



TSC Long Course Ribbon Meet

Saturday 5th December 2020

Nayland Park Pool, Nelson

Session 1 - Warm Up 8.15am - Start 9.00am

Session 2 - Warm Up 2:15pm - Start 3:00pm

Entry fee: \$6.50 per event.

Entry Deadline: SUNDAY 29th NOVEMBER 2020 at 11.59pm. Late entries will not be accepted.

Entry Process:

All entries must be submitted via the SNZ National Database. Swimmers will be able to access and complete their entries online via their Fast Lane.

Payment must be received prior to the meet, either through online payment (if entries are from individuals) or via internet banking if entries are completed by a Club Administrator. Please pay into the following account: Tasman Swim Club Inc - A/C No: 03-1354-0323282-00

Timekeepers and Officials please fill in the Google Form that will be circulated prior to the meet or email your list of timekeepers and officials to recordertasmanswimclub@gmail.com by Monday 30th November 2020.

- The meet is a Long Course (LC) meet swum in an 8 lane pool using automatic timing.
- Over the top starts will be used for this meet.
- Entry for the 800m Free limited to 4 heats (top 32) and 1500m Free limited to 2 heats (top 16) – swimmers should be confident they can achieve 13 minutes for 800m and 22 minutes for 1500m.
- All events swum as timed finals.
- Ribbons presented for PBs
- Organiser reserves the right to amend the programme.
- Swimming New Zealand Technical Rules apply.
- Swimmers 12years and under shall not compete in a technical swim suit. A technical swim suit is one that has bonded seams, kinetic tape or meshed seams. Refer to SNM Standing Orders for precise definition.
- Feet first entry into the pool for all backstroke events, no swim back.
- **Warm Up** as per Swimming Nelson Marlborough warm-up procedure guidelines.
- Refunds for scratching will only be made if accompanied by a medical certificate prior to the meet. **Late withdrawals will incur a \$10 fine.**

Order of Events

<u>Session 1 – Saturday 5th Dec</u>	<u>Session 2 – Saturday 5th Dec</u>
1. 800m freestyle (top 32)	9. 400m freestyle
2. 50m backstroke	10. 50m butterfly
3. 100m breaststroke	11. 100m backstroke
4. 200m backstroke	12. 200m IM
5. 100m butterfly	13. 100m freestyle
6. 200m freestyle	14. 200m butterfly
7. 50m breaststroke	15. 50m freestyle
8. 400m IM	16. 200m breaststroke
	17. 1500m freestyle (top 16)