

Southland Ribbon Day

“Have A Go” Meet

October 2019



Sunday 6th October 2019

Splash Palace, Invercargill (Short Course)

Warm Up 1.00pm Start 1.45pm

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|-----|------------------|-------------------------|
| 1. | Mixed | 4 x 25m Medley Relay |
| 2. | Mixed 14 & Under | 50m Breaststroke |
| 3. | Mixed 14 & Under | 25m Kickboard_Front |
| 4. | Mixed 14 & Under | 50m Backstroke |
| 5. | Mixed 14 & Under | 25m Butterfly |
| 6. | Mixed 14 & Under | 25m Backstroke |
| 7. | Mixed 14 & Under | 25m Kickboard_Back |
| 8. | Mixed 14 & Under | 50m Butterfly |
| 9. | Mixed 14 & Under | 25m Freestyle |
| 10. | Mixed 14 & Under | 100m Medley |
| 11. | Mixed 14 & Under | 25m Breaststroke |
| 12. | Mixed 14 & Under | 50m Freestyle |
| 13. | Mixed 10 & Under | 75m Medley |
| 14. | Mixed | 4 x 25m Freestyle Relay |

NB: The 25m Kickboard events are free to enter, fun events (all swimmers welcome to enter!)

***A ‘Starts & Turns Clinic’ will be run during warm up by the Southland Head Coach, Jeremy Duncan
All encouraged to join in.***

Conditions of entry:

- Meet will be conducted under Swimming New Zealand regulations with specific conditions and criteria.
- In line with Swimming New Zealand's 'Right to Compete' by-law – all events are open to both club and competitive swimmers who are current, financial and registered with SNZ for the current year.
- Open to those swimmers who do not have **more than two times equal to or faster than** the times as follows:

	Male & Female 11 years and Under	Male & Female 12 years and Over
50m Freestyle	39.00	36.00
50m Backstroke	44.00	42.00
50m Breaststroke	49.00	46.00
50m Butterfly	47.00	42.00

(NB: entry times will be checked against the Swimming Southland Database)

- Age as at 6th October 2019
- Meet is to be run in Short Course (SC) – 25m
- Over the top will apply
- Clubs please ensure when a swimmer is entering an event for the first time, they are competent over the distance
- Relays – teams are to be mixed and comprise of four swimmers
- Ribbons – swimmers placing 1st, 2nd or 3rd in their age group will receive their relevant ribbon, with swimmers placing 4th-8th receiving a finalist ribbon. Relays receiving 1st, 2nd, 3rd Ribbons only.
- Warm up 40 minutes – Lanes 1 & 8 sprint lanes for the last 20 minutes
- Swimmers will compete in the mixed gender events as scheduled above and results will be published as male and female, in the following age groupings; 8 years & Under, 9 years, 10 years, 11 years and 12-14 years.
- NT (no times) accepted for all events
- Photographs taken during the meet may be used by Swimming Southland on the website – please make the Executive Officer aware if you do not wish your photograph to be used – admin@swimsouthland.org.nz
- Spectators Pool Entry – please be aware, there is a fee for spectators when entering Splash Palace.

**CLUBS, PLEASE ENCOURAGE PARENTS TO COME ALONG TO THE MEET AND
TIMEKEEP.**

ENTRIES: are to be submitted via the SNZ online system

ENTRY FEE: \$7.50 per event per swimmer Relays: \$15.00 per team

ENTRIES CLOSE: 8pm, Sunday 29th September 2019

QUERIES TO: admin@swimsouthland.org.nz