

### Easter Weekend:

There will be no Club or Squad Swimming over Easter Weekend, Friday 2 April to Monday 5 April.

### Novice Carnival Lucky Lane Prizes:

It is our aim to give every Novice swimmer at Lucky Lane Prize and usually PCA has been lucky enough to have items donated from our swimming community.

These may include drink bottles, frisbees, balls, vouchers, novelty items – maybe your employer has give-aways that could be shared. Sponsorship will be acknowledged at the meet.

If you can help please email Viv at [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

### Seating at Meets:

At Swim Wellington Championship meets and SNZ National Meets seating plans give spectators designated seating areas and each team is allocated enough seats in another area for their swimmers and team management.

A few days prior to these meets the seating plan can be found on SW or SNZ's website.

At inter-club or Gold Coast meets PCA coaches and committee have agreed in order to create team spirit and for the ease of managing the team, our swimmers and management are to sit together and our spectators/supporters must sit away from the team.

Any swimmer wishing to leave the team to talk to their parents for a few minutes are to advise the team manager.

### PCA Club Champs:

#### Sunday 28 March 2021 – Tawa Pool

Club Championships are the premier meet on any club calendar and with the diving ban in place at Cannons Creek, and Te Rauparaha Arena pool not measuring a full 25 metre Porirua City Aquatics Club Championships will be held at Tawa's Pool on Sunday 28 March 2021, over two sessions (2:00pm warm up for a 2:30pm start, then 5:00pm warm up for a 5:30pm start). Note – this is a shorter break than previously – maybe an opportunity to picnic in the park next door? – we are also planning to have a sausage sizzle running.

See the flyer on our website and/or noticeboard for full details.

By hiring the Tawa Pool our swimmers will be able to dive, if they wish.

All 25 races will start in the water.

These championships will be run as an official meet providing we have enough qualified officials.

Over the years some fifty-odd cups and trophies have been donated to PCA to be swum for at the Championships. The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophies events, 'Age Groups' races are held in individual age groups, again with boys and girls separate, from 6yrs and under up to 17yrs and over. The points earned in these races (1<sup>st</sup> 8, 2<sup>nd</sup> 5, 3<sup>rd</sup> 3, and one for all the other swimmers participating) contribute to the Age Group medals.

Both the Age Group medals (that is one Gold, one Silver and one Bronze in each age group) and Cups and Trophies will be presented at our Prize Giving. Mark your diaries now, this is a combined event with our AGM and will be held in the Theatre at Te Rauparaha Arena on Sunday 23 May at 3pm.

As many of the age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points. All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest, as happens at Gold Coast Meets.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme. Everyone will be able to find something they are comfortable to swim. Session one is mainly freestyle and backstroke events, with breaststroke and butterfly events in session two.

As with all official meets entries must be done on-line through Swimming NZ's database. For newer swimmers this is easy to do providing you have your log-in. If you are unsure about your log-in contact Brent Harris on [info@swimporirua.co.nz](mailto:info@swimporirua.co.nz).

Entries close on 22 March 2021 – late entries will not be accepted.

For those new to on-line entries full details are on our website under 'Meets – how to enter'. All costs for hiring the pool, door entry etc will be covered by the club.

We will need help to run these Championships. Timekeepers will be called for at each session. With seven lanes we must have three timekeepers on each lane to run the meet. We will also need at least three or four IOT's at each end of the pool, as well as a qualified referee, stroke inspector, and starter.

All parents and caregivers of those entering must be available to officiate as required.

If there are any queries see Viv Morton [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz) or Keri Martin [race@swimporirua.co.nz](mailto:race@swimporirua.co.nz)

### PCA Novice Carnival:

11 April 2021 at Cannons Creek Pool.  
1:30pm, warm up for 2:00pm start

Come along and "HAVE A GO" – an introduction to racing.

Races are held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

This meet is an introduction to racing, targeting newer club members and swimmers who have not raced in three or more zone or interclub events. Swimmers who have qualified to swim at the Wellington Champs may not enter. Events run with in our club for our club members only (race nights, Club Champs, In House league etc) are not counted as meets for eligibility.

Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet. The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should sit together with the team manager. Parents should sit away from the team.

