

SWIMZONE

Racing

GET INTO LONG COURSE



WHEN: 31ST OCTOBER 2020



**WHERE: WELLINGTON REGIONAL
AQUATIC CENTRE**



**TIMINGS: WARM UP: 4:30PM
RACING: 5:10PM**



**COST: \$10 PER RACE
\$2 SPECTATORS**

PLEASE SEE PAGE 2 FOR THE LIST OF EVENTS AND PAGE 3 FOR THE MEET RULES.



EVENTS

EVENTS	DIST	STROKE	AGE GROUP
1	200	INDIVIDUAL MEDLEY	MIXED
2	100	FREESTYLE	MIXED
3	50	BUTTERFLY	MIXED
4	50	BREASTSTROKE	MIXED
5	100	BACKSTROKE	MIXED
6	50	FREESTYLE	MIXED
7	50	BACKSTROKE	MIXED
8	200	BREASTSTROKE	MIXED
9	100	BUTTERFLY	MIXED
10	200	FREESTYLE	MIXED
11	800	FREESTYLE	MIXED

Entry is through the main entrance of the Wellington Regional Aquatic Centre, swimmers to show SW passes upon entry. \$2 door entry fee for all spectators.



**ENTRIES CLOSE: 11:59PM, 24 OCT (NO LATE ENTRIES)
ENTER VIA FAST LANE, \$10 PER RACE (MAX 4 RACES)**



MEET RULES



Meet Conditions:

1. The meet will be swum long-course under SNZ, FINA and local rules, with over the top starts. All events swum as mixed timed finals.
2. Meet is open to all SNZ registered competitive and club swimmers.
3. Classified para swimmers (including provisional classification) are eligible to compete at this meet. Para swimmers are requested to report to the Meet Referee prior to the warm-up.
4. Self-marshalling will apply.
5. A maximum of 4 events per swimmer. Entry times must be held in the SNZ database. Converted times are permissible. No Times are permitted.
6. Entry is \$10 per event. Enter and pay online via the Swimming New Zealand online entry system. This can be accessed via their 'my page' <https://fastlane.swimming.org.nz>
7. Entries close at 23:59.59 (midnight) on Saturday 24th October 2020. No late entries.
8. The organisers will, if necessary, alter the programme and/or refuse entries to allow the meet to finish within the allotted time.
9. The organisers will not be responsible for any loss or damage during the period of the meet.
10. All participants must agree to comply with the Sports Anti-Doping Rules.
11. Any tape used for strapping of muscles/joints must be approved by the Meet Referee prior to the start of the meet (and be accompanied with a Dr/Physio certificate).
12. Protests must be submitted to the referee, in writing, on the protest form, along with \$100 cash, by the team manager only within 30 minutes following the conclusion of the relevant event.
13. 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 Swimming Wellington or SwimZone Racing in accordance with the SNZ Member Protection Policy.

After Entries Close:

14. Initial Psych sheets, meet programme and a session report will be posted to the club website by Tuesday. Please advise errors to race@szr.co.nz by noon on Friday 30th October.
15. There will be no refunds for withdrawals after the entries close. To withdraw at any time, email race@szr.co.nz including name and the event numbers.
16. Clubs are requested to nominate at least 2 IOTs and 1TK. Please advise the names to our officials coordinator; admin@szr.co.nz. Clubs providing officials will be given preference where training is available.

At the Meet:

17. Entry will be via the main entrance on Kilbirnie Crescent.
18. Swimmers to present Swimming Wellington pool entry passes. Coaches are to display their NZSCTA cards throughout the meet. Visiting clubs will be issued with temporary entry passes for the weekend (please email meets@szr.co.nz). Officials (including timekeepers and club volunteers) are required to sign in on entry.
19. Entry and programmes for nominated Team Coaches & Team Managers will be; 1-10 Swimmers [2], 11-20 [4], 21-35+ [6].

Warm-up procedure:

20. Warm-up duration: 35 minutes
21. Swimmers under coach supervision during warm-up.
22. All lanes: General Swimming unless specified.
23. Feet first entry except in specified dive lanes.
24. Lanes 0/1 & 8/9: To become dive lanes at 4.55pm.
25. Lane 2: Designated pace lane

After the Meet:

21. Subject to approval, official results will be available shortly as approved times in the SNZ database.