



Porirua City Aquatics



HARDCORE MEET

LONG COURSE SIGNATURE MEET

5th November 2016

Wellington Regional Aquatic Centre

Kilbirnie

Warm up 5pm, Start 5.40pm

Swimmers who compete in three events will be eligible for one of the four cash prizes of \$50.00 to be drawn at the end of the meet. Swimmers must be present at the draw to claim their prize.

ORDER OF EVENTS	
1	400 freestyle
2	100 breaststroke
3	200 backstroke
4	100 freestyle
5	50 breaststroke
6	100 butterfly
7	200 medley



Door entry

- Spectators \$2.00
- Programmes \$2.00



MEET CONDITIONS

- All events will be swum as mixed timed finals. Swimmers are to self marshal
 - The meet will be swum under SNZ/FINA rules, with over the top starts.
 - Age is at 5th November. Open to SNZ registered competitive swimmers.
 - Races at this Long Course meet will start at the deep end. Entry to the pool during warm-up will be feet first only (except authorised sprint lanes). The depth at the shallow end is 1.2m. There is to be no diving at the shallow end.
 - Para swimmers are eligible to compete at this meet and shall compete under the IPC Swimming rules and must present their classification card to the Meet Director/Referee prior to the commencement of the meet.
 - Maximum 3 events per swimmer. 1 NT for 100, 200 or 400m event only. No NT's for 50m events.
 - *Scoring ages & Points allocations: 10 & U, 11-12, 13-14, 15-16 17+ (50's & 100's), 12 & Under, 13 & Over (200/400's)*
 - *Points: 20, 14, 10, 7, 6, 5, 4, 3, 2, 1 (1-10 placings) per meet. Clubs scoring highest points on the night win the trophy. The Club winning the cup the most during the years, name will be engraved on it accordingly.*
 - Additional points are available for clubs supporting the meet. *4-12 swimmers = 10 Points; 13-20 swimmers = 15 Points; 20-30 Swimmers = 20 Points; 31+ swimmers = 25 Points*
 - Maximum meet length (3.5 hours – includes 25min warm up)
 - Entries will be via the SNZ Database. Entries close at 23:59.59 (midnight) on 28th October 2016.
 - Entry fees are \$9.00 per event, payment online by Credit Card. PCA is GST registered no 55-174-466
 - **There will be no refunds for withdrawals after entries have closed**
 - Swimming Wellington pool entry passes are to be used by Officials, Swimmers, Coaches and Team Managers. Visiting clubs will be issued with temporary entry passes for the meet. Entry and programmes for nominated Team Coaches & Team Managers will be; 1–10 Swimmers [2], 11-20 [4], 21-35+ [6].
 - Entry via the Main Entrance for swimmers and spectators. Please ensure you show your pass upon entry.
 - The Organisers will not be liable for any loss or damage during the period of the meet. All participants must agree to comply with the Sports' Anti-Doping Rules.
 - The Organisers reserve the right to amend the program if necessary, and to restrict entries
 - Officials; 2 IOT's & 2 Timekeepers per club. Clubs with higher number of entries may be asked to provide more. Please advise names to Adele Lloyd at adelton@xtra.co.nz by 30th October 16
 - By entering this meet participants 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 PCA in accordance with the SNZ Member Protection Policy.
- Meet Organisers: Terry Laws 021 1922214 and Viv Morton 234 7071

