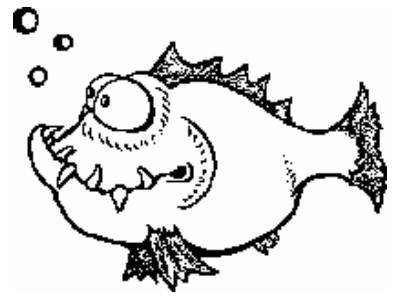


GOLD COAST SWIMMING ZONE  
**PORIRUA CITY AQUATICS  
 CARNIVAL**



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

Cannons Creek Pool  
 Sunday 22nd November 2009

Warm up 5pm  
 Start 5.30pm

Duty club **PORIRUA CITY AQUATICS**

Entry fees; Swimmers \$4.00	All others, including officials \$1.00
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<b>ORDER OF EVENTS</b> 1. 200 Freestyle 2. 200 Backstroke 3. 200 Butterfly 4. 200 Breaststroke 5. 200 Medley 6. 50 Freestyle 7. 100 Freestyle 8. 50 Breaststroke 9. 100 Breaststroke 10. 25 Butterfly 11. 100 Medley 12. 50 Butterfly 13. 100 Butterfly 14. 50 Backstroke 15. 100 Backstroke 16. 400 Freestyle 17. 400 Medley  <i>Race Secretaries are to e-mail their entries to Sarah Tait at thetairs@inspire.net.nz by 5pm, Sat. 21st November, and bring their entry cards to the meet</i>	<b>CONDITIONS OF ENTRY.</b> <ul style="list-style-type: none"> <li>• No swimmer may enter more than three events or race more than 250m in total, unless they chose to enter a 400m event.</li> <li>• 400m swimmers must be 11yrs and over, and may enter one additional 50m event.</li> <li>• You may only enter a 100m event if you are can swim 50m of the same stroke in less than 1m10 for breaststroke or 60sec for all other strokes.</li> <li>• Those achieving a Personal Best time will receive a ribbon.</li> <li>• Club points will be awarded for best times on a percentage basis. The winning club will be presented with the Personal Best Trophy.</li> <li>• All participants must agree to comply with the Sports Anti-Doping Rules</li> </ul> <b>WARM UP RULES</b> <ul style="list-style-type: none"> <li>• Team Managers and Coaches are responsible for swimmers' safety during the warm up.</li> <li>• Swimmers must swim in their allocated warm up lanes. Lane 2 Tawa, L3 Raumati, L4 Kapiti, L5 Swimmers 14yrs and over, Lane 6 PCA.</li> <li>• Diving is only permitted in Lane 1 from the start end with turn practise at the other end.</li> <li>• Swimmers must not swim across the lanes and are to enter and exit the lanes from the either end of the pool only.</li> </ul>
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*Note: the organisers reserve the right to alter the order and/or combine the 200m & 400m events.  
 All clubs are to provide officials as set out below.*

<u>Duty Club;</u> Pool set up and clear up. To arrange two referees, a starter, a marshall and two assistants, a chief timekeeper, two runners and two door people.	<u>All Clubs:</u> Two Inspector of Turns  <u>Visiting clubs:</u> Five timekeepers  <u>Host club:</u> Three timekeepers.
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*The Organisers will not be liable for any loss, damage or injury suffered during this meet.*