All those competing will receive a 'participant' ribbon. Swimmers will swim each event/s they enter once, and the times will be collated to rank the swimmers – in swimming this is known as *timed finals*. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard. Entries close on 4 April 2021. It would be great if our club had the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 234 7071.

### Converted Times:

At times swimmers and parents may wonder why the time shown on a programme is different to a swimmer's best time. Often this is a converted time.

Because of the advantage gained by turning, a time swum in a 25m pool will be faster than a time swim in a 50m for a swimmer swimming at the same pace.

Most meets allow converted times to be used as entry times.

When a swimmer enters a meet the computer will pick up the faster, either the swimmers best time or a converted time.

SNZ has set these conversions. The times are,

Distance	Free / Back	Breast	Fly	Medley
50	.85	1.00	.70	
100	1.70	2.00	1.40	
200	3.40	4.00	2.80	3.40
400	6.80			6.80

For 100m free it is 1.7 seconds. If swimmer has a best time 1m30.2 swum in a 25m pool, and enter a 100m race that is to be swum in a 50m pool the entry time will be 1m31.90 (1m30.20 plus 1.7)

On the reverse side if a swimmer has a 35 second PB for 50 breaststroke swum in a 50m pool when they enter a race to be swum in a 25m pool the entry time will be 34seconds.

### Officials:

A Big Thank you goes to our officials co-ordinator, Elouise Thomas who was certainly been under the pump in January organising PCA's officials, duty people and team managers for both the Wellington 13 and over Champs 22/25 January and Swimming NZ Junior Festival 29/30 January.

These very big meets with two sessions a day, held at WRAC (Wellington Regional Aquatic Centre, Kilbirnie) and when the organisation was complete she was an Inspector of Turns (IOT) at most sessions of the Junior's meet.

Thanks also, to the many parents who answered Elouise call and took on the jobs – proudly I can say PCA was certainly to the fore covering every position asked of them and in many cases stepping up for other clubs who, for whatever reason didn't fill their duty requirements.

Swimming is a sport that requires many volunteers for meets to be run within the FINA rules and to all those who did their part! Thank you.

Also thank you to those who put in many hours even though they no longer have children swimming – Brent Harris, Viv Morton, Graham Seagull and Terry Laws.

## Meet Reports:

### Swim Wellington Summer Champs:

13 and Over Long Course Champs, Anniversary Weekend at WRAC.

Our team of 17 finished 7<sup>th</sup> on the club points table, an improvement of 2 places from 2020 – heading up is always good!

With heats in the morning and finals at night, apart from events over 200m which were timed finals, this was a busy meet. All those who finished in the top 10 contributed to the club points.

Congratulations to all our swimmers who put in some excellent swims.

PCA medallists were:

Name	Gold	Silver	Bronze	Top 10 finish
Lucy Abbott 14	2	1	1	2
Ben Reiher 15			2	1
Joe Reiher 14			2	1
Cameron Wilkinson 13	5	1		
Sunny Zheng 13	1	1	3	1
David Zhu 14	3	1		

Other Top 10 finishers (4<sup>th</sup> to 10<sup>th</sup>) – Lucy Campbell 3, Alyssa Dearmer 1, Jade Lin 2, Luke Martin 1, Jarrod McKee 4, Shanae Ohlson 3, Dillon Raimona-Pahetogia 2, Dannielle Rule 5, James van der Vort 5. Well done to all the team, especially those who recorded PBs – Joshua London, Bronagh Ryan.

There were a number of standout swims – Congratulations to:

- Cameron Wilkinson who entered 6 events and came away with 5 Golds and a Silver.
- David Zhu who won 3 Golds and a Bronze from his 4 events.
- Sunny Zheng who went into the 13yr old boys 50m freestyle final as 9<sup>th</sup> qualifier in lane 0 and won the Bronze medal! An amazing swim!

### NZ Junior Festival – All Stars

This Swimming NZ 12 and under meet was the first of four being held throughout NZ for qualified swimmers only.

Our region is known as the All Stars Region and covers Wellington, Manawatu including Wanganui and Wairarapa. 177 swimmers took part.

Just to qualify is a tremendous achievement. PCA's team of 26 was the biggest team at the meet.

PCA was the top club with 1868 points well ahead of Swim Zone racing with 1064.5pts, with Capital 3<sup>rd</sup> on

1039 – all swimmers who finished in the top 10 contributed to the points.



All clubs can have Stars in their teams who earn a lot of points, but it is those points earned for the minor placings that are so important.

Congratulations to PCA's Nathan Hu and Eric Yuan who both broke Wellington records.

Twelve year old Eric broke the 100m butterfly record with a time of 1m04.29 – the old record was 1m.05.93 set in February 2017. He also set a new record for 50m butterfly with a time of 29.26 breaking the 2015 record of 29.91.

Eight year old Nathan broke in boys 9 and under 50m Breaststroke record – his time was 40.95 just under Porirua Swimming Club's Tamati O'Hagan's record of 41.77 set in September 2005., while his 50m butterfly time of 33.01 broke the 2020 record of 33.79.

Relays at a meet like this are always exciting. PCA won the 4x50m Boys freestyle relay – well done Eric Yuan, Kayne Howat, Felix Thomas and Nathan, with our B-team finishing 6<sup>th</sup> (Alphon Cao, Victor Yu, Desmond Lin and Justin Wang.)

The Girls freestyle relay finished a very creditable was 4<sup>th</sup> considering we didn't have any 12 year old girls. Well done, Vinnie Tat, Karmen, Holly Sorenson and Camille Zhou, while our A Medley relay team was 3<sup>rd</sup> Vinne Tat, Asher Thomas, Eric Yuan and Karmen Khou with the B-team 12<sup>th</sup> - Camille Zhou, Felix Thomas, Kayne Howat and Holly Sorenson.

PCA was well presented in the Wellington Relays teams (teams selected by the Wellington Selectors.) Wellington Regional A freestyle team of six swimmers – well done to Holly Sorenson, Vinnie Tat, Eric Yuan, and Flexi Thomas who won ahead of two team s from Manawatu and the Wellington B-team that included PCA's Karmen Zhou.

Probably the most un-lucky swimmer at the meet was Justin Wang who was third in a very close race in the Boys 10 and under 100m butterfly, but when the electronics failed and the race was re-run he was 4<sup>th</sup> by

just .08 seconds, with PCA's Jonathon Cui moving up to 3<sup>rd</sup>.

Individual results will follow.

### Gold Coast – 14 February – Tawa:

Thirty nine PCA swimmers took part in the Gold Coast Meet at Tawa on 14 February and it was great to see all the smiley faces of swimmers achieving PB's and swimming new events.

Special thanks to James van der Voort who stepped up and led the dryland warm up.

The trophy on the table that created so much interest was the Personal Best Trophy, awarded to the club with the highest number of swimmers, on a percentage basis, swimming PBs.

Tawa were the winners with 56.42%, closely followed by PCA 53.42%, with Otaki Titans third on 50%. To be eligible for the trophy club's needed to have at least four swimmers competing.

Congratulations to Eric Yuan, his time in the 50m butterfly was a PB by just .01 second breaking the Wellington Record he set at Junior Festival last month.

Thank you to all those who helped at the meet, our coaches, team managers, officials – your efforts are appreciated.

### Subscriptions:

The membership year begins on 1 July, and subs for the year are:

- \$195.00 for club members. That is, those who swim in the Eels and Tadpoles squads and those who swim at the club sessions on Friday and/or Monday nights and/or Sunday mornings.
- \$150.00 for squad members, being those in the Senior squad, Orcas, Sharks, Swordfish, Seals, Penguins and those who swim in PCA's Johnsonville squad.

Subs can be paid directly into the PCA bank account 030547-0205093-00 – please use the swimmers name as a reference, or can be paid at the duty desk on a Monday or Friday night, or left in a named envelope in the black letterbox on our storeroom door.

Annual Subs are due on 1 July and should be paid as soon as possible.

For new members joining during the year the sub is pro-rated based on the month of joining, and if the swimmer is a squad or competitive swimmer. These rates are available from the Treasurer or the Committee Member on the desk on Monday and Friday club nights.

**Swimmers are required to be financial members to enter swim meets and attend training nights (club and squad) and to attend and vote at the AGM or other club meetings.**

Some leeway will be provided for the attendance at training as long as the annual sub is paid by 31 July, within four weeks of joining if a new member, or are on an agreed payment plan and no payments have been missed.

