



Porirua City Aquatics and Tawa Swimming Clubs'

HARDCORE DASH FOR CASH

LONG COURSE TIER 2 MEET

Saturday 14 October 2023

Wellington Regional Aquatic Centre, Kilbirnie

Warm up 4.30 – 4.55pm; Racing starts 5.00pm

Events:

1. 400 IM
2. 50 Fly
3. 200 Free
4. 50 Breast
5. 100 Backstroke
6. 50 Free
7. 100 Breaststroke
8. 200 Fly
9. 50 Backstroke
10. 200 IM

Entries close Sunday 8 October

\$10.00 per event

Maximum of four events

*Great opportunity to swim
qualifying times for the
SW LC Champs in December*

Swimmers who compete in at least three events will be eligible for one of the four cash prizes of \$50.00 to be drawn at the end of the meet.

Swimmers must be present at the draw to claim their prize.

Meet Conditions:

- The meet is open to all registered club and competitive swimmers.
- This is a Designated meet and will be swum under SNZ/FINA and local rules.
- The meet is a long course meet, to be swum as mixed timed finals, with over the top starts. Self marshalling will operate.
- Maximum 4 events per swimmer. 2 NTs are allowed.
- Converted times are accepted. Age as at 14 October 2023.
- Entries will be via the SNZ Fastlane system. Entries close at 23:59.59 (midnight) on Sunday 8 October 2023.
- Entry fees are \$10.00 per event, payment online by Credit Card.
- Protests shall be lodged as per SNZ Policy 008 accompanied by \$100.00 cash.
- Races at this Long Course meet will start at the deep end. Entry to the pool during warm-up will be feet first only (except authorised sprint lanes). The depth at the shallow end is 1.2m. There is to be no diving at the shallow end.
- Classified para swimmers are eligible to compete at this meet. Para swimmers must report to the technical director prior to warm-up.
- **There will be no refunds for withdrawals after entries have closed.** Scratchings prior to the meet are to be emailed to race@swimtawa.org.nz by midday Friday 6 October. Withdraws after this time are to be advised to the recorder's desk prior to the start of the meet.
- Printed programmes will be available at the meet.
- There will be an Officials Meeting in the meeting room at 4.30pm.

Spectators / Swimmers information:

- Entry for spectators is free.
- Swimming Wellington pool entry passes are to be used by Swimmers. Coaches and Team Managers. Officials are to sign in. Visiting clubs will be issued with temporary entry passes for the meet.
- Entry via the Main Entrance for swimmers and spectators. Please ensure you show your pass upon entry.
- The Organisers will not be liable for any loss or damage during the period of the meet. All participants must agree to comply with the Sports' Anti-Doping Rules.
- The Organisers reserve the right to amend the program if necessary, and to restrict entries
- Officials; 2 qualified IOTs & 2 Timekeepers per club. Officials are asked to bring a water bottle. Clubs with higher number of entries may be asked to provide more. Please advise names to officials@swimporirua.co.nz by 9 October.
- By entering this meet participants agree to allow images (e.g. photography, video, etc.) to be taken by accredited media approved by Swimming Wellington. Images are only to be used for legitimate purposes by Swimming Wellington, Tawa or PCA in accordance with the SNZ Member Protection Policy.
- Strapping on a swimmer is not permitted unless sighted prior to the meet by the Technical Director and is supported by a doctors/physio certificate/letter.

WARM UP PROTOCOL:

- Lanes 0-9: General Swimming with only feet first entry applicable in all lanes
- Lanes 0/1 and 8/9 to become diving lanes at 4.45pm
- Lane 2 is a designated pace lane.
- Lane 9 is available for para-swimmers, if required, only between 4.30 and 4.45pm

COVID - 19 PROTOCOLS AND VARIATIONS

- The organisers reserve the right to cancel or change any aspect of the event to meet any health restrictions in place, including restrictions on the use of the facilities at the venue, at the time of the meet.

Meet Organiser Vicky Gibbs, email racesec@swimtawa.org.nz