

GOLD COAST SWIMMING ZONE  
COMBINED CLUB'S  
LONG COURSE CARNIVAL



(This meet is open to members of clubs in the Gold Coast Zone Region.)

Naenae Pool

SATURDAY 16<sup>th</sup> October 2010

Warm up 5.00pm

Start 5.30pm

All clubs are to provide officials, as set out below

Door Charge; Swimmers \$4.00

All others, including officials \$1.00

**ORDER OF EVENTS**

1. 400 Freestyle
2. 400 Medley
3. 50 Freestyle
4. 50 Butterfly
5. 100 Backstroke
6. 100 Breaststroke
7. 100 Freestyle
8. 100 Butterfly
9. 50 breaststroke
10. 50 Backstroke
11. 200 Backstroke
12. 200 Butterfly
13. 200 Breaststroke
14. 200 freestyle
15. 200 Medley

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

**Entries close with** Lizette van den Berg,  
[raceseecretary@raumatiswimming.co.nz](mailto:raceseecretary@raumatiswimming.co.nz)  
on Thurs, 13th October 2010 at 5pm.

Entry cards are not required - deck cards will used. Entries times are to be long course or converted times.

**CONDITIONS OF ENTRY.**

- Maximum 3 events per swimmer.
- Only those 11yrs and over may enter 400m events.
- Swimmers entering 100m events must be able to swim 50m of the same stroke in under 60seconds (back, free and fly) and 1m10 for breaststroke.
- 200m entrants must be able to swim 100m back, free, and fly in under 1m55, and 2 minutes for breast.
- Points will be awarded to clubs for best times on a percentage basis. The winning club will be presented with the Personal Best Trophy. Individuals achieving a personal best time will receive a Best Time ribbon.
- All participants must agree to comply with the Sports Anti-Doping Rules

**WARM UP RULES**

- Team Managers/Coaches are responsible for swimmers safety during the warm up.
- Allocated lanes warm up lanes are; Lanes 2 PCA, Lane 3 Raumati, Lane 4 Tawa, Lane 5 Kapiti, Lane 6 is restricted to swimmers 14 years and over.
- Diving is only permitted in lanes 1 & 7 from the start end, with turn practise at the other end.
- During the warm up swimmers must not swim across the lanes and must enter and/or exit the pool from the ends.

**Duties** All clubs are to provide five timekeepers and at least one inspector of turns.

Other duties and equipment required.

Note extra runners are required to take the cards to the other end in the 50m events.

P.C.A. - Two referees and two runners - bring stop watches and clip boards

TAWA - Starter, Assistant marshall - to supply starting equipment

RAUMATI - Marshall, Chief time keeper,

KAPITI - Two door people, two runners.

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