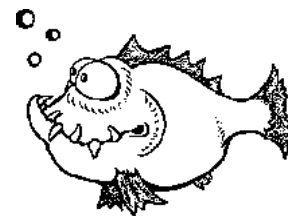


GOLD COAST SWIMMING ZONE WOOLAHARA TROPHY CARNIVAL HOST CLUB, PORIRUA CITY AQUATICS



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

Cannons Creek Pool Sunday 26th February 2012	Door entry fees; Swimmers \$4.00 All others, including officials \$1.00	Warm up 5pm, Start 5.30pm
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SWIMMERS ARE TO NOTE - this pool is 1 metre deep - take care when diving.

<p>ORDER OF EVENTS</p> <ol style="list-style-type: none"> 1. 400 Freestyle (11yrs and over) 2. 400 Medley (11yrs and over) 3. 50 Backstroke 4. 100 Freestyle 5. 50 Breaststroke 6. 100 Medley 7. 25 Novice Butterfly 8. Relay Heat - 12yrs & U 4x25 fr 9. Relay Heat - 13yrs & O 4x25 fr 10. 25 freestyle (10yrs and under) 11. 100 Breaststroke 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 	<p>CONDITIONS OF ENTRY.</p> <ul style="list-style-type: none"> • Those entering a 200 or 400m event may only enter one additional 25 or 50m event. • If you enter a 100m event you may enter two additional events, providing the total distance swum does not exceed 250m. • You cannot enter more than three events • You may only enter a 100m event providing you are capable of swimming 50m in less than 60seconds for Free, Back and Fly, or 65sec for Breaststroke. • All participants must agree to comply with the Sports Anti-Doping Rules <p>RULES FOR THE WOOLAHARA TROPHY</p> <ul style="list-style-type: none"> • 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. • Age for the relays is as at the date of the meet • One relay team 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 disqualified. • Points for the relays will awarded for first to sixth place as follows 6,5,4,3,2,1. <p>LANES ALLOCATION for warm up and relay heats. 1. Kapiti, 2. Tawa, 3. Porirua, 4. swimmers 14yrs & over only 5. Raumati 6. Diving - see note below</p>
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WARM UP RULES. Team Managers & coaches are responsible for swimmers safety during the warm up. **DIVING** is only permitted in Lane 6 from the start end. Swimmers must not swim across the lanes and may only exit the pool at the end, except for those diving in lane 6 who can exit at the side.

Note: the organisers reserve the right to alter the order and/or combine any events.. Clubs are to e-mail their entries to race@swimporirua.co.nz by 5pm, Sat.25th February and bring their entry cards to the meet. Contact for the Gold Coast Zone, Viv Morton ph 234 7071.

All clubs are to provide officials as set out below.

<p><u>Duty Club:</u> Marshall and two assistants A Starter. Pool set up and clear up To arrange two referees</p>	<p><u>Duty club continued</u> Chief time keeper Two runners. Two door people</p>	<p><u>All Clubs:</u> At least one inspector of turns and 5 timekeepers each</p>
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The Organisers will not be liable for any loss, damage or injury suffered during this meet.