



PUKEKOHE SWIMMING CLUB

September Club Night – 24th September 2022

Development Meet

Meet Rationale: To provide junior and senior swimmers the opportunity to qualify for regional meets in a variety of different events.

Warm up 5.00 to 5.25; start 5.30 pm

Event	Distance and Stroke	Event	Distance and Stroke
1 – Mixed	100m Butterfly	6 – Mixed	25m Backstroke
2 – Mixed	50m Freestyle	7 – Mixed	100m Breaststroke
3 – Mixed	25m Breaststroke	8 – Mixed	200m Backstroke
4 – Mixed	100m Backstroke	9 – Mixed	100m IM
5 – Mixed	200m IM		

Entries are to be completed via Swimming NZ Fastlane.
The meet can also be accessed through the Pukekohe Swimming Club website
Technical Director: Sandra Sutcliffe

ALL SWIMMERS MUST BE REGISTERED AS A CLUB OR COMPETITIVE SWIMMER WITH SWIMMING NZ.
PSC MEMBERSHIP FEES ARE REQUIRED TO BE UP TO DATE TO ENTER THE MEET.

Conditions of Entry:

- Age as at day of Meet.
- Entries close at 23:59:59 on Monday 19th September 2022.
- Entry fee is \$7.50 per event. Payment is made at time of entry.
- No Times will be accepted.
- If you have entered Backstroke, Breaststroke or Butterfly you MUST swim that stroke, or a No Swim will be resulted.
- Application for a refund for non-attendance must be accompanied by a current medical certificate; in relation to Covid 19 please refer to Club Recorder Rachel Cochran, on pscrecorder@gmail.com
- 25m swims are only open to Swimmers aged 11 years and under.
- 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 \$15 will apply if accepted at the decision of the recorder.

- For assistance with your entries, please contact our Club Recorder, Rachel Cochran, on pscRecorder@gmail.com
- Please note the event order. If you choose consecutive events there may be very little rest between races.

- **Parents are required to help with time keeping or officiating in key positions.**
- **A list of officials for the event will be posted on the club website and emailed to all swimmers prior to the meet. Please check to see if you have been allocated a job/role. If you cannot fulfil your job/role, please arrange an alternate.**

Swimmers with an Impairment

- PSC welcomes swimmers who have a physical or intellectual impairment.

- Psych sheets will be emailed out on Tuesday 20th September 2022.
- The Meet Programme will be emailed to all swimmers on Wednesday 21st September 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.
- All other pools in complex are out of bounds.
- 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 warmup procedure detailed below.
- Pool depths –
 - Franklin Pool & Leisure Centre: Start end - 1.35m; Turn end – 0.9m
 - Jubilee Pool: Start end - 3.0m; Turn end – 1.0m

Please also –

- ensure any young children are always 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.

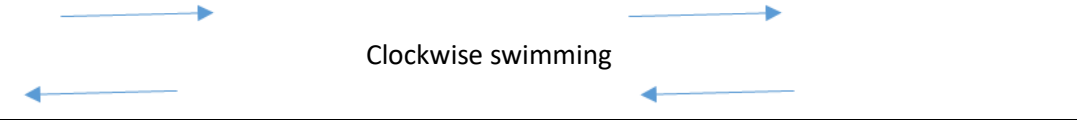
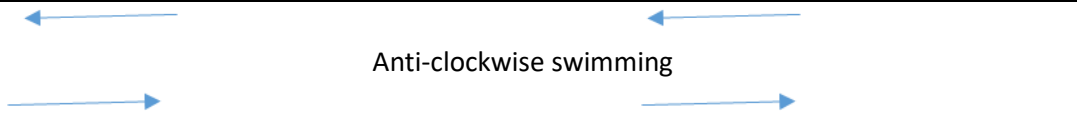
If an emergency arises and we are required to evacuate, please stay calm and follow the directions of the Pool Staff and/or the Technical Director. For the Franklin Pool assemble in the front right-hand car park area, Stadium Drive and, for the Jubilee Pool in the carpark area. Coaches are requested 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:

- Swimmers will swim clockwise in odd numbered lanes and anti-clockwise in even numbered lanes.
- Initially, all lanes will be for general swimming with no diving.
- The sprint/dive lanes will always be the two outside lanes only and will open at 5.15pm during Club Nights.
- An announcement will be made, followed by a whistle, when the warmup session is finished – swimmers are requested to exit the pool immediately.
- The Technical Director will have authority to change the warmup procedures as appropriate.

- No diving is permitted at the turn end (0.9m deep) at the Franklin Pool. Diving from the concourse is permitted at the turn end (1.0 m deep) at the Jubilee Pool.

Odd Lane	 <p data-bbox="702 257 949 302">Clockwise swimming</p>
Even Lane	 <p data-bbox="702 380 1013 425">Anti-clockwise swimming</p>