

HAVE - A - GO RACE NIGHT

Maximum of four events per swimmer



Friday 20 August 2021 Cannons Creek Pool, 6pm warm up 6.30pm start

Race night is targeting all club swimmers, swim school swimmers and Junior squad swimmers.,

Orcas & Sharks are welcome, especially with 200m medley on the programme.

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 entered into the SNZ Results Database.

Tadpoles training is cancelled on this night - Sharks will swim as usual.

Entry restrictions

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

Events

1. 200m medley
2. 100m freestyle
3. 25m freestyle
4. 50m backstroke
5. 25m breaststroke
6. 50m butterfly
7. 200m freestyle
8. 75m *reduced* medley – Bk, Br, Fr.
9. 25m backstroke
10. 100m backstroke
11. 50m breaststroke
12. 25m butterfly
13. 50m freestyle
14. 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 warmup.

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 Viv Morton 234 7071