



TSC Long Course Ribbon Meet

Saturday 18th November 2023

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 12th NOVEMBER 2023 at 11.59pm. Late entries will not be accepted.

Entry Process: All entries must be submitted via Fast Lane. ([Fastlane Link](#))

MEET ENTRY INFORMATION:

- The meet is a Long Course (LC) meet swum in an 8-lane pool using automatic timing.
- This is an SNZ Designated meet. All results will be uploaded onto the SNZ Swim Central database by the meet organiser. These results can be used as qualifying times to enter any level of competition, including national championships ([SNZ Policy](#))
- Electronic timing will be used at this meet. Over the top starts will be used for this meet.
- 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 swimsuit. A technical swimsuit 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.**

RELAY ENTRY

- Mixed relays will be swum as 11&under, 12-13 and 14&over – at least two girls in each team. Entry through the SNZ database or send to the Tasman Swim Club Recorder by Tuesday 14 November. No charge for Mixed relays
- Skins will be based on the top 8 finishes both male and female in 11&under, 12-13 and 14&over in the 50m Free. 11&under will swim Freestyle skins, 12-13 & 14&over will swim Medley skins. 2 swimmers will be eliminated after each round. No charge for Skins.

CONDITIONS OF ENTRY

- Timekeepers and Officials please fill in the [Helper Form here](#) by Wednesday 15th Nov 2023.

We ask that each swimmer provides a volunteer per session please.

Order of Events

Session 1 - Warm Up 8.15am - Start 9.00am Saturday 18th Nov	
1.	800m freestyle
2.	50m butterfly
3.	100m breaststroke
4.	200m freestyle
5.	50m breaststroke
6.	200m backstroke
7.	100m butterfly
8.	50m freestyle
9.	400m IM
10.	11 & under - 4 x 50m Mixed Freestyle Relay
11.	12-13 - 4 x 50m Mixed Freestyle Relay
12.	14 & over - 4 x 50m Mixed Freestyle Relay

Session 2 - Warm Up 2:15pm - Start 3:00pm Saturday 18th Nov	
13.	1500m freestyle
14.	100m backstroke
15.	200m IM
16.	100m freestyle
17.	200m butterfly
18.	50m backstroke
19.	200m breaststroke
20.	400m freestyle
21.	Female 11 & under Freestyle Skins - (top 8 finish 50 Free)
22.	Male 11 & under Freestyle Skins - (top 8 finish 50 Free)
23.	Female 12-13 Medley Skins - (top 8 finish 50 Free)
24.	Male 12-13 Medley Skins - (top 8 finish 50 Free)
25.	Female 14 & over Medley Skins - (top 8 finish 50 Free)
26.	Male 14 & over Medley Skins - (top 8 finish 50 Free)