrawals after entries have closed.** Scratchings prior to the meet are to be emailed to race@swimporirua.co.nz by mid-day on Friday 6 November 2020, any withdraws after this time to be advised to the records desk prior to the start of the meet.
11. **Meet will only be held if the Wellington Region is in COVID-19 Alert Level 1 or lower. Swimmers from a Region with a Higher Alert Level will not be accepted. Refunds will be made to these swimmers if they are unable to compete.**
12. **Printed programmes will not be available at the meet.** A programme will be emailed to clubs after mid-day on Friday 6 November and will be available on the PCA website.
13. Spectators \$2.00. Swimming Wellington pool entry passes are to be used by Swimmers. Coaches and Team Managers. Officials are to sign in. Visiting clubs will be issued with temporary entry passes for the meet. Entry and programmes for nominated Team Coaches & Team Managers will be; 1–10 Swimmers [2], 11-20 [4], 21-35+ [6].
14. Entry via the Main Entrance for swimmers and spectators. Please ensure you show your pass upon entry.
15. The Organisers will not be liable for any loss or damage during the period of the meet. All participants must agree to comply with the Sports' Anti-Doping Rules.
16. The Organisers reserve the right to amend the program if necessary, and to restrict entries
17. Officials; 2 qualified IOT's & 2 Timekeepers per club. Officials are asked to bring a water bottle. Clubs with higher number of entries may be asked to provide more. Please advise names to Elouise Thomas by email to officials@swimporirua.co.nz by 2 November
18. By entering this meet participants 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 Swimming Wellington or PCA in accordance with the SNZ Member Protection Policy.
19. Strapping on a swimmer is not permitted unless sighted prior to the meet by the Technical Director and is supported by a doctors/physio certificate/letter.
20. Technical Director Brent Harris 027 489 1120, Meet Organiser Viv Morton 234 7071 email president@swimporirua.co.nz

