



Capital SC Medley Meet 2019

(NOTE: This is a Tier 2 Meet)

Wellington Regional Aquatic Centre – Saturday 8 June 2019

| Warm up 4.00pm Start 4.25pm | | | | Open to SNZ Registered Club and Competitive Swimmers | | | |
|-----------------------------|------|------------|--|--|------|---------------|--|
| EVENT | AGE | STROKE | | EVENT | AGE | STROKE | |
| 1 Mixed M&F | Open | 100m IM | | 7 Mixed M&F | Open | 50m Back | |
| 2 Mixed M&F | Open | 50m Fly | | 8 Mixed M&F | Open | 100m Breast | |
| 3 Mixed M&F | Open | 100m Back | | 9 Mixed M&F | Open | 50m Free | |
| 4 Mixed M&F | Open | 50m Breast | | 10 Mixed M&F | Open | 200m IM | |
| 5 Mixed M&F | Open | 100m Free | | 11 Female | Open | Skins 50 Free | |
| 6 Mixed M&F | Open | 100m Fly | | 12 Male | Open | Skins 50 Free | |

- The meet will be conducted under SNZ Rules and local rules as applicable.
- **All entrants must be SNZ registered Competitive or Club swimmers**, and only SNZ sanctioned times will be available for entry use via the SNZ website.
- All events except 11 and 12 Skins, will be mixed timed finals, with over the top starts. Starts and finishes are at the midline shallow end of the pool, and care must be taken when diving into the pool – depth is 2.0m at the midline bulkhead but 1.5 approximately 7 metres from the start end.
- Entry into the pool during warmup will be from the shallow end and feet first only, except after 4.15pm when the designated outer sprint lanes 0,1,8 and 9 become dive lanes from the bulkhead only. Coaches are to monitor the warmup lanes and activity.
- There will be a Team Manager’s meeting at 3.45pm in the Deep End Marshalling room
- Marshalling will be undertaken in the Deep End Marshalling Room, and lane clothing boxes will be available inside that room.
- Age is as at the day of the meet. Events will be scratch seeded and will not be swum in age groups. They will be scored as 10 & under, 11/12yrs, 13/14 yrs, 15/16 yrs, 17 yrs & over for a small prize per age group and gender.
- Swimmers may enter a maximum of 4 events (not including the Skins) and NT will be accepted for all events
- The Skins swimmers will be selected from the 10 fastest 50m times on the day from the results of Event 1, but the event stroke will be determined by the spinning of the Stroke Selector Wheel for each heat. At the end of each heat, the slowest 2 swimmers will be removed, and the remaining swimmers will perform the stroke dictated by the Wheel spin. This will be repeated until the last 2 swimmers decide the winner.
- Swimmers can choose not to be in the Skins Events and the next fastest swimmer will be selected.
- Para swimmers are eligible to enter this meet and shall compete under the IPC Swimming rules. They must present their classification card to the Technical Director during the pre-meet warmup.
- Swimmers with any strapping must report to the Technical Director prior to the start of the meet with a Doctor’s or Physio Certificate.
- **Entries close on Tuesday 4 June 2019 at 23:59pm via entry on the SNZ website.**
- Entry fees are \$10.00 per event and **MUST BE made by Credit or Debit CARD** at the time of entry. Pay Later will not be an option for this meet. Entry into the Skins is at No Charge
- There will be no refunds for withdrawals after the circulation of the psych sheets on Wednesday 5 June .
- Scratchings to be emailed to racesec@capitalswim.co.nz up to 7pm on Friday 7 June. The programme will be available online at capitalswim.co.nz and on Meet Mobile, plus printed for Team Managers.
- For Capital Club swimmers, this meet will be used for the Club Champs which will be scored separately.
- The organisers will if necessary alter the programme and/or refuse entries, to allow the meet to finish within the allotted time frames
- All participants must agree to comply with the Sports Anti Doping Rules.
- **Door Entry:** Entry is via the Main Front Door for everyone. Wellington Swimmers, Coaches, Managers are to use their Swim Wellington Passes. Visiting Clubs will be issued with Visitor passes. Spectators \$2: Named Officials are to sign in
- All clubs are requested to provide at least 2 x qualified IOTs and advise the names to Sharon Pippas on racesec@capitalswim.co.nz Other senior officials will also be welcomed with thanks.
- Participants who have entered this event 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 or host Club in accordance with the SNZ Member Protection Policy.
- The organisers will not be responsible for any loss or damage during the period of the meet
- Capital Swim Club Organisers are: Pam Edwards 021 2410 517 & Barbara Ryan 027 7896 373
- Technical Director Barbara Ryan