

SESSION 1				SESSION 2			
Warmup 9.00am – Start 9.30 am				Warmup 4.30pm – start 5.00pm			
G	B	AGE	STROKE	G	B	AGE	STROKE
1	2	Open	400m IM	15	16	Open	50m Free
3	4	Open	50m Back	17	18	Open	200 Fly
5	6	Open	200m Breast	19	20	Open	100m Back
7	8	Open	100m Free	21	22	Open	200m Free
9	10	Open	200 Back	23	24	Open	100m Breast
11	12	Open	100m Fly	25	26	Open	50 Fly
13	14	Open	50m Breast	27	28	Open	200m IM



- All events will be timed finals, with over the top starts and Self Marshalling. The Meet will be conducted under SNZ/FINA and Local Rules. All participants must agree to comply with the Sports Anti Doping Rules
- The meet will start from the Deep End of the pool, and Warmup Rules in relation to Diving and Feet First Entry must be observed.
- **Lanes 0, 1, 8 & 9 will be diving lanes during the last 10 minutes of Warm Up only.** Lane 9 will be designated for Para Swimmers (if any) for the first 20 minutes of the warmup.
- Age is as at the day of the meet. All events will be swum as graded scratch open events, and will be scored in the age groups 9 & under, 10/11, 12/13, 14/15, 16/17 and 18 and over. There will be age group prizes as listed for each of male and female swimmers
- There is no limit on the number of events that can be entered by swimmers, and no limit on the number of NT entries per swimmer. However, the Meet Director reserves the right to reduce entries if the the session time limits dictate, and swimmers will receive a refund as applicable.
- All entrants must be **SNZ registered COMPETITIVE or CLUB swimmers**, and entries are to be submitted via the SNZ entry system, with payment by Credit or Debit card at the time of entry. No pay later entries accepted for this meet
- Classified Para swimmers (including provisional classification) are eligible to compete at this meet. Para Swimmers are requested to report to the Meet Director prior to the session warm-up.
- 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 session.
- **Entries open on Friday 29 January 2021 and close on Tuesday 16 February.** Entry fees are \$10.00 per event
- There will be no refunds for withdrawals after the circulation of the psych sheets on Wednesday 17 February
- Scratchings to be emailed to racesec@capitalswim.co.nz up 5pm Friday 19 February, and then manually advised at the pool on Saturday.
- **Pool Entry:** Swimmers and Coaches are to use their Swim Wellington or SCAT Passes. Visitor Passes will be available for non Wellington Clubs. Officials are to Sign in at the Door. Spectators \$2: Programmes: \$2
- All clubs are requested to provide at least 2 x qualified IOTs per session, and to advise the names to racesec@capitalswim.co.nz
- Participants who have entered this event agree to allow images (e.g. photography, video, etc.) to be taken by accredited media persons approved by Swimming Wellington. Images are only to be used for legitimate purposes by Swimming Wellington or host Club in accordance with the SNZ Member Protection Policy.
- A Team Manager's meeting will be held 15 minutes prior to the Session 1 warmup at 8.45am . Official's Meetings will be held 15 minutes into the warmup of each sessions.
- Capital Swim Club Organisers are: Pam Edwards pam.edwards1032@gmail.com, and Sharon Pippos racesec@capitalswim.co.nz Technical Director Barbara Ryan barbararyanfamily@gmail.com
- A fundraising raffle will be available for ticket sales and draw on the day