



2016 Capital Coast Pool Interclub

Date: Sunday 28th August 2016
Time: 9am to 12pm
Venue: Coastlands Aquatic Centre, 10 Brett Ambler Way, Paraparaumu
Entry Fee: \$10 per competitor

Hi Team Managers,

Please read through the following information carefully to ensure a successful event for all involved on Sunday. There will be a very important team managers meeting at 9:15am. Please be there by this time so that we can start racing at 9:30am sharp. A friendly reminder that this is a fun and participation driven event, points will not be allocated for this event.

Event Organisers

Kirsty Doyle (Event Organiser)	021 102 0058
Brent Harvey (Event Organiser)	027 557 1010
Sarah Traver (SLSNZ Staff)	027 844 6758

Running order of the morning

9am	Warm up for competitors
9:15am	Team Managers Briefing
9:25am	Time Keepers Briefing
9:30am	Racing Begins (refer to program of events)
	Breaks in between races
12pm	Approximate Finish

Time Keepers

Please ensure that as a club you have provided an adequate number of time keepers for the number of competitors entered. We will be running out of 10 lanes for most of the events and require as much help with time keeping as possible.

Entry Fee

All entries will be invoiced to the club directly as per the number of competitors registered for the event. Individual will then be charged through your club.

Photography

Photography will be taken by SLSNZ at this event. If any of your members would not like to be in photographs taken on the day please make this known to the organisers or SLSNZ staff member.

Depth of pool

It is the Clubs/Team Managers responsibility to ensure all competitors are aware the depths of the pool and those entering the pool are able to cope deep water.

Deep End: 2.4 meters

Shallow: 2 meters

Warm Up

The warm up time begins at 9am for all competitors. Please note that lanes 0 and 9 are the only lanes that diving will be permitted. These lanes will be a one way swim only after diving. Diving is not permitted in all other lanes during the warm up. Some lanes will provide the obstacles during this time.

Racing with Bricks

If competitors (particularly younger competitors) are struggling to complete the brick carry please instruct them to drop the brick and swim to the end of the pool. This is a safety concern otherwise.

Personal Belongings

There is open seating for all competitors' belongings on the stands. Please ensure that personal belongings are kept neat and tidy as well as looked after. Event Management and pool staff are not responsible for anyone's personal belongings.

Food and Drink

A reminder to ensure all rubbish is put in the bins provided around the centre and that everyone is responsible for cleaning up after themselves, this is not the pool staffs job.

Sportsmanship

We understand that competition sports can be exciting and intense at times. This event is being put on for the purpose for participation in surf lifesaving pool competition to be conducted with a friendly and fun attitude. We ask and thank you for you cooperation in providing a fun competitive environment during this event.

Results

Results will be provided by recording times and there will be no point allocations. This event will not be recording placings for any of the events. Results of times will become available after the event for competitors and clubs to access.

Programmes

Team managers will be given 5 programmes per club on the day. If you require more you we have attached the programme to this email for you to print off.

Marshalling

Competitors will be placed into lanes at the time of marshalling. If a competitor is not present at marshalling we will not wait for them. It is important that they swim in the lane allocated at the time of marshalling. Please note that heats are not seeded.

We look forward to seeing you and your club on Sunday. If you have any questions please don't hesitate to ask one of the organisers or refer to the initial flyer.

See you Poolside!

Program of events

Event 1 U10 – Boys 50m swim with obstacles	Event 26 Open / Masters Men 50m Brick Carry w/out Fins
Event 2 U10 – Girls 50m swim with obstacles	Event 27 Open / Masters Women 50m Brick Carry w/out Fins
Event 3 U12 – Boys 50m swim with obstacles	Event 28 U10 Boys 50m Swim with Fins
Event 4 U12 – Girls 50m swim with obstacles	Event 29 U10 Girls 50m Swim with Fins
Event 5 U14 – Boys 100m swim with obstacles	Event 30 U12 Boys 50m Swim with Fins
Event 6 U14 – Girls 100m swim with obstacles	Event 31 U12 Girls 50m Swim with Fins
Event 7 U16 – Boys 100m swim with obstacles	Event 32 U14 Boys 50m Swim with Fins
Event 8 U16 – Girls 100m swim with obstacles	Event 33 U14 Girls 50m Swim with Fins
Event 9 U19 – Boys 100m swim with obstacles	Event 34 U16 Boys 50m Swim with Fins
Event 10 U19 – Girls 100m swim with obstacles	Event 35 U16 Girls 50m Swim with Fins
Event 11 Open/Masters - Men 100m swim w/ obs	Event 36 U19 Boys 50m Swim with Fins
Event 12 Open/Masters- Woman 100m swim w/ obs	Event 37 U19 Girls 50m Swim with Fins
Event 13 U10 /12 4 x 25m Obstacle Relay	Event 38 Open/Masters Men 50m Swim w Fins
Event 14 U14 4 x 25m Obstacle Relay	Event 39 Open/Masters Women 50m Swim w Fins
Event 15 U16 / U19 / Open 4 x 25m Obstacle Relay	Event 40 U12 Boys 50m Tube Swim w Patient
Event 16 U10 Boys 50m Brick Carry without Fins	Event 41 U12 Girls 50m Tube Swim w Patient
Event 17 U10 Girls 50m Brick Carry without Fins	Event 42 U14 Boys 50m Tube Swim w Patient
Event 18 U12 Boys 50m Brick Carry without Fins	Event 43 U14 Girls 50m Tube Swim w Patient
Event 19 U12 Girls 50m Brick Carry without Fins	Event 44 U16/U19/Open Boys 50m Tube Swim w Patient
Event 20 U14 Boys 50m Brick Carry without Fins	Event 45 U16 Girls 50m Tube Swim w Patient
Event 21 U14 Girls 50m Brick Carry without Fins	Event 46 U19 / Open Girls 50m Tube Swim w/ Patient
Event 22 U16 Boys 50m Brick Carry without Fins	Event 47 U10/12 4x 25m Medley Relay
Event 23 U16 Girls 50m Brick Carry without Fins	Event 48 U14 4x 25m Medley Relay
Event 24 U19 Boys 50m Brick Carry without Fins	Event 49 U16 / U19 / Open 4x 25m Medley Relay
Event 25 U19 Girls 50m Brick Carry without Fins	

*Events are subject to change. Those highlighted above have been merged.