

PORIRUA CITY AQUATICS IN HOUSE LEAGUE

5 August, 2 & 23 September
All Monday nights
Cannons Creek Pool, 6.00pm Warm Up – 6.30pm Start
Entries close Wednesday 31 July

THREE FUN NIGHTS – OPEN TO ALL CLUB MEMBERS

This event replaces all club and squad training on these dates

This is a team competition, run over three Monday nights. Everyone entering is put into one of six teams. Each team is managed by older swimmers who organise their team into races while trying to ensure all swimmers have a similar number of swims. For the series, it is age as at 5 August – swimmers having a birthday during the series, will continue to swim in the lower age group.

Everyone swimming earns points for their team – first 6 points, 2nd 5 points, etc, down to 6th place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, they will be expected to come along with a 'have a go attitude' thinking 'I'll give it a go for the good of the team'. Teams do much better when with swimmers in each race, rather than someone being fussy about what they swim.

It is expected that those entering make a commitment to attend each meet. Every effort will be made to ensure teams have a similar spread of age and ability groups to give a balanced competition. We appreciate that at times things do crop up and missing a league night may be unavoidable, but swimmers who just forget or don't turn up are letting their team down.

We will need help on the night with judging the finishes, a starter, referee, judge of stroke, and recorders. Timekeepers are not required.

To enter, please enter your name on the entry sheet on the noticeboards at Cannons Creek, or by emailing Viv Morton at president@swimporirua.co.nz please include your age as at 5 August in your email. **Entries close on 31 July.**

Things to remember,

- For the smooth running of league, swimmers are to sit with their teams.
- Parents and supporters are to sit on the top rows of the grandstand and leave the bottom two rows free for the teams.
- Leading a team becomes difficult when swimmers sit with their parents and leaders need to search for their swimmers.
- Our leaders try very hard to give all team members an equal number of races. The number of heats on the programme for each event is matched to the age and numbers in the teams, which means not every 9 year old, for example will get the swim in every race available for 9 years olds.