

Session 1: Warmup 9.00am – Start 9.30am **Session 2: Warmup 4.00pm - Start 4.30pm**

G	B	AGE	STROKE	G	B	AGE	STROKE
1	2	Open	400m IM	70	80	Top10	Wheel of Pain
3	4	Open	50m Fly	35	36	Open	400m Free
5	6	Open	200m Breast	37	38	Open	200 Fly
7	8	9&U	100m Back	39	40	9&U	100m Freestyle
9	10	10/11	100m Back	41	42	10/11	100m Freestyle
11	12	12/13	100m Back	43	44	12/13	100m Freestyle
13	14	14/15	100m Back	45	46	14/15	100m Freestyle
15	16	16&O	100m Back	47	48	16&O	100m Freestyle
17	18	Open	200m IM	49	50	Open	200m Back
19	20	9&U	100m Fly	51	52	9&U	100m Breast
21	22	10/11	100m Fly	53	54	10/11	100m Breast
23	24	12/13	100m Fly	55	56	12/13	100m Breast
25	26	14/15	100m Fly	57	58	14/15	100m Breast
27	28	16&O	100m Fly	59	60	16&O	100m Breast
29	30	Open	50m Breast	61	62	Open	50 Free
31	32	Open	200 Free	<p>The Wheel of Pain – events 70, 80 - must be pre-entered with other events. Stroke/Distance and Lane will be randomly drawn on the night using the a swimmer name draw and the Wheel of Pain</p>			
33	34	Open	50m Back				



- All events will be timed finals, with over the top starts and Self Marshalling. The Meet will be conducted under SNZ/FINA and Local Rules
- The meet will start from the Deep End of the pool, and Warmup Rules in relation to Diving and Feet First Entry must be observed.
- **Lanes 0, 1, 8 & 9 will be diving lanes during the last 10 minutes of Warm Up only.** Any Para swimmers will have the use of Lane 9 for warmup.
- Age is as at the day of the meet. Age groups for swimming may be combined if the entry numbers dictate.
- There is no limit on the number of events that can be entered by swimmers, but **only 6 x NT entries will be accepted per swimmer** for the whole meet
- All entrants must be **SNZ registered COMPETITIVE or CLUB swimmers**, and entries are to be submitted via the SNZ entry system, with payment by Credit or Debit card at the time of entry. No pay later entries accepted for this meet
- **Swimmers must pre-enter Ev 70 or 80 (at no cost) with their initial entries to be eligible for selection in the Wheel of Pain**
- The Wheel of Pain events will be swum at the **start of Session 2**, and Chocolate Sweepstake tickets must be obtained prior to the beginning of Session 2 warmup. All swimmers are eligible for free tickets for one male lane plus one female lane. All ticket holders of the winning lane(s) can claim a block of chocolate each. Ticket holders are eligible to win both male and female lanes if they hold the winning lane numbers for both.
- In the event of fewer than 10 entrants in either of the Wheel of Pain events, the chocolate sweepstake lane sales will reflect this reduction.
- Classified Para swimmers (including provisional classification) are eligible to compete at this meet. Para Swimmers are requested to report to the Meet Referee prior to the session warm-up.
- Strapping of muscles/joints is not permitted unless supported by a Doctor or Physio certificate, and sighted by the Technical Director prior to the start of the Meet session.
- International swimmers may compete in the Meet as a Visitor on the production of an Exemption Letter or Form from their home country Swimming Organisation, along with proof of times and/or a MM entry file
- The organisers **will if necessary alter the programme and/or refuse entries, to allow the meet to finish within the allotted time.** Some ages may be combined for swimming if the numbers determine. The organisers will not be responsible for any loss or damage during the meet.
- **Entries open on 19 October 2019 and close on Sunday 10 November.** Entry fees are \$10.00 per event - except for The Wheel of Pain at \$ nil
- There will be no refunds for withdrawals after the circulation of the psych sheets on Tuesday 12 November
- Scratchings to be emailed to racesec@capitalswim.co.nz up 5pm Friday 15 November, and then manually advised at the pool on Saturday.
- All participants must agree to comply with the Sports Anti Doping Rules.
- **Pool Entry:** Swimmers and Coaches are to use their Swim Wellington or SCAT Passes. Visitor Passes will be available for non Wellington Clubs. Officials are to Sign in at the Door. Spectators \$2: Programmes: \$2
- All clubs are requested to provide at least 2 x qualified IOTs per session, and to advise the names to racesec@capitalswim.co.nz
- Participants who have entered this event agree to allow images (e.g. photography, video, etc.) to be taken by accredited media persons 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.
- A TM meeting will be held 15 minutes prior to the Session 1 warmup at 8.45am . Officials Meetings will be held 15 minutes into the warmup of each sessions.
- Capital Swim Club Organisers are: Pam Edwards pam.edwards1032@gmail.com, and Sharon Pippos racesec@capitalswim.co.nz
Technical Director Barbara Ryan barbararyanfamily@gmail.com
- A fundraising raffle for an away trip will be available for ticket sales on the day