



The club is unable to operate any of our normal pool based activities until we move to Level 2 as the council pools are closed at level 3 and above.

As the Delta variant is more infectious than previous variants it is probable that the Level 2 requirements, in particular for physical distancing and mask wearing, will be different than was required previously.

Full details will be provided once we know when we will be moving to Level 2 and what any restrictions will be.

Swimming NZ Short Course:

The club had a team of 6 Swimmers, Tracey Reiher Manager and Nevill Sutton Coach at the SNZ Short Course Champs in Auckland that started on Tuesday 17 August.

The First Session of the Champs was held under normal COVID-19 Level 1 conditions on the Tuesday morning.

Following the announcement in the afternoon of a COVID-19 case in Auckland, the evening session was postponed until the announcement by the Prime Minister of what was going to happen and was then cancelled when the move to Level 4 was announced.

Plans were quickly put into place to get the team back to Wellington and the team flew out of Auckland at 12:30 the following day.

Swim Meets:

Swimming can be confusing especially when it comes to entering meets. Questions like "Which meet is suitable for my child? Does he/she need times to enter this meet?" come up all the time.

The general types of meets are:

Tier One meets are usually held at Kilbirnie or Coastlands, offer a full programme and are for swimmers 13 years and over. Often these meets are placed as lead up meets for NZ Opens, National Age Groups (NAGs) and Div II, and usually swimmers can enter without a time.

Tier Two meets are open to all swimmers. These meets usually offer a restricted programme and often only one

'No time entry' is allowed. For all meets you need to read the flyers and meet conditions carefully. For example Junior Festival.

Tier Three Meets – These are Gold Meets, PCA club champs, Div III. These meets are open to all swimmers. Again you must read the meet conditions to ensure you are eligible to enter your chosen races. For example at Gold Coast you must be able to swim a 50m race under a certain time before you enter the 100m race of the same stroke.

Swim Wellington and Swimming NZ meets.

To enter these meets swimmers must qualify, within the qualifying period. Qualifying times will be listed as either short course (25m pool) or long course (50m pool) times.

Qualifying times for National Open Championships, NAGs and Division II (all 13 yrs and over meets) must be swum at Tier 1 or 2 meets.

Qualifying times for Swim Wellington Championships and SNZ's Junior Festival (12 and under) can be swum at either Tier 1, 2 or 3 meets.

PCA will publish eligibility reports on our website prior to these meets so swimmers know which times they may like to chase.

Occasionally PCA swimmers trying to enter SW Champs may find their entry blocked. If this happens contact Brent Harris on info@swimporirua.co.nz and he will up-grade your membership category. This is a good reason not to leave entering until the last minute.

Swimmers are advised to keep a record of their times. Date swum, which pool etc.

To help keep track of times, swimmers/families can download the free app **mytogs**, this app is a partnership between Swimming New Zealand and Pushstack. You can download this from FastLane (<https://fastlane.swimming.org.nz/login>). Once you have set it up and added your child, you will get updates when new times are loaded in.

Also, those swimming regularly can download the app **meet mobile**, at a small annual cost, which keeps you up to date with the live results etc at some meets.

When entering – points to remember

- read the flyer and conditions carefully to ensure you are eligible to enter and meet conditions of the meet.

- enter before the closing date. PCA doesn't accept late entries into meets we host, therefore don't expect PCA to ask other clubs for a favour.
- Check the psych sheet when/if they are published on the PCA website to ensure your entries are correct.
- Parents/swimmers are not to contact the meet organiser directly. All queries must be made through the PCA race secretary on race@swimporirua.co.nz
- If you are sick/injured or can't attend the meet contact the race secretary who will place the scratching. If it is a late (on the day) scratching then contact the team manager. If a swimmer is sick/injured sending the race secretary a medical certificate may secure a refund.

Volunteers.

Heaps of volunteers are required to run a swim meet.

It is PCA's expectation that everyone entering a meet will provide a helper as required.

The club has an Officials co-ordinator (also a volunteer) who organises our timekeepers and officials, as well people to cover our duties like 'manning' the door, serving refreshment, posting results, marshalling etc.

For most meets the number of volunteers required is determined by the team size.

The Officials co-ordinator does try to spread the jobs around while ensuring PCA's responsibilities are covered.

For National meets held in Wellington especially, when PCA's team is small, covering the duties may require volunteers to step up even if they don't have a swimmer competing at that session/meet.

Meet Entry Times – Conversions:

For most meets swimmers entries times are shown on the programme determine the lane allocation for a race.

Swimmers and parents need to be aware that there may be a difference between a swimmer's entry time and their personal best time depending on the whether the time was established in a 25m or a 50m pool, and the length of the pool the meet being entered is to be swum at.

Swimming NZ has a conversion table that makes allowances for the advantage gained by the extra turns needed in 25m pools.

In short, swimmers swimming at the same speed will normally record a slower time for the same distance when swimming in a 50m pool because of the lack of turns.

Conversions can be calculated at the following web page http://talbotco.co.nz/Pool_Conversion.aspx.

Explanation

If a swimmer's time for 50m freestyle was 45.30 and this was established in a 25m pool. Should that swimmer enter 50m freestyle at a meet being swum in a 50m pool, then the entry time would show as 46.15 sec (that is 45.30 plus the conversation of .85sec).

Or the reverse – should a swimmer swim a Personal best of 1m30.00 at a 50m pool for 100m breaststroke.

That time would convert to 1m28.00 if the swimmer was to enter an 100m breaststroke race at a 25m pool.

While it is a good idea for swimmers to be aware and record of their Personal Best times – it is a better idea for them to keep two lists, one for short course best times (ie times swum in a 25m pool) and the other for long course (50m pool) best times.

In House League – 2 August:

The first meet in the series of three proved to be as noisy as ever.

It was great to see teams members supporting each other. Also well done to the many swimmers who tried new events. With the points table finishing so close every point counts.

Sadly some teams were effected by swimmers not turning up. We know some were sick, and it seems others may have forgotten.

At the end of the night the points were - In first place is team 6 on 204 points, 2nd team - 198 points, 3rd team 4 - 161 points, 4th place team 4 - 161 points, 5th place team 5 – 158 points and 6th place - 140 point.

Thank you all those who helped out, these meets can't happen without volunteers.

The second evening was to have been held on Monday 30 August, but this was postponed due to Level 3 restrictions.

As it is only practical to hold this event during Level 1 restrictions, should Level 2 or higher restrictions continue until the end of the year, the remaining sessions may need to be cancelled.

Porirua Primary School Leadership Awards:

Every year in Porirua, two children from each primary school in the region can be chosen to receive a leadership award.

The awards are run by the Porirua Rotary Clubs and the Porirua City Council. We had four of our junior swimmers selected for this privilege - Carter McKee, Travis Carnegie, Felix Thomas and Patrick Reiher.

The boys were all chosen for demonstrating leadership, giving service to the school and being excellent role models.

Pretty awesome achievement for them and we are proud to have them all in our club!

Meet Reports:

Wellington Winter Champs:

With the original meet cancelled due to Covid Alert Level Two the Wellington Winter Champs were held at the Coastlands pool on 31 July/1 Aug.

Unfortunately the pool was only available in the afternoons, then with limited seating and less than half an hour between the two sessions each day, the meet was very different to a 'normal' championship meet, but at the end of the day at least the Championships were held and the swimmers got to swim.

Overall our swimmers swam very well and PCA finished up 6th on the points table. 1st Pirates, 2nd Tawa, 3rd Capital, 4th Swimzone Racing, 5th Raumati – 18 club took part.

Congratulations to Eric Yuan who broke the club record in 13yrs 200m butterfly in a time of 2m23.58. The previous record was 2m24.74 set way back in August 1996.

Individual results Name	Age	No of events	Medals	No of S/C Personal bests	Top 10 finishes
Lucy Campbell	16	6		1	6
Alphon Cao	13	4		2	1
Travis Carnegie	12	8		8	8
Anabel Geibel	16	4		2	4
Jade Lin	14	6	1x Silver	5	2
Lewis Parker	12	9		8	2
Benjamin Reiher	16	9	1x Gold, 1x Silver, 2x Bronze	4	8
Joe Reiher	14	9	2x Gold, 1x Silver	7	8
Dannielle Rule	15	7	3x Silvers	-	5
Jordan Spark	13	9		9	9
Vinnie Tat	12	12	1x Gold, 4x Silvers, 1x Bronze	6	13
Felix Thomas	12	10	2x Bronze	10	10
James van der Voort	16	6	1x Silver	5	5
Cameron Wilkinson	14	2	1x Bronze	2	2
Eric Yuan	12	4	3x Golds	2	4
Sunny Zheng	13	2	2x Silvers	2	2
Karmen Zhou	12	4	1x Silver	3	4
David Zhu	16	2	2 Golds	1	2

Many PBs were by more than 10 seconds – well done to Travis, Lewis, Felix, James and Sunny.

Thank you to all those who officiated, especially Brent and Elouise who worked at all 4 sessions. Also thanks to the team managers and those who covered PCA's duties. Thanks to Todd for covering coaching duties when Nevill wasn't available. As interesting stat. is that apart from one DQ our Junior Squad swimmers (Lewis, Travis and Felix) pb'd in all their races.

The medal presentation area was particularly busy, in fact we hadn't finished presenting session one medals when session two warm up began. My thanks goes to Jacqui Forsthye (a referee) and Tracey Reiher who stepped in to help me at the end of session four when things weren't going to plan! Thank you, Viv

Matson Trophy Gold Coast Meet:

Held at Coastlands on 8 August.

What an exciting night!

PCA was well represented in the final with 5 of the 10 finalists coming from our club.

Congratulations to PCA's winner Oscar Hodge. 2nd place went to Campbell Carlyon, Otaki Titans. Then our five swimmers took out 3rd to 6th, in finishing order Jackson Crawford, Asher Thomas, Holly Sorenson, Charlotte Harrison. Those finishing 7th to 10th were Riley Cohen, Otaki Titans, Rize Hassan, Raumati Raptors, Isaac Tui Tawa, Macy Carlyon Otaki Titans.

The finalists all received a big jar of lollies and a voucher courtesy of the Matson Family.



For most the finalists it was a busy night, placing well enough each round (heats, repechages and semi-finals) to progress to the final, without much rest time between and while also competing in two 50m races and the relays.

The Matson trophy swims were swum over 100m freestyle.

Those to make the repechages and semi-finals were Abigail Parker, Charlotte Thiebaut, Lawrence Wang, Mckenzie Carnegie, Daniel Tuketsky, Audrey Chew, Charlotte Cripps, Frederick Mills, Lewis Parker and

Travis Carnegie, while Emma Harrison, Lily-Ann Alderson, Maddy St Just, Cody Chen all swam in the repechages.

PCA entered four relay teams. Each team swam twice, firstly to establish a time and then in the handicapped final which was won by Raumati Raptors B. Our best team placed 4th. Two PCA teams were disqualified in the final for going on 'Go' instead of waiting for their handicap to be called.

For the future - should a swimmer realise they have gone early, instead of continuing their swim only to be disqualified, they can return to the start, touch the end and push off straight away, if their handicap has been called, or wait until their handicap is called. In effect they would be starting on or after their handicap.

Between the Matson trophy races most swimmers swam two 50m races, with many PB's and new times being recorded – well done to Lily-Ann Alderton, McKenzie Carnegie, Cody Chen, Audrey Chew, Jackson Crawford, Charlotte Cripps, Emma Harrison, Oscar Hodge, Eden Jackson, Ashley Liu, Frederick Mills, Abigail Parker, Dora Shen, Holly Sorenson, Indie Spalding, Maddy St Just, Charlotte Thiebaut, Asher Thomas, Lincoln Thomas, Daniel Turetsky, Milan Vos, Teagan Vos, Lawrence Wang and William Whitehead.

A big thank you to all the parents and an injured Felix! who helped at the meet. PCA was the biggest team at the meet and without PCA stepping up it would have been difficult to run the meet.

Manawatu Winter Champs:

Justin Wang and Asher Thomas travelled up to Palmerston North on the 7th and 8th of August to compete in the Manawatu Winter Champs.

The meet was held over four sessions (the first just for long distance races) - Justin got to try out a long distance race while Asher went to compete in his last champs as a 10 year old.

Justin achieved 5 PBs, two bronze medals in both the 11-12yr 100 Fly and the open age 400 IM (25 second PB for this!) and completed his first 800m Free race in a phenomenal time.

Asher achieved 4 PBs and two gold medals in both the 10&under 100 Breast and 100 Free.

Huge thanks to Dennis Wang for managing the boys at the pool and for introducing us to the joys of Chinese Hot Pot (special mention to Beijing Big Hotpot in Palmerston North - thoroughly recommended for an excellent meal out!)



Subscriptions:

The membership year begins on 1 July, and subs for the year are:

- \$195.00 for club members. That is, those who swim in the Eels and Tadpoles squads and those who swim at the club sessions on Friday and/or Monday nights and/or Sunday mornings.
- \$150.00 for squad members, being those in the Senior squad, Orcas, Sharks, Swordfish, Seals, Penguins and those who swim in PCA's Johnsonville squad.

Subs can be paid directly into the PCA bank account 030547-0205093-00 – please use the swimmers name as a reference, or can be paid at the duty desk on a Monday or Friday night, or left in a named envelope in the black letterbox on our storeroom door.

Annual Subs are due on 1 July and should be paid as soon as possible.

For new members joining during the year the sub is pro-rated based on the month of joining, and if the swimmer is a squad or competitive swimmer. These rates are available from the Treasurer or the Committee Member on the desk on Monday and Friday club nights.

Swimmers are required to be financial members to enter swim meets and attend training nights (club and squad) and to attend and vote at the AGM or other club meetings.

Some leeway will be provided for the attendance at training as long as the annual sub is paid by 31 July, within four weeks of joining if a new member, or are on an agreed payment plan and no payments have been missed.

There is no leeway for entering swim meets or being able to vote at club meetings. You must be a paid up member to participate in swim meets and club meetings.

Any family wishing to spread their payments should contact our treasurer on 021-247-7730 or e-mail treasurer@swimporirua.co.nz to make an arrangement.

Duty Roster:

The club is also looking for volunteers to staff the desk on Monday and Friday nights at Cannons Creek.

You will need to report at 5:45pm to set up for a 6:00pm session start and stay until the start of the final session at 7:30pm.

Those interested should contact Becky Campbell on 021-044-8794 or email beckygrnz@hotmail.com.

BBQ Roster:

On Club Nights, and Sunday Mornings during Club and Lean to Swim Sessions at Cannons Creek Pool there is an opportunity for parents to raise money to help with their club expenses.

The money raised from each sausage sizzle (or whatever else you would like to cook on the BBQ) less any direct expenses is kept by the club and allocated to the family who did the BBQ.

The purchase of some items (sausages, bread etc) is required at the time.

The money raised can be used for entry fees, subs, squad fees, to purchase uniforms etc.

Anyone interested in cooking for a night should contact Viv Morton e-mail president@swimporirua.co.nz or phone 234-7071 for further information.

PCA Swimming Caps:

New members will be given a cap on receipt of their first subscription payment.

Caps are replaced free of charge if they split, on presentation of the damaged cap.

The cost of caps are \$10 each if a swimmer requires another cap.

It would not normally be expected that any swimmer would need more than 1 or 2 caps each year.

Caps can be obtained from the sign-in desk at Monday and Friday night club sessions (at Cannons Creek) or the Team Manager at swim meets.

Club Uniform:

The club orders uniform items several times a year based on the demand. The items that are available for order (and order forms) are on the notice board at Cannons Creek Pool and on the Website.

Items ordered must be paid for before the items will be included in an order sent to our supplier.

The delivery of any order we place takes about eight weeks from the time of ordering.

We also have a limited amount in stock of PCA uniform hoodies with zips, T shirts and shorts in various ages.

Please contact Veronica Rule on 021-0255-3366 or e-mail uniforms@swimporirua.co.nz if you would like to purchase any PCA uniform items - see the web site for details, order form and bank details.

Bank Account Details:

Subs/Uniforms etc	03-0547-0205093-00
Sunday Learn to Swim	03-0547-0205093-01
Squad Fees	03-0547-0205093-02

If you are unsure which account you should be using, please contact our Treasurer, Murray Pugh, at treasurer@swimporirua.co.nz

Upcoming Events:

Due to current COVID-19 alert levels there are no meets that can be confirmed as being held.

Report of Best Times:

If you require a list of your times, please email Haiou Wang the Race Secretary at race@swimporirua.co.nz and they will be sent back to you.

Club Contacts:

President (Viv Morton)	04-234-7071
Vice-President (Brent Harris)	027-489-1120
Secretary (Elouise Thomas)	022-140-5068
Treasurer (Murray Pugh)	021-247-7730
Race Secretary (Haiou Wang)	022-045-7793
Squad Liaison	
Junior Squad (Viv Morton)	04-234-7071
Senior Squad (Janet Thomson)	027-442-0961
Johnsonville Squad (Novia Guo)	021-869-669
Officials Co-ordinator (Elouise Thomas)	022-140-5068
Uniforms (Veronica Rule)	021-0255-3366
Newsletter	e-mail info@swimporirua.co.nz