

GOLD COAST SWIMMING ZONE  
**TAWA SWIMMING CLUB**  
**PAEKAKARIKI SHIELD RELAYS**



Tawa Pool

Sunday 28<sup>th</sup> March 2010

Duty Club TAWA

Warm up 5pm

Start 5.30pm

Entry fees; Swimmers \$4.00

All others, including officials \$1.00

**ORDER OF EVENTS**

1. 50 Backstroke
2. Girls 9yrs and under 4x25m freestyle relay
3. Boys 9yrs and under 4x25m freestyle relay
4. Girls 10/11yrs 4x25m freestyle relay
5. Boys 10/11yrs 4x25m freestyle relay
6. Girls 12/13yrs 4x25m freestyle relay
7. Boys 12/13yrs 4x25m freestyle relay
8. Girls 14yrs and over 4x25m freestyle relay
9. Boys 14yrs and over 4x25m freestyle relay
10. 50 Breaststroke
11. 50 Butterfly
12. Boys &/or Girls 9yrs & under 4x25m medley relay
13. Boys &/or Girls 10/11yrs 4x25m medley relay
14. Boys &/or Girls 12/13yrs 4x25m medley relay
15. Boys &/or Girls 14yrs & over 4x25m medley relay
16. 50 Freestyle
17. Flying Squadron relay 8x25m freestyle relay  
(one boy and one girl from each age group.)

**WARM UP & RELAY LANES**

- |                          |                            |
|--------------------------|----------------------------|
| 1. Diving start end only | 2. Kapiti                  |
| 3. Raumati               | 4. 15yrs & O               |
| 5. Tawa                  |                            |
| 6. Porirua               | 7. Diving, start end only. |

**WARM UP RULES.** Team Managers/Coaches are responsible for swimmers' safety during the warm up. Diving is only permitted in Lanes 1 & 7. Swimmers are to exit the pool from the either end, except those diving in lanes 1 and 7

**CONDITIONS OF ENTRY**

- Maximum swims - two individual events
- Points will be awarded on a percentage basis for the individual events. The winning club will presented with the Best time Trophy.
- All participants must agree to comply with the Sports Anti-Doping Rules  
*Race Secretaries are to e-mail a c-file of their entries to Mike Gillum. tawa.racesec@ihug.co.nz by 5pm, Sat.27th. and bring their entry cards to the meet*

**CONDITIONS OF ENTRY FOR PAEKAKARIKI SHIELD RELAY ENTRIES**

- Age is as at the date of the meet
- Swimmers must swim in their own age group - there will be no swimming up/down and no exhibition swims.
- Clubs may enter one relay team in each event. Team members names, dates of birth and swimming order are to submitted to the recorders table by 5.15pm.
- Points will be awarded as follows; 4x25m 6,5,4,3,2,1. 8X25m 8,6,4,3,2,1.

*All clubs are to provide officials as set out below.*

<u>Duty Club:</u> Marshall and an assistant Starter - 2 door people Chief timekeeper Pool set up and clear up To arrange two referees	<u>Other clubs duties</u> Second assistant marshall, Porirua Two runners - Kapiti and Raumati	All clubs are to provide at least four time keepers and at least one IOT.
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*The Organisers will not be liable for any loss, damage or injury suffered during this meet.*