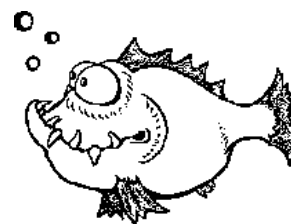


# GOLD COAST SWIMMING ZONE CHOCOLATE & RIBBON CARNIVAL



HOST CLUB, Raumati with Otaki Titans assisting.  
Open to swimmers from Otaki Titans, Raumati, Porirua City Aquatics  
and Tawa Swimming Clubs

Coastlands Pool, Sunday 5 Nov 23	<i>Times recorded at this Development Meet will be up-loaded to SNZ database for use as qualifying times and cannot be used to break Regional and/or National records</i>	Warm up 4.30pm Start time 5pm
-------------------------------------	---	----------------------------------

Door entry \$8.00 for swimmers.

**PLEASE BRING THE CORRECT MONEY**

Free entry for all others.

ORDER OF EVENTS		<b>CONDITIONS OF ENTRY.</b>
Ev no.	Event	<b><i>This meet is open to Competitive, Club and Recreation swimmers.</i></b>
1	400 freestyle	<b>To enter the following events swimmers must be able to swim the minimum entry times as listed,</b>
2	400 medley	<ul style="list-style-type: none"> <li>• 400m free – 200m free in under 3.20</li> <li>• 400m medley – 200m medley in under 3m30</li> <li>• 200m back, medley, free &amp; fly – 100m of the same stroke under 1m55</li> <li>• 200m breaststroke – 100m breaststroke under 2 minutes</li> <li>• 100m back, free &amp; fly – 50m of the same stroke under 60 sec</li> <li>• 100m breaststroke – 50m breaststroke in under 1m10s</li> </ul>
3	50 breaststroke	<ul style="list-style-type: none"> <li>• Maximum 3 swims per swimmer.</li> <li>• Meet to be swum under SNZ/World Aquatics/Local Rules.</li> <li>• The Protest fee is \$50 to be paid when a protest is lodged.</li> <li>• Those achieving a Personal best or new time will receive a best time ribbon and a chocolate bar.</li> </ul>
4	100 freestyle	<ul style="list-style-type: none"> <li>• The Personal Best Trophy will be presented to the club achieving the most personal best times on a percentage basis. Clubs of at least 4 swimmers will be eligible.</li> <li>• All participants must agree to comply with the Sports Anti-Doping Rules</li> <li>• Classified para swimmers are eligible to compete at this meet and must report to the technical prior to warm up.</li> </ul>
5	25 backstroke	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Strapping of muscle/joints is not permitted unless supported by a doctors or physio certificate that is to be sighted by the Technical Director prior to the start of the meet.</li> </ul>
6	50 butterfly	<b>WARM UP RULES</b>
7	100 backstroke	<ul style="list-style-type: none"> <li>• Team Managers/Coaches are responsible for swimmers' safety during the warm up.</li> <li>• Club warm up lanes will be allocated by the organiser, based on team entry numbers and advised at the meet.</li> <li>• Club/Coach supervised diving in each lane is permitted from 4.45pm</li> <li>• Swimmers must not swim across the lanes and may only enter and exit the lanes from the either end of the pool during the warm up.</li> </ul>
8	25 breaststroke	
9	100 medley	
10	50 freestyle	
11	100 breaststroke	
12	25 butterfly	
13	50 backstroke	
14	100 butterfly	
15	25 freestyle	
16	200 backstroke	
17	200 butterfly	
18	200 breaststroke	
19	200 freestyle	
20	200 medley	
<p><b>All races will be mixed races, swum slowest to fastest.</b></p> <p><i>Note: the organisers reserve the right to alter the order and/or combine events.</i></p> <p>On-line entries via SNZ website will close at midnight on Tuesday 31 October</p>		

**Duties:** Clubs are to provide officials names as listed to Dean Adams [officials@raptors.nz](mailto:officials@raptors.nz) by Wed 1 October

- Timekeepers PCA & Tawa 10 each. Otaki & Raumati 5 each
- Qualified IOTs & Trainees are welcome. Names to be supplied

Gold Coast meet organiser is Fiona Morrison,  
Email [racesec@raptors.nz](mailto:racesec@raptors.nz)

**Host club to organise:** Starter, Chief timekeeper, Marshall (1).  
**Assisting club** Runners (2), door people (2)  
**Officials are advised to bring a water bottle**  
Technical Director:  
Marco Cecioni ph 021 205 6577

