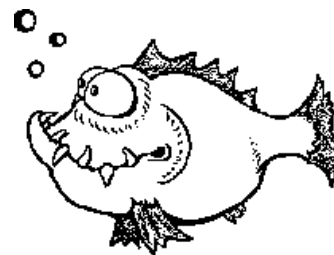


GOLD COAST SWIMMING ZONE  
**PORIRUA CITY AQUATICS**  
**PAEKAKARIKI SHIELD RELAYS**  
**and CHOCOLATE CARNIVAL**



*This meet is open to Competitive, Club & Recreation members of the of Otaki Titans, Porirua City Aquatics, Raumati and Tawa Swimming clubs.*

Tawa Pool

Doors open 4pm Warm up 4.15pm

Sunday 24 November 2024

Duty Club: Porirua City Aquatics

Start 4:45pm

Entry fees; Swimmers \$8.00 – cash only, no EFTPOS

Officials and spectators are free

**ORDER OF EVENTS**

1. 50 Backstroke
2. Girls 9yrs and under 4x25m freestyle relay\*
3. Boys 9yrs and under 4x25m freestyle relay\*
4. Girls 10/11yrs 4x50m freestyle relay
5. Boys 10/11yrs 4x50m freestyle relay
6. Girls 12/13yrs 4x50m freestyle relay
7. Boys 12/13yrs 4x50m freestyle relay
8. Girls 14yrs and over 4x50m freestyle relay
9. Boys 14yrs and over 4x50m freestyle relay
10. 50 Breaststroke
11. 25 Butterfly (Novice)\*
12. 50 Butterfly
13. Boys &/or Girls 9yrs & U 4x25m medley relay
14. Boys &/or Girls 10/11yrs 4x50m medley relay
15. Boys &/or Girls 12/13yrs 4x50m medley relay
16. Boys &/or Girls 14yrs & O 4x50m medley relay
17. 50 Freestyle
18. Flying Squadron relay 8x50m freestyle relay (one boy and one girl from each age group.)

*Note; The organisers reserves the right to alter the order and/or combine events.*

All individual races will be mixed, swum slowest to fastest.

**\*Diving in the shallow end is not permitted in the Novice 25 butterfly or 9 and under relays.**

On-line entries through the SNZ database for individual events close at midnight, Sunday 17 November.

**CONDITIONS OF ENTRY**

- The meet will be swum under local rules
- Maximum swims - two individual events. No times will be accepted.
- Those achieving a Personal Best will receive a PB ribbon and a Chocolate Bar.
- Clubs with four or more entrants will be awarded points on a percentage basis for Personal Best swum in individual events. The winning club will win the Best time Trophy.
- All participants must agree to comply with the Sports Anti-Doping Rules
- Para swimmers are eligible to compete at this 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 Swim Wellington or Gold Coast clubs in accordance with SNZ's Member Protection Policy.
- Strapping of muscle/joints is not permitted supported by a doctors/physio certificate that is sighted by Technical Director prior to the start of the meet..

**WARM UP RULES:** Warm up lanes will be allocated by the organisers on the night based on club entries. Coaches and Team Managers are responsible for swimmers' safety during the warm up. Diving will be permitted in any lane from the deep end only under coach supervision from 4pm. Swimmers must not swim back to the deep end during diving and are to exit the pool from the shallow end or at the side.

**CONDITIONS OF ENTRY FOR PAKAKARIKI SHIELD RELAY ENTRIES (Relay entries, including the team members names must be submitted at the meet by 3.15pm)**

- Age is as at the date of the meet. All club members are eligible for relay selection.
- Swimmers must swim in their own age group – there will be no swimming up/down and no exhibition swims. Swimmers may be entered into as many relay events as they are eligible for but can only swim once in each event.
- Clubs may enter more than one relay team in each event, naming the teams 'A,B,C etc'. Only one team will score.
- Points will be awarded as follows; 4x25m 6,5,4,3,2,1. 8x25m 8,6,4,3,2,1.

**Duties:** Clubs are to provide officials names as listed to Porirua Officials Co-ord) at officials@swimporirua.co.nz by Mon.18 Nov 2024.

- 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

Meet organisers Elouise Thomas (race@swimporirua.co.nz & Viv Morton for the Gold Coast: ph 027 645 1146

**Duty club to organise:** Starter, Chief timekeeper, Marshall (2), Runners (2), door people (2)  
*The Organisers will not be liable for any loss, damage or injury suffered during this meet.*

Technical Director: Brent Harris 0274891120

