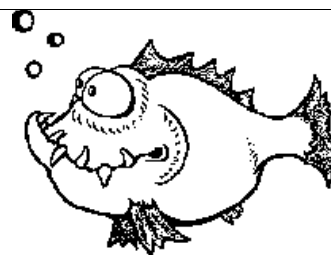


# GOLD COAST SWIMMING ZONE RIBBON CARNIVAL

Tawa Pool, hosted by Tawa Swimming Club

This meet is open to financial members of club's in the Gold Coast Zone



Tawa Pool  
Sunday 17 October

*Times recorded at this Development Meet will be up-loaded to SNZ database for use as qualifying times for regional meets. Times cannot not be used to break Regional and/or National records*

Warm up 5- 5.25pm  
Start time 5.30pm

Door entry fees; Swimmers \$8.00 - cash only, eftpos is not available. Officials and spectators are free

## ORDER OF EVENTS

Comp	Event
1	400 Freestyle
2	400 Medley
3	50 Freestyle
4	100 Freestyle
5	50 Breaststroke
6	100 Breaststroke
7	100 Medley
8	25 Butterfly
9	50 Butterfly
10	100 Butterfly
11	50 Backstroke
12	100 Backstroke
13	25 Breaststroke
14	200 Freestyle
15	200 backstroke
16	200 butterfly
17	200 breaststroke
18	200 medley

**All races will be swum as mixed races, slowest to fastest**

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

On-line entries via SNZ website close midnight on Monday 11 October

## CONDITIONS OF ENTRY.

**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
- Maximum 3 swims per swimmer.
- Meet to be swum under SNZ Policy 007 and Local Rules.
- Rule Infraction forms will be used.
- Those achieving a Personal Best time or new time will receive a best time ribbon.
- The Personal Best Trophy will be presented to the club achieving the most personal best times on a percentage basis. Clubs must have at least 4 swimmers enter the meet to be eligible.
- All participants must agree to comply with the Sports Anti-Doping Rules
- Para swimmers are eligible to compete at this meet.
- By entering this event swimmers 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 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 start of the meet.
- The organisers reserve the right to change any aspect of this meet to comply with COVID-19 Alert Levels.

## WARM UP RULES

- Team Managers/Coaches are responsible for swimmers' safety during the warm up.
- Club warm up lanes will be allocated by the referee and advised at the meet, depending on entry numbers.
- Diving for the duration of the warm up is only permitted in Lane 1 and Lane 7 from the start end with turn practise at the other end. Clubs must appoint a person to supervise diving.
- Swimmers must not swim across the lanes and may only enter and exit the lanes from the either end of the pool.

**Duties:** Clubs are to advise Hugh Allan email [hugh.allan@xtra.co.nz](mailto:hugh.allan@xtra.co.nz) names by 5pm on 12 October

**Duty club** Refreshment people  
Marshall Assistant Marshall  
Starter Chief time keeper  
Two runners Two door people  
Referee/JOS as required.

**IMPORTANT** All Clubs must provide their share of officials.

- Two Inspector of Turns.
- Visiting clubs six timekeepers – Host club three timekeepers
- One person to assist at the desk – experience is not required

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

For the Gold Coast, Technical director Hugh Allan and Meet organiser Viv Morton ph 234 7071