

GOLD COAST SWIMMING ZONE WOOLLAHRA TROPHY CARNIVAL

HOST CLUB, Raumati. Assisted by Otaki Titans.

Open to ALL swimmers from Otaki Titans, Raumati, Porirua City Aquatics and Tawa Swimming Clubs



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| Coastlands Pool Sunday 16 March 25 | <i>Times recorded at this Development Meet will be up-loaded to SNZ database for use as regional qualifying times but can not be used to break Regional and/or National records</i> | Doors open 4.00pm Warm up 4.15pm Start 4.45pm |
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Door entry \$10.00 for swimmers. **PLEASE BRING THE CORRECT MONEY** Free entry for Officials & spectators

| Ev | Order of events |
|----|----------------------------------|
| 1 | 400 Freestyle 11yr&over |
| 2 | 400 Medley 11yrs&over |
| 3 | 50 Backstroke |
| 4 | 100 Freestyle |
| 5 | 50 Breaststroke |
| 6 | 100 Medley |
| 7 | 25 Butterfly (Novice) |
| 8 | Relay Heat 12yrs & U 4x50 Fr |
| 9 | Relay Heat 13yrs & O 4x50 Fr |
| 10 | 100 Breaststroke |
| 11 | 25 breast (Novice) |
| 12 | 50 Butterfly |
| 13 | 100 Backstroke |
| 14 | 50 Freestyle |
| 15 | 100 Butterfly |
| 16 | 200 Freestyle |
| 17 | 200 Backstroke |
| 18 | 200 Breaststroke |
| 19 | 200 Butterfly |
| 20 | 200 Medley |
| 21 | Relay Final 12yrs & U 4x50 Fr |
| 22 | Relay Final 13yrs & O 4x50 Fr |

CONDITIONS OF ENTRY.

This meet is open to Competitive, Club and Recreational swimmers.

- Maximum 3 individual events per swimmer.
- Meet will be swum under SNZ rules and local rules. DQs for stroke infringement maybe given if there are sufficient officials on pool deck.
- Those achieving a Personal Best or new time will receive a PB ribbon.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate & sighted by the Technical Director prior to the meet.
- Para swimmers are eligible to compete at this meet.
- By entering this meet 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 SW or Gold Coast clubs in accordance with the SNZ Member Protection Policy.

To enter the following events swimmers must be able to swim the minimum entry times as listed

- **400m free – 200m free in under 3m20**
- **400m medley – 200m medley in under 3m30**
- **200m back, medley, free & fly – 100m of the same stroke under 1m55**
- **200m breast – 100m breast under 2 minutes**
- **100m back, free & fly – 50m of the same stroke under 60 sec**
- **100m breaststroke – 50m breaststroke in under 1m10s**

Note - as 200m events are often combined, entering two 200s is not advised

RULES FOR THE WOOLLAHRA TROPHY (age as the date of the meet)

- Points will be awarded for best times on a percentage basis, e.g. if a club has 61% best times this will count as 61 points.
- Maximum of two relay teams per club per event.
- Relays teams will be handicapped for the final. Any team breaking their heat time by more than two seconds will be DQ'd
- Points for relays will be awarded for first to eight places as follows 8, 7, 6, 5, 4, 3, 2, and 1.

WARM UP LANES

- Team Managers/ Coaches are responsible for swimmers' safety during the warm up.
- Club warm up lanes will be allocated by the Technical Director & advised at the meet based on club entries.
- Clubs may organise diving practise during the warm up in their allocated warm up lanes and must appoint a diving supervisor.
- Swimmers must not swim across the lanes & may only enter and exit the lanes from the either end of the pool.

Individual races will be swum as mixed races, slowest to fastest.

The organisers reserve the right to alter the order &/or combine events.

On-line entries via SNZ database will open on 16 February & close at midnight on Sunday 9 March.

Relay entries will be taken on the night.

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| <p>Duties: Clubs are to provide officials names as listed to Seuga Frost at smfrost@xtra.co.nz by Wednesday 12 March Timekeepers PCA and Tawa 10 each. Otaki & Raumati 5 each</p> <ul style="list-style-type: none"> • Qualified IOTs and Trainees are welcome. Names to be supplied <p>Gold Coast meet organiser is Viv Morton ph 027 645 1146</p> | <p>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: Brent Harris 027 489 1120</p> |
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Host club may run a raffle

*Raumatī's race secretary Fiona Morrison at racesec@raptors.nz be responsible for entries.
Organisers will not be liable for any loss, damage or injury suffered during this meet.*