There is no leeway for entering swim meets or being able to vote at club meetings. You must be a paid up member to participate in swim meets and club meetings.

Any family wishing to spread their payments should contact our treasurer on 021-247-7730 or e-mail [treasurer@swimporirua.co.nz](mailto:treasurer@swimporirua.co.nz) to make an arrangement.

### Duty Roster:

The club is also looking for volunteers to staff the desk on Monday and Friday nights at Cannons Creek.

You will need to report at 5:45pm to set up for a 6:00pm session start and stay until the start of the final session (8:00pm on Monday, and 7:20pm on Friday).

Those interested should contact Becky Campbell by e-mail at [beckygrnz@hotmail.com](mailto:beckygrnz@hotmail.com).

### BBQ Roster:

On Club Nights, and Sunday Mornings during Club and Lean to Swim Sessions at Cannons Creek Pool there is an opportunity for parents to raise money to help with their club expenses.

The money raised from each sausage sizzle (or whatever else you would like to cook on the BBQ) less any direct expenses is kept by the club and allocated to the family who did the BBQ.

The purchase of some items (sausages, bread etc) is required at the time.

The money raised can be used for entry fees, subs, squad fees, to purchase uniforms etc.

Anyone interested in cooking for a night should contact Viv Morton e-mail [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz) or phone 234-7071 for further information.

### PCA Swimming Caps:

New members will be given a cap on receipt of their first subscription payment.

Caps are replaced free of charge if they split, on presentation of the damaged cap.

**The cost of caps are \$10 each if a swimmer requires another cap.**

**It would not normally be expected that any swimmer would need more than 1 or 2 caps each year.**

Caps can be obtained from the sign-in desk at Monday and Friday night club sessions (at Cannons Creek) or the Team Manager at swim meets.

### Club Uniform:

The club orders uniform items several times a year based on the demand. The items that are available for order (and order forms) are on the notice board at Cannons Creek Pool and on the Website.

Items ordered must be paid for before the items will be included in an order sent to our supplier.

The delivery of any order we place takes about eight weeks from the time of ordering.

We also have a limited amount in stock of PCA uniform hoodies with zips, T shirts and shorts in various ages.

Please contact Becky Campbell on 021-044-8794 or e-mail [uniforms@swimporirua.co.nz](mailto:uniforms@swimporirua.co.nz) if you would like to purchase any PCA uniform items - see the web site for details, order form and bank details.

### Bank Account Details:

Subs/Uniforms etc	03-0547-0205093-00
Squad Fees	03-0547-0205093-02

If you are unsure which account you should be using, please contact our Treasurer, Murray Pugh, at [treasurer@swimporirua.co.nz](mailto:treasurer@swimporirua.co.nz)

### Upcoming Events:

**27 February** – Wellington Harbour Challenge – Entries Close 22 February.

**6 March** – Swim Wellington Tier 1 (LC) – WRAC – Entries Close 28 February.

**13 March** – SZR Hutt Valley Sprints (LC) – WRAC – Entries Close 7 March

**14 March** – Gold Coast – Woolahara Trophy (SC) – Coastlands – Entries Close 8 March.

**20 March** – Karori Pirates T2 Meet (LC) – WRAC – Entries Close 14 March.

### Report of Best Times:

If you require a list of your times, please email Keri Martin the Race Secretary at [race@swimporirua.co.nz](mailto:race@swimporirua.co.nz) and they will be sent back to you.

### Club Contacts:

President (Viv Morton)	.....04-234-7071
Vice-President (Brent Harris)	.....027-489-1120
Secretary (Janet Thomson)	.....027-442-0961
Treasurer (Murray Pugh)	.....021-247-7730
Race Secretary (Keri Martin)	.....021-150-0063
Squad Liaison	
Junior Squad (Viv Morton)	.....04-234-7071
Senior Squad (Janet Thomson)	.....027-442-0961
Johnsonville Squad (Novia Guo)	.....021-869-669
Officials Co-ordinator (Elouise Thomas)	.022-140-5068
Uniforms (Becky Campbell)	.....021-044-8794
Newsletter	..... e-mail <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>