

# GOLD COAST SWIMMING ZONE

## RIBBON CARNIVAL

HOST CLUB, Raumati with Otaki Titans assisting  
Open to swimmers from Otaki Titans, Raumati, Porirua City Aquatics  
and Tawa Swimming Clubs



Coastlands Aquatic Centre,  
Sunday 4 Sept 22

*Times recorded at this Development Meet will be up-loaded  
to SNZ database for use as regional qualifying times and  
cannot be used to break Regional and/or National records*

Warm up 2pm  
Start time 2.30pm

Door entry \$8.00 for swimmers.

**PLEASE BRING THE CORRECT MONEY**

Free entry for all others.

### ORDER OF EVENTS

Ev no.	Event
1	200 backstroke
2	200 butterfly
3	50 breaststroke
4	100 freestyle
5	25 backstroke*
6	50 butterfly
7	100 backstroke
8	25 breaststroke*
9	100 medley
10	50 freestyle
11	100 breaststroke
12	25 butterfly*
13	50 backstroke
14	100 butterfly
15	25 freestyle*
16	200 breaststroke
17	200 freestyle

**All races will be mixed races,  
swum slowest to fastest.**

**\*There will be no diving  
in the 25m races**

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

On-line entries via SNZ website  
will close at midnight on  
Tuesday 30 August

### 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 Policy 007 and local rules.
- Those achieving a Personal best 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. Teams of at least 4 swimmers will be eligible.
- All participants must agree to comply with the Sports Anti-Doping Rules
- Para swimmers are eligible to compete at this 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.

### WARM UP RULES

- Team Managers/ Coaches are responsible for swimmers' safety during the warm up.
- Club warm up lanes will be allocated by the organiser, based on team entry numbers and advised at the meet.
- Club/Coach supervised diving in each lane is permitted from 2.15pm
- Swimmers must not swim across the lanes and may only enter and exit the lanes from the either end of the pool during the warm up.

**Duties:** Clubs are to advise Marco Cecioni officials names by 5pm on Wednesday 31 August 2022

**OFFICIALS ARE ADVISED TO BRING A WATER BOTTLE**

**DUTY CLUB:** Two marshalls, Starter, Chief timekeeper, two runners, two door people.

**ALL CLUBS:** Timekeepers – All club 9 and 3 IOTs.

*The Organisers will not be liable for any loss, damage or injury suffered during this meet.*  
For the Gold Coast Meet organisers Marco Cecioni ph 021 205 6577 & Viv Morton 027 645 1146