

GOLD COAST SWIMMING ZONE WOOLLAHRA TROPHY CARNIVAL

HOST CLUB, RAUMATI, with Otaki Titans assisting

Open to swimmers from Kapiti, Raumati, Porirua City Aquatics and Tawa Swimming Clubs



Coastlands Aquatic Centre Sunday 14 MARCH 2021	Door entry fees – Cash only - no Eftpos Swimmers \$8.00, all others, including Officials free	Warm up 5pm, Start 5.30pm
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Ev	Order of events
1	400 Freestyle
2	400 Medley
3	50 Backstroke
4	100 Freestyle
5	50 Breaststroke
6	100 Medley
7	25 Butterfly (Novice)
8	Relay Heat 12yrs & U 4x25 Fr
9	Relay Heat 13yrs & O 4x25 Fr
10	100 Breaststroke
11	25 freestyle (Novice)
12	50 Butterfly
13	100 Backstroke
14	50 Freestyle
15	100 Butterfly
16	200 Freestyle
17	200 Backstroke
18	200 Breaststroke
19	200 Butterfly
20	200 Medley
21	Relay Final 12yrs & U 4x25 Fr
22	Relay Final 13yrs & O 4x25 Fr

CONDITIONS OF ENTRY.

- Maximum 3 individual events per swimmer.
- Individual events will be swum as mixed races, slowest to fastest.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Swum under SNZ/FINA and local rules. Protest fee \$50.00
- Classified Para swimmers are eligible to compete at this meet. Para swimmers must report to the Technical Director prior to warm up.
- Participants who have entered this event 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 SW 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 meet.

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**

RULES FOR THE WOOLLAHRA TROPHY (age as the date of the meet)

- Points will awarded for best times on a percentage basis, e.g. if a club has 61% best times this will count as 61 points.
- Maximum of two relay teams per club per event.
- Relays teams will be handicapped for the final. Any team breaking their heat time by more than two seconds will be DQ'd
- Points for relays will be awarded for first to eight places as follows 8, 7, 6, 5, 4, 3, 2, and 1.

WARM UP LANE will be allocated by the referee and advised at the meet depending entry numbers.

WARM UP RULES. Team Managers & Coaches are responsible for swimmers safety during the warm up.

DIVING for the duration of the warm up is only permitted in Lanes 0 & 9 from the start end. Swimmers must not swim across the lanes & may only exit the pool at the ends, except for those diving who must exit at the side. Clubs must appoint a person to supervise diving.

DUTIES; All clubs are to provide officials as follows and officials@raptors.nz with names no later than 8 March 2021

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

Entries will be on-line via SNZ database, closing at midnight on 8 March. Relay entries will be taken on the night.

Officials are advised to bring a water bottle

<u>Duty club</u> Marshall And Starter Two door people To arrange one referee & 2 x JOS	<u>Assisting Club</u> Assistant Marshall Two Chief time keepers Two runners	<u>All clubs</u> IOT's (qualified) Tawa & PCA three each Raumati & Otaki Titans two each Timekeepers PCA & Tawa nine each Raumati & Otaki Titans six each
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Technical Director Marco Cecioni ph 021 205 6577. Gold Coast Contact Viv Morton ph 234 7071

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