

Have-a-Go Race Night - Friday 16 May 2025

Cannons Creek Pool.

6pm warm up, 6.30pm start

Note; Maximum of 4 swims per swimmer.

Race night is open to all our club members and especially those who swim on Friday and Monday nights, Sunday morning or are in our Junior Squads. Entries will be taken on the night. This meet is not about winning - it is about "Having a Go", learning to race, learning race rules, trying new events and establishing a club time. Times recorded will not be official and can't be used as entry times for other meets. Because of race night Tadpoles and Seals training is cancelled. Swordfish training will be held as normal. Swordfish are welcome to join race night after training – 200m medley is on the programme as event 1, especially for those who may like gain valuable medley racing experience. Any queries, please speak to your child's coach or email president@swimporirua.co.nz

As with all swim meets volunteers are required to help run the meet and will be called for on the night. It is PCA expectation that all swimmers entering any meet will provide a volunteer when required.

IMPORTANT

- **only new swimmers and those 8 years and under may enter the 25m backstroke and 25 freestyle.**
- **Parents of those entering MUST make themselves available to assist at the meet as required.**

For those keen to race as the next step from Race Night swimmers should be looking to enter the Gold Coast Carnivals. These are very relaxed, official meets, and a great place to learn about racing.