



Pukekohe Swimming Club
Long Distance Club Champs 2020
Sunday 16th & 23rd February
JUBILEE POOL

5.00 pm warm up; 5.30 pm start

Event		Event	
	DAY 1 – SUNDAY 16th FEB		DAY 1 – SUNDAY 16th FEB
1 – Girls	800m Freestyle	2 – Boys	1500m Freestyle 10 & over only
	DAY 2 – SUNDAY 23rd FEB		DAY 2 – SUNDAY 23rd FEB
1 - Girls	1500m Freestyle 10 & over only	2 – Boys	800m Freestyle

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

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**

Conditions of Entry:

- Age as at day of Meet.
- Entries close at 23:59:59 on Saturday 08 February 2020 for #1 and at 23:59:59 on Saturday 15 February 2020 for #2
- Entry fee is \$10.00 per event. Payment is made at time of entry.
- For assistance with your entries, please contact our Club Recorder, Jo Clare, on pscrecorder@gmail.com.
- Please note the event order.
- Application for a refund for non-attendance must be accompanied by a current medical certificate.
- 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 Technical Director, if 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 and, to also supply the Referee of the event with their IPC Classification Card. 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
- **Parents are required to help with time keeping and officiating. Please ensure you tick the Volunteer Available box when entering online if you are able to assist on the night.**
- **A list of officials for the event will be posted on the club website and emailed to all swimmers prior to the meet.**
- **ALL PARENTS WILL BE ALLOCATED A JOB – SWIMMERS MUST HAVE A TIMEKEEPER.**

- Psych sheets will be emailed out on Monday 10 February 2020 and Monday 17 February 2020
- The Meet Programme will be emailed to all swimmers on Wednesday 12 Feb and Wednesday 19 Feb and 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.

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, sun and wet weather 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.

