

HAVE - A - GO RACE NIGHT

Maximum of four events per swimmer



FRIDAY 17 NOVEMBER 2023

Cannons Creek Pool 6pm warm up 6.30pm start

Race night is targeting all club, swim school and Junior squad swimmers.

Come along and Have-a-Go – entries taken on the night.

***This meet is not about winning – it is about Having a Go, learning to race,
learning race rules and establishing a club time.***

Times will not be listed on SNZ database.

*Tadpoles and Seals training is cancelled on this night, but Swordfish will have their normal training from
5-6pm*

Entry restrictions

- Only new swimmers & those 8 years and under may enter 25m freestyle and backstroke.

Events

1. 200m medley
2. 25m freestyle
3. 100m freestyle
4. 50m backstroke
5. 25m breaststroke
6. 50m butterfly
7. 200m freestyle
8. 75m *reduced* medley – Bk, Br, Fr.
9. 25m backstroke
10. 100m backstroke
11. 50m breaststroke
12. 25m butterfly
13. 100m breaststroke
14. 50m freestyle
15. 100m medley – Fly, Bk, Br, Fr

Conditions of Entry

1. Open PCA members and invited swim schools
2. To be swum under local rules
3. Parents of those entering must make themselves available to assist at the meet, as required.
4. **Maximum of four events per swimmer.**
5. Personal Best ribbons will be awarded to those achieving a new or best time.
6. All participants must agree to comply with Sports Anti-Doping Rules
7. The organisers reserve the right to alter the programme and/or combine events

***Weather permitting, we will be
holding a sausage sizzle - \$2 a sausage***

PLEASE NOTE

- There will be NO DIVING at this meet or at any time at the Cannons Creek Pool.
- All 25m races plus the 75m medley will start at the front entrance end of the pool

TO ENSURE THE SAFETY OF SWIMMERS THE WARM UP RULES ARE:

Swimmers must not play around or swim across the lanes during the warmup.

Swimmers may only enter and exit the pool from the ends.

Everyone on pool deck is to ensure these warm up rules are complied with.

Race night organiser is Viv Morton 027 645 1146