

GOLD COAST SWIMMING ZONE
**RAUMATI'S CHOCOLATE
 CARNIVAL**



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

Raumati Pool
 SUNDAY 5th December 2010

Warm up 5.00pm
 Start 5.30pm

Duty club is Raumati, assisted by Kapiti.

Door Charge; Swimmers \$4.00 All others, including officials \$1.00

ORDER OF EVENTS

1. 400 Freestyle
2. 400 Medley
3. 50 Freestyle
4. 100 medley
5. 50 Butterfly
6. 100 Backstroke
7. 100 Breaststroke
8. 100 Freestyle
9. 100 Butterfly
10. 25m butterfly
11. 50 breaststroke
12. 50 Backstroke
13. 200 Backstroke
14. 200 Butterfly
15. 200 Breaststroke
16. 200 freestyle
17. 200 Medley

Note: The organisers reserve the right to alter the order and/or combine events. **Entries close with Lizette Van Den Berg at raceseecretary@raumatiswimming.co.nz 4th December at 5pm.** Entries times are to be short course or converted times.

CONDITIONS OF ENTRY.

- Maximum of 2 events per swimmer.
- Swimmers achieving a personal best time will receive a PB ribbon & a Chocolate bar, those swimming a new event will receive a ribbon and a Chocolate fish or similar.
- 400m events are restricted to 11year olds & over.
- Swimmers entering the 100m event must be able to swim 50m of the same stroke in under 60seconds for back, free and fly & 1m10 for breaststroke.
- Points will be awarded to clubs for best times on a percentage basis. The winning club will be presented with the Personal Best Trophy.
- All participants must agree to comply with the Sports Anti-Doping Rules

WARM UP RULES

- Team Managers and coaches are responsible for swimmers safety during the warm up.
- Swimmers must swim in their allocated lanes. Lane 2 Porirua City Aquatics, L3 Kapiti, L4 Mana, L5 Tawa, Lane 6 Raumati
- Diving is only permitted in lane 1 from the start end, with turn practise at the other end.
- Swimmers must not swim across the lanes and are to enter and exit the lanes from the end only

All clubs are to provide officials as set out below.

<u>Duty club</u>	<u>Assisting club</u>	<u>All Clubs:</u>
Marshall Starter Pool set up and clear up To arrange two referees	Assistant Marshall Chief time keeper Two runners Two door people	<ul style="list-style-type: none"> • An Inspector of Turns • Visiting clubs six timekeepers • Host clubs three timekeepers

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