



Sunday
30 August 2020
 West Wave Aquatic Centre, *25 Metre (SC)*
LEVEL 1 & 2 SWIM MEET
13 years and over

Session 1		
Warm-up: 8:00 am		Start: 9:00 am
<u>Male Event</u>		<u>Female Event</u>
1	Relay - 4 x 50m Free Mixed (2 Male / 2 Female)	1
2	400 Free	3
4	200 Breast	5
6	100 Kick with board (50 breast + 50 Free)	7
8	100 Fly	9

Session 2		
Warm-up: 2:00pm		Start: 3:00pm
<u>Male Event</u>		<u>Female Event</u>
10	Relay - 4 x 50m Medley Mixed (2 Male / 2 Female)	10
11	100 Free	12
13	200 Back	14
15	100 Kick no board (50 Fly + 50 Back)	16
17	100 IM	18

ENTRIES CLOSE: MIDNIGHT FRIDAY 21st August 2020

- Entries and payment to be submitted via the Swimming New Zealand Database.
- Session 1 and Session 2 appear as separate meets on the Swimming New Zealand Database and will need to be entered as if they were separate meets e.g. two payments.
- Events 6 & 7 and 15 & 16 will appear on the Swimming New Zealand Database as freestyle events and swimmers will be seeded based on freestyle times, but the events will be swum as 'kick' events as per the programme above.
- Relay entries (Events 1 & 10) to be done by Clubs **ONLY**. No limit on number of teams per club. Swimmer names **DO NOT** need to be supplied.
- Entry payments outside the SNZ Database by clubs only are by arrangement with the Meet Organiser (Imesecretary@gmail.com)
- Queries regarding entries must be made only via your Club Handicapper, to email: mtedenentries@gmail.com

Meet Conditions:

1. Age as at day of the meet, 30 August 2020. Only swimmers **13 years and over** may enter this meet.
 2. This meet will be conducted under SNZ rules and the local conditions listed. No time trials permitted.
 3. **Events 6 & 7: Kick races with board**
 - (i) In-water start
 - (ii) 15m underwater rule applies
 - (iii) Both hands **MUST** stay on the board at all times, except;
 - (iv) One hand allowed to leave the board In and Out of the turn **ONLY**
 - (v) **MUST** finish the race with both hands on the board.
 4. **Events 15 & 16: Back Kick races**
 - (i) In-water start
 - (ii) 15m underwater rule applies
 - (iii) Both hands **MUST** be linked together at all times, except;
 - (iv) Hands allowed to separate In and Out of the turn **ONLY**, and;
 - (v) **ONE** hand touch at finish is permitted.
 5. Event Entry Fees: All inclusive **\$20.00 per session**. Late entries (**\$40.00 per session**) will be accepted at the discretion of the organiser, only if there is a spare lane. No refunds on scratching, unless a medical certificate is sighted no later than 48 hours from the end of the meet.
 6. Swimmers are required to meet the ASA Level 1 or 2 qualifying standard.
 7. All events will be timed finals, with individuals' event results declared for males and females in the following age groups: 13, 14, 15, 16 & over.
 8. This is a self-marshalling meet. Over the top starts and the ONE START rule will apply. Reseeding or combining of heats will be at the Referee's discretion.
 9. This is a paperless meet. Session programmes will be emailed to all swimmers and posted on the ASA website prior to the meet. Hard copy programmes will be provided for all coaches, managers and Technical Officials.
 10. All participants must agree to comply with the Sports Anti-Doping Rules.
 11. Poolside Officials: The organiser will endeavour to obtain the necessary number of officials but the number on poolside may be more or less than the requirement set out in SNZ rules. This will not be a SNZ-approved meet for qualification/entry to national events in 2021.
 12. Clubs to supply: 1 Official per 4 swimmers per session to a max of 6 unless requested for more before the meet. Clubs to email names of officials **by Tuesday 25 August 2020** to Hiroko Shibuya (mtedenentries@gmail.com)
 13. Meet Controller: **Darryl Follows** (lmeseecretary@gmail.com)
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Health and safety is everyone's responsibility.

- 1. Prior to approving swimmers' entries, coaches must ensure participants have sufficient understanding, skill, and experience to conduct themselves in a manner that assures their safety and the safety of others.*
- 2. All persons on pool deck (swimmers, coaches, managers, officials/volunteers) must enter through the back door.*
- 3. No 'drop-off' at the back door please; foot traffic only. This area gets very congested around the start of warm-up. Please drop swimmers at the main car park and walk to the back door.*
- 4. All swimmers must show an ASA membership card or otherwise be able to demonstrate they have an entry in the competition.*
- 5. Coaches must sign in and wear an ASCAT identification at all times.*
- 6. Team Managers must sign in and will be issued with an identification card.*
- 7. Officials and timekeepers must sign in and either be wearing an ASA Technical Officials shirt or be issued with an identification card.*
- 8. All spectators must enter through the West Wave main entrance and be seated upstairs. No spectators are permitted on pool deck at any time.*
- 9. No long lens photography unless approval has been expressly given by the Mt Eden Swimming Club.*

Thank you for your cooperation.

The Mt Eden Swimming Club looks forward to a safe and enjoyable day's racing for all.