



Papatoetoe Swimming Club

Long Distance Club Champs 2020

Tuesday 25th and Thursday 27th February

Papatoetoe Pool and Leisure Centre

6:00pm warm up; 6:30pm start

EVENT	DAY 1 – Tuesday 25 th Feb
1 – Girls	800 m Freestyle
2 – Boys 10 & over only	1500 m Freestyle
EVENT	DAY 2 – Thursday 27 th Feb
3 – Girls 10 & over only	1500 m Freestyle
4 – Boys	800 m Freestyle

Entries to be done via email to Geoff Sibun at Geoffsibun@gmail.com

TECHNICAL DIRECTOR: DEREK MILLS

ALL SWIMMERS MUST BE REGISTERED AS A CLUB OR COMPETITIVE SWIMMER

Conditions of Entry:

- **Age as at day of Meet.**
- **Entries close at 23:59:59 on Sunday 23 February for both Day 1 and Day 2 sessions**
- **Entry fee is free.**
- For assistance with your entries, please contact Geoff Sibun at Geoffsibun@gmail.com
- Please note the event order.
- All swimmers must be a member of Papatoetoe Swimming Club unless invited.
- Papatoetoe Swimming Club reserves the right to limit entries due to time constraints.
- Late entries may be accepted at the discretion of the Technical Director, if space allows.
- Competition will follow FINA rules.
- **Parents are required to assist with time keeping and officiating. Please advise our Club Administrators of your availability**
- Psyche sheets will be emailed out on Monday 21 February 2020.
- The Meet Programme will be available on the club website. Please print and bring with you.
- Supervision of the swimmers during the meet is the responsibility of the parents.

PAPATOETOE SWIMMING CLUB

Papatoetoe Centennial Pool, Sutton Crescent, Papatoetoe
P O Box 23667, Hunters Corner, Manukau, Auckland 2155
www.papatoetoe.swimming.org.nz



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 Papatoetoe Swimming Club, swimming event.

Notified Hazards-

- Surfaces may become slippery when wet.
- There is to be no running.
- Caution needs to be exercised around electronic equipment, starting and timing equipment, and the PA system.

Please also –



- Ensure any young children are supervised at all times and are aware of these and any other hazards
- Familiarise 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 warm up procedure

Please advise the Technical Director, Referee of 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. Assemble in the front right hand car park 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 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.

ODD LANE	 <p>Clock wise swimming</p>
EVEN LANE	 <p>Anti-Clock wise swimming</p>

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