



# Pukekohe Swimming Club

## Covid-19 Carnival 2020

Venue: Franklin Pool, Pukekohe

Date: 04 July 2020

Warm Up: 5.00 pm

Racing Starts: 5.30 pm

1. 25m Freestyle	2. 50m Breaststroke	3. 100m Butterfly
4. 25m Backstroke	5. 50m Butterfly	6. 100m Breaststroke
7. 25m Butterfly	8. 50m Freestyle	9. 100m Backstroke
10. 25m Breaststroke	11. 50m Backstroke	12. 100m Freestyle
13. 100m Individual Medley	14. Skins (14 & U) Woman	15. Skins (14 & U) Men
16. Skins (15 & O) Woman	17. Skins (15 & O) Men	18. 4x50m MIXED Free Relay
19. 4x50m MIXED Medley Relay		

Event Costs: \$7.50 per event. No charge for SKINS or RELAYS.

Please RSVP relay entries to Jo on [pscRecorder@gmail.com](mailto:pscRecorder@gmail.com) when you enter your events.

Relay teams will be allocated on the night – these are just for fun!!

### SKINS:

There are 4 skins events, 14 & Under/15 & Over, Male & Female – top 6 swimmers only.

Each age band Male and Female will be swum consecutively on a total of 3 minutes send off, with the slowest swimmer after each race being eliminated. In the case of a dead heat (2 or more swimmers) for the last place position, these swimmers will all be eliminated. The skins events will be determined from the overall results of all the

50m races added together. Points are allocated:

1st = 9 points / 2nd = 7 points / 3rd = 6 points / 4th = 5 points / 5th = 4 points

6th = 3 points / 7th = 2 points / 8th = 1 point.

In the event of overall equal 6th place points, there will be a swim off.

**Swimmers must enter 2 events in addition to 4 x 50m events in order to be eligible for skins (6 events in total - excluding relays)**

**PRIZE MONEY – 1<sup>st</sup> = \$80, 2<sup>nd</sup> = \$50, 3<sup>rd</sup> = \$20, 4<sup>th</sup> to 6<sup>th</sup> = \$10**

## Entries are to be done via Swimming NZ.

The meet can also be accessed through the Pukekohe Swimming Club website  
[www.pukekohe.swimming.org.nz](http://www.pukekohe.swimming.org.nz) **TECHNICAL DIRECTOR: Jo Clare**

**ALL SWIMMERS MUST BE REGISTERED AS A CLUB OR COMPETITIVE SWIMMER WITH SWIMMING NZ  
AND HAVE THEIR PSC MEMBERSHIP FEES UP-TO-DATE TO ENTER THE MEET.**

**ROLLOVER OF SNZ OCCURS 01 JULY 2020 – SNZ FEES MUST BE PAID BEFORE RACING STARTS OR YOUR  
SWIMMER WILL BE SCRATCHED AUTOMATICALLY AND THEY WILL NOT BE ABLE TO RACE**

### Conditions of Entry:

- Age as at day of Meet.
- Entries close at 23:59:59 on Saturday 27 June 2020
- Entry fee is \$7.50 per event. Payment is made at time of entry.
- Swimmers may enter as many events as they like – however to be eligible for SKINS must enter all 4x 50 m races plus 2 additional events. Relays are fun events at the end – please advise availability for relays via email.
- For assistance with your entries, please contact our Club Recorder, Jo Clare, on [pscRecorder@gmail.com](mailto:pscRecorder@gmail.com).
- Please note the event order. If you choose consecutive events there may be very little rest between races.
- Application for a refund for non-attendance must be accompanied by a current medical certificate.
- 25m swims are only open to Swimmers aged 11 year olds and under.
- All swimmers must be a member of PSC, unless invited.
- PSC reserves the right to limit entries due to time constraints.
- Late entries may be accepted at the discretion of the Meet Director, if lane space allows. A late fee of \$10 will apply if accepted.
- Competition will follow FINA rules.
  - Swimmers with an Impairment
  - PSC welcomes swimmers who have a physical or intellectual impairment.
- Swimmers who have a physical impairment, but do not hold a Para Classification, are welcome to join the Club to see if swimming meets their sporting aspirations. Involvement in competition can only be at PSC Club Nights.
- Swimmers who hold a Para Classification are eligible to participate and will be entered amongst able-bodied athletes on the basis of entry time/s. It is the responsibility of the swimmer with an impairment (or their Team Manager) to inform the Referee before they swim of their IPC Classification. The Referee will use their best efforts to judge the swim under the applicable IPC Rules.
- Swimmers who have an intellectual impairment, and do not belong to a Special Olympics Club, are welcome to join the Club to see if swimming meets their sporting aspirations. Special Olympics swimmers are eligible to join the Club and will be entered amongst able-bodied athletes on the basis of entry time/s
- **ALL Parents are required to help with time keeping and officiating. Please ensure you tick the Volunteer Available box when entering online.**
- **A list of officials/volunteers for the meet will be posted on the club website and emailed to all swimmers prior to the meet. Please check to see where you have been allocated a job.**
- Psych sheets will be emailed out on Monday 22 June 2020
- The Meet Programme will be emailed to all swimmers on Wednesday 24 June 2020 and will be available on the club website. Please print and bring with you.
- Seating is limited at the pool, please bring along a chair for your comfort. Best seat in the house is TIMEKEEPING!!
- Supervision of the swimmers during the meet is the responsibility of the parents.

### Health and Safety

Under the Health and Safety at Work Act, it is necessary for us to advise you of the hazards that may affect you whilst attending a Pukekohe Swimming Club, Club Night.

### Notified Hazards –

- Surfaces may become slippery when wet.
- There is to be no running.
- Caution needs to be exercised around electronic equipment, starting & timing equipment, and the PA system.
- A BBQ may be in operation from time to time.
- The Franklin Pool can become very hot and humid – please ensure adequate hydration.
- There may be a lack of sun and wind shelter at the Jubilee Pool – please ensure adequate hydration and sun protection.

- Sun glare can be an issue at both the Franklin and Jubilee Pools.
- All swimmers are required to follow the warm up procedure detailed below.
- Pool depths –
  1. Franklin Pool & Leisure Centre: Start end - 1.35m; Turn end – 0.9m
  2. Jubilee Pool: Start end - 3.0m; Turn end – 1.0m

Please also –

- Ensure any young children are supervised at all times and are aware of these and any other hazards.
- Familiarize yourself with the venue layout, especially equipment and exits.
- Consider how you will manage team members in the case of an emergency.
- Adhere to the warmup procedure.

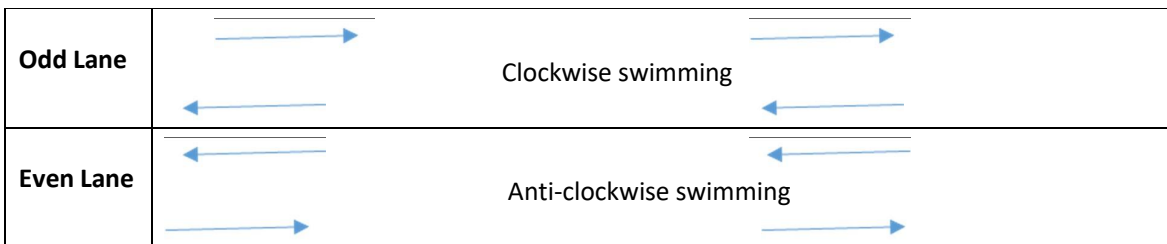
Please advise the Technical Director, Referee or Pool Staff if you observe any other potential hazard/s.

If an emergency arises and we are required to evacuate please stay calm and follow the directions of the Pool Staff and/or the Technical Director. For the Franklin Pool assemble in the front right hand car park area, Stadium Drive and, for the Jubilee Pool in the carpark area. Coaches are requested to conduct a roll call to account for all their swimmers. The Technical Director will account for all officials.

During the Meet - Please take care to ensure the health and safety of yourself and others. Particular care should be taken for those under your direct control.

**Warm Up Procedure:**

1. Swimmers will swim clockwise in odd numbered lanes and anti-clockwise in even numbered lanes.
2. Initially, all lanes will be for general swimming with no diving.
3. The Technical Director will make an announcement when the sprint/dive lanes are open.
4. The sprint/dive lanes will always be the two outside lanes only.
5. An announcement will be made, followed by a whistle, when the warm up session is finished – swimmers are requested to exit the pool immediately.
6. The Technical Director will have authority to change the warm up procedures as appropriate.



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