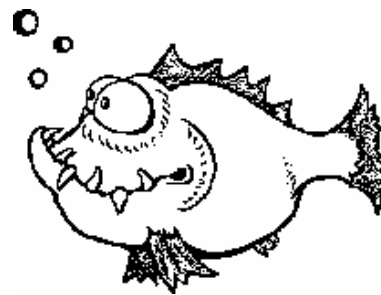


GOLD COAST ZONE and RAUMATI SWIMMING CLUB  
 INVITE SWIMMERS TO ENTER THE  
**MATSON TROPHY MEET**  
 A MIXED ZONE COMPETITION.



Raumati Pool  
 Sunday 1<sup>st</sