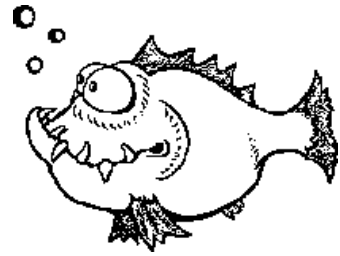


GOLD COAST SWIMMING ZONE RIBBON CARNIVAL



Tawa Pool, hosted by Tawa Swimming Club

This meet is open to financial members of club's in the Gold Coast Zone

Tawa Pool

Sunday 24th February 2019

Warm up 5.00pm

Start 5.30pm

Door entry fees; Swimmers \$8.00 - cash only, eftpos is not available. Officials and spectators are free

ORDER OF EVENTS

| Comp | Event |
|------|------------------|
| 1 | 400 Freestyle |
| 2 | 400 Medley |
| 3 | 50 Freestyle |
| 4 | 100 Freestyle |
| 5 | 50 Breaststroke |
| 6 | 100 Breaststroke |
| 7 | 100 Medley |
| 8 | 25 Butterfly |
| 9 | 50 Butterfly |
| 10 | 100 Butterfly |
| 11 | 50 Backstroke |
| 12 | 100 Backstroke |
| 13 | 25 Breaststroke |
| 14 | 200 Freestyle |
| 15 | 200 backstroke |
| 16 | 200 butterfly |
| 17 | 200 breaststroke |
| 18 | 200 medley |

All races will be swum as mixed races, slowest to fastest

Note: the organisers reserve the right to alter the order and/or combine events.

On-line entries via SNZ website close midnight on 17th February 2019

CONDITIONS OF ENTRY.

To enter the following events swimmers must be able to swim the minimum entry times as listed

- 400m free – 200m free in under 3.20
- 400m medley – 200m medley in under 3m30
- 200m back, medley, free & fly – 100m of the same stroke under 1m55
- 200m breaststroke – 100m breaststroke under 2 minutes
- 100m back, free & fly – 50m of the same stroke under 60 sec
- 100m breaststroke – 50m breaststroke in under 1m10s
- Maximum 3 swims per swimmer.
- Meet to be swum under SNZ/FINA Rules/Local Rules. Protest fee is \$50.00
- Those achieving a Personal Best time or new time will receive a best time ribbon.
- The Personal Best Trophy will be presented to the club achieving the most personal best times on a percentage basis. Clubs must have at least 4 swimmers enter the meet to be eligible.
- All participants must agree to comply with the Sports Anti-Doping Rules
- Para swimmers are eligible to compete at this meet and shall compete under the IPC Swimming Rules. Para swimmers must present their classification card to the Referee prior to the commencement of the 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 Swimming Wellington or Gold Coast clubs in accordance with the SNZ Member Protection Policy.
- Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the start of the meet.

WARM UP RULES

- Team Managers and Coaches are responsible for swimmers' safety during the warm up.
- Club warm up lanes will be allocated by the referee and advised at the meet, depending on entry numbers.
- Diving for the duration of the warm up is only permitted in Lane 1 and Lane 7 from the start end with turn practise at the other end. Clubs must appoint a person to supervise diving.
- Swimmers must not swim across the lanes and may only enter and exit the lanes from the either end of the pool.

Duties: Clubs are to advise Hugh Allan email hugh.allan@xtra.co.nz names by 5pm on 17th February

| | | |
|--------------------------------|--------------------|--|
| Duty club | Refreshment people | IMPORTANT All Clubs: For times swum at this meet to be recognised as 'official', clubs must provide their share of qualified officials. <ul style="list-style-type: none"> • Two Inspector of Turns – at least one must be qualified • Visiting clubs six timekeepers – Host club three timekeepers • One person to assist at the desk – experience is not required |
| Marshall | Assistant Marshall | |
| Starter | Chief time keeper | |
| Two runners | Two door people | |
| To arrange referee and two JOS | | |

The Organisers will not be liable for any loss, damage or injury suffered during this meet.

For the Gold Coast, Technical director Hugh Allan and Meet organiser Viv Morton ph 234 7071