



# Tawa Swimming Club and Porirua City Aquatics' HARDCORE DASH FOR CASH LONG COURSE NATIONAL QUALIFYING MEET

**Saturday 10 February 2024**

*Wellington Regional Aquatic Centre, Kilbirnie  
Warm up 4.30 – 4.55pm; Racing starts 5.00pm*

## **Events:**

1. 800 Free\*
2. 50 Fly
3. 200 Free
4. 100 Breaststroke
5. 200 IM
6. 50 Free
7. 200 Back
8. 200 Fly
9. 100 Backstroke
10. 200 Breaststroke
11. 400 IM

***Entries close 11.59pm,  
Monday 5 February***

***\$10.00 per event***

*Maximum of four events*

*Great opportunity to swim  
qualifying times for NZ Champs,  
NAGS and Div II*

\* 800m Free event may be limited to the fastest 10 male and fastest 10 female swimmers, depending on entry numbers.

**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 Long Course meet and will be swum under SNZ/World Aquatics rules except where local rules and conditions apply.
- Starts will be over the top.
- Self marshalling will operate.
- Maximum 4 events per swimmer. 2 NTs are allowed.
- All times must be held on the SNZ database. Converted times are accepted. Age as at 10 February 2024.
- Entries will be via the SNZ Fastlane system. Entries close at 23:59.59 (midnight) on Monday 5 February 2024.
- 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.
- The depth at the shallow end is 1.2m. There is to be no diving at the shallow end.
- Para swimmers are eligible to compete at this meet and shall compete under WPS swimming rules. Para swimmers must report to the Meet Referee 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](mailto:race@swimtawa.org.nz) by midday Friday 9 February 2024. Withdrawals 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 for Team Managers, Coaches and Officials.
- 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](mailto:officials@swimporirua.co.nz) by 6 February 2024.
- 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 Meet Referee and is supported by a doctors/physio certificate/letter.

## WARM UP PROTOCOL:

- Entry to the pool during warm-up will be feet first only.
- 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

Meet Organiser Vicky Gibbs, email [racesec@swimtawa.org.nz](mailto:racesec@swimtawa.org.nz)