



2020 Capital, Pirates & Tawa (CPT) Medley Meet

Wellington Regional Aquatic Centre – Saturday, 25 July 2020

Warm Up: 3pm – 3:25pm Racing from: 3:30pm	Open to: 2020-21 SNZ active & financial Club or Competitive Swimmers
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EVENT	AGE	STROKE	EVENT	AGE	STROKE
1 Mixed M&F	Open	100m IM	7 Mixed M&F	Open	100m Fly
2 Mixed M&F	Open	50m Fly	8 Mixed M&F	Open	50m Back
3 Mixed M&F	Open	100m Back	9 Mixed M&F	Open	100m Breast
4 Mixed M&F	Open	50m Breast	10 Mixed M&F	Open	50m Free
5 Mixed M&F	Open	100m Free	11 Mixed M&F	Open	200m Back
6 Mixed M&F	Open	200m IM			

- The Meet will be conducted under SNZ Rules and local rules as applicable.
- **All entrants must be 2020-21 SNZ active and financial Club or Competitive swimmers** and only SNZ sanctioned times will be available for entry use via the SNZ website.
- The Meet is short course and all events 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 and 1.2m at the turn end with the pool depth decrease approx. 7m from the start end.
- Entries are via the SNZ database. Entries open **Wednesday, 1 July, 2020** and close **Sunday, 19 July, 2020 at 23:59**. Entry fees are \$10 per event and **MUST BE made by Credit or Debit Card** at the time of entry.
- No Times (NT) will be accepted for all events.
- A maximum of 4 events per swimmer and age is at the date of the Meet.

For **Capital Swim Club** swimmers, this Meet will be used to identify our Club Champions for the 2019-20 membership year. Your events will be scored separately the week following this Meet. To enter, swimmers are required to enter 4 events with one event being either the 100m or 200m Medley.

- 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 for the Meet as 10 & under, 11/12 years, 13/14 years, 15/16 years and 17 years and over.
- Classified para swimmers (including provisional classification) are eligible to enter this Meet. Para swimmers are requested to report to the Technical Director prior to the Meet warmup.
- Organisers reserve the right to reduce entries and heats (with a refund) if the Meet is likely to exceed the booked 8pm finish time.
- There will be no refunds for withdrawals after the circulation of the initial psych sheets on Tuesday, 21 July, 2020.
- Scratchings to be emailed to racesec@capitalswim.co.nz up to 12pm on Friday, 24 July, 2020 with the final programme emailed to Clubs and available online at www.capitalswim.co.nz by 5pm the same day. The Meet will also be published on Meet Mobile. Officials and Team Managers copies will be printed for their collection at the Meet. No programmes will be available for purchase at the Meet.
- **Door Entry:** Entry is via WRACs Main Entrance located at 63 Kilbirnie Crescent, Wellington from 2:30pm.
- Swimmers with WCC annual or monthly passes are required to swipe their passes to gain entry. All other swimmers and Coaches please display your Swimming Wellington issued black swimmer pass or NZSCTA pass to enter. Visting Clubs will be issued with Visitor Passes left for your collection at the entrance.
- Named Officials and helpers please sign in on the Officials/Helpers document that will be left at the entrance for you to gain entry.
- Spectators please pay the \$2 spectator fee charge to gain entry.

- Depending on the number of entries received, allocated seating may be offered as part of this Meet. A final decision on whether seating will be allocated will be released with the distribution of the initial psych sheet on Tuesday, 21 July, 2020.
- Pool Warm up is from 3pm – 3:25pm with races commencing from 3:30pm.
Entry into the pool during warmup will be from the **shallow end and feet first** only, except after 3.15pm 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 2.45pm in the Spin room from where event marshalling will be undertaken and lane clothing boxes will be available. An Officials meeting will also take place from the same location at 3:15pm.
- Swimmers with any strapping must report to the Technical Director prior to the start of the Meet with a Doctor's or Physio Certificate stating the reason for the strapping.
- All participants must agree to comply with the Sports Anti Doping Rules.
- All clubs are requested to provide at least 2 x qualified IOTs and advised to racesec@capitalswim.co.nz no later than 5pm Wednesday, 22 July, 2020 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 & Sharon Pippas 021 142 8976.
- Technical Director Barbara Ryan.