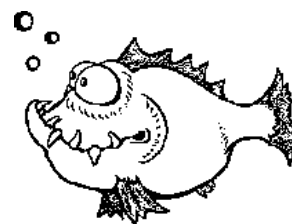


GOLD COAST SWIMMING ZONE CHOCOLATE AND RIBBON CARNIVAL

Tawa Pool, hosted by Porirua City Aquatics

Open to ALL members of PCA, Tawa, Raumati & Otaki Titan swimming clubs.



Tawa Pool, Sunday 18 February 2024	<i>Times recorded at this Development Meet will be up-loaded to SNZ database to be used as regional qualifying times and cannot be used to break Regional and/or National records</i>	Warm up 4pm -4.25pm Start time 4.30pm
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Door entry \$8.00 for swimmers. **PLEASE BRING THE CORRECT MONEY** **ENTRIES CLOSE SAT. 10 FEBRUARY**

<p>ORDER OF EVENTS</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Comp</th> <th style="width: 90%;">Event</th> </tr> </thead> <tbody> <tr><td>1</td><td>200 freestyle</td></tr> <tr><td>2</td><td>200 backstroke</td></tr> <tr><td>3</td><td>200 butterfly</td></tr> <tr><td>4</td><td>200 breaststroke</td></tr> <tr><td>5</td><td>200 medley</td></tr> <tr><td>6</td><td>50 freestyle</td></tr> <tr><td>7</td><td>100 backstroke</td></tr> <tr><td>8</td><td>25 Butterfly *</td></tr> <tr><td>9</td><td>50 breaststroke</td></tr> <tr><td>10</td><td>100 medley</td></tr> <tr><td>11</td><td>25 backstroke*</td></tr> <tr><td>12</td><td>100 breaststroke</td></tr> <tr><td>13</td><td>25 breaststroke*</td></tr> <tr><td>14</td><td>50 butterfly</td></tr> <tr><td>15</td><td>100 butterfly</td></tr> <tr><td>16</td><td>50 backstroke</td></tr> <tr><td>17</td><td>100 freestyle</td></tr> <tr><td>18</td><td>25 freestyle*</td></tr> <tr><td>19</td><td>400 medley</td></tr> <tr><td>20</td><td>400 freestyle</td></tr> </tbody> </table> <p style="margin-top: 10px;">All races will be mixed races, swum slowest to fastest.</p> <p>*Conditions for 25m races</p> <ul style="list-style-type: none"> • Novice swimmers only • No diving <p><i>Note: the organisers reserve the right to alter the order and/or combine events.</i></p> <p><u>On-line entries via SNZ website will close at midnight on Sat. 10 Feb.</u></p>	Comp	Event	1	200 freestyle	2	200 backstroke	3	200 butterfly	4	200 breaststroke	5	200 medley	6	50 freestyle	7	100 backstroke	8	25 Butterfly *	9	50 breaststroke	10	100 medley	11	25 backstroke*	12	100 breaststroke	13	25 breaststroke*	14	50 butterfly	15	100 butterfly	16	50 backstroke	17	100 freestyle	18	25 freestyle*	19	400 medley	20	400 freestyle	<p>CONDITIONS OF ENTRY.</p> <p><i>This meet is open to Competitive, Club and Recreation swimmers.</i></p> <p>To enter the following events swimmers must be able to swim the minimum entry times as listed</p> <ul style="list-style-type: none"> • 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. No times will be accepted. • Meet to be swum under local rules, DQ's for stroke infringements may be given if sufficient officials are on pool deck. • Those achieving a Personal best or new time will receive a best time ribbon and a chocolate bar. • The Personal Best Trophy will be presented to the club achieving the most personal best times on a percentage basis. Teams of at least 4 swimmers will be eligible. • Para swimmers are eligible to compete at this meet. • Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the 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. <p>WARM UP RULES</p> <ul style="list-style-type: none"> • Team Managers/ Coaches are responsible for swimmers' safety during the warm up. • Club warm up lanes will be allocated by the organiser & advised at the meet. • Clubs may organise Diving practise during the warm up in their allocated warm up lanes and 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.
Comp	Event																																										
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20	400 freestyle																																										

<p>Duties: Clubs are to provide officials names as listed to Blair St Just, officials@swimporirua.co.nz by Wed 14 Feb.</p> <ul style="list-style-type: none"> • Timekeepers PCA and Tawa 6 each. Otaki & Raumati 4 each • Qualified IOTs and Trainees are welcome. Names to be supplied. • One person from each club to assist at the desk. <p>Meet organiser for the Gold Coast: Viv Morton phone 027 645 1146 and PCA Elouise Thomas 022 1405 068</p>	<p>Duty club to organise:</p> <p>Referee, Starter, Chief timekeeper, Marshall (2), Runners (2), door people (2)</p> <p style="text-align: center;"><i>The Organisers will not be liable for any loss, damage or injury suffered during this meet.</i></p> <p>Technical Director: Brent Harris ph 0274 891 120</p>
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