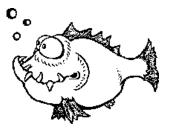
## GOLD COAST SWIMMING ZONE

## **RIBBON CARNIVAL**

HOST CLUB, Porirua City Aquatics

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



Tawa	Pool, Sunday	Times recorded at this Development Meet will be up-loaded to SNZ database for use as regional qualifying times and cannot	
25 Ma	ay 2025	be used to break Regional and/or National records Start time 4.00pm	
Door ei	ntry \$10.00 for swi		
	ORDER OF EVENTS CONDITIONS OF ENTRY.		
	and Event	This meet is open to Competitive, Club and Recreation swimmers.	
1		To enter the following events swimmers must be able to swim the minimum	
	200 freestyle 200 backstroke	entry times as listed	
2		<ul> <li>400m free – 200m free in under 3.20</li> </ul>	
3	200 butterfly	■ 400m medley – 200m medley in under 3m30	
4	200 breaststrok	200m back, medley, free & fly – 100m of the same stroke under 1m55	
5	200 medley	200m breaststroke – 100m breaststroke under 2 minutes	
6	50 freestyle	<u>Note – as 200s are often combined it is not advised to enter two 200s.</u>	
7	25 breaststroke	<ul> <li>100m back, free &amp; fly – 50m of the same stroke under 60 sec</li> </ul>	
8	100 backstroke	100m breaststroke – 50m breaststroke in under 1m10s	
9	25 Butterfly	Maximum 3 swims per swimmer. No times entries will be accepted.	
10	50 breaststroke	<ul> <li>Meet to be swum under SNZ and Local Rules. DQs for stroke infringements may be given if there are sufficient officials on pool deck.</li> </ul>	
11	100 medley	<ul> <li>Those achieving a Personal Best time or new time will receive a best time</li> </ul>	
12	25 backstroke	ribbon.	
13	100 breaststrok	E      The Personal Best Trophy will be presented to the club achieving the most	
14	50 butterfly	personal best times on a percentage basis. Clubs must have at least 4 swimmers	
15	100 butterfly	enter the meet to be eligible.	
16	50 backstroke	Para swimmers are eligible to compete at this meet.	
17	100 freestyle	By entering this event swimmers agree to allow images (e.g. photography,	
18	25 freestyle	video, etc.) to be taken by accredited media approved by Swimming Wellington.	
19	400 medley 11y	rs Images are only to be used for legitimate purposes by Swimming Wellington or	
	&over	Gold Coast clubs in accordance with the SNZ Member Protection Policy.	
20	400 freestyle 11	yrs WARM UP RULES	
	& over	Warm up will commence at 3.30pm and finish at 3.55pm. Team Managers and     Capebos are responsible for swimmers' sofety during the warmup	
All r	races will be swun	<ul> <li>Coaches are responsible for swimmers' safety during the warmup.</li> <li>Clubs warm up lanes will be allocated by the referee and advised at the meet.</li> </ul>	
mixed races, slowest to		• Clubs warm up lanes will be allocated by the referee and advised at the meet.	
fastest		<ul> <li>Diving in each lane may commence from 3.45pm at the discretion of the Team</li> </ul>	
		Manager or Coach supervising the lane. Swimmers must not swim back to the	
On-line entries via Fastlane			
will open on Friday 25 April			
and close at midnight			
on Sunday 18 May 25		Note: the organisers reserve the right to alter the order and/or combine events.	
HOST CLUB MAY RUN A RAFFLE			
Duties:	Clubs are to provide	names of volunteers for the jobs as listed <b>Duty club to organise:</b>	
	•	<u>fficials@swimporirua.co.nz</u> by Wed 21 Technical officials, Chief timekeeper, Marshall (2),	
to the officials co-ordinator officials@sy May.		Runners (2), door people (2)	

- Timekeepers PCA and Tawa 6 each. Otaki & Raumati 4 each
- One person from each club to assist at the desk

Meet organiser for the Gold Coast: Viv Morton phone 027 645 1146

The Organisers will not be liable for any loss, damage or injury suffered during this meet.

Technical Director: Brent Harris 027 489 1120

OFFICIALS ARE ADVISED TO BRING A WATER BOTTLE