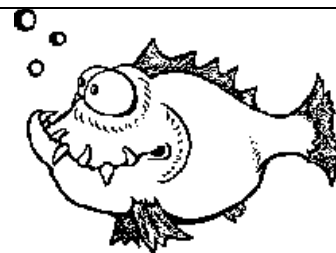


GOLD COAST SWIMMING ZONE
PORIRUA CITY AQUATICS
PAEKAKARIKI SHIELD RELAYS
and CHOCOLATE CARNIVAL



Individual events are open to financial competitive registered members of the of Otaki Titans, Porirua City Aquatics, Raumati and Tawa Swimming clubs. Relays are open to competitive & recreation club members

Tawa Pool

Warm up 3.15-3.45pm

Sunday 6 September 2026

Duty Club: Porirua City Aquatics

Start 3.50pm

Entry fees; Swimmers \$10.00 – cash only, no EFTPOS

Officials and spectators are free

ORDER OF EVENTS

1. 50 Backstroke
 2. Boys &/or Girls 9yrs & U 4x25m freestyle relay
 3. Boys &/or Girls 10/11yrs 4x50m freestyle relay
 4. Boys &/or Girls 12/13yrs 4x50m freestyle relay
 5. Boys &/or Girls 14yrs & O 4x50m freestyle relay
 6. 50 Breaststroke
 7. 25 Butterfly (Novice)*
 8. 50 Butterfly
 9. Boys &/or Girls 9yrs & U 4x25m medley relay
 10. Boys &/or Girls 10/11yrs 4x50m medley relay
 11. Boys &/or Girls 12/13yrs 4x50m medley relay
 12. Boys &/or Girls 14yrs & O 4x50m medley relay
 13. 50 Freestyle
 14. Flying Squadron relay 8x50m freestyle relay
- Flying Squadron teams are to consist of 4 boys & 4 girls. **For each gender**, there must be at least one 9/u swimmer, no more than one 14/O swimmer, or two 12/O swimmers, or three 10/O swimmers.

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 open on 3 September and close at midnight, Sunday 30 September

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.
- The Personal Best Trophy will be presented to the club, with at least four entrants who achieve the highest percentage of PB at the meet in individual events.
- 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.

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 warmup. Diving will be permitted in any lane from the deep end only, under coach supervision from 3.30pm. 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.

Note; The organisers reserve the right to alter the order and/or combine events

CONDITIONS OF ENTRY FOR PAKAKARIKI SHIELD RELAY ENTRIES (Relay entries, including all team members names & dates of birth for any recreation swimmers are to be emailed to president@swimporirua.co.nz by Thurs. 3rd Sept.

- Age is as at the date of the meet. All recreation and competitive 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; Age Group relays 6,5,4,3,2,1. Flying Squadron - 8,6,4,3,2,1.

Duties: Clubs are to provide officials names as listed to Blair St Just at officials@swimporirua.co.nz by Wednesday 2 September 2026.

- 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: phone 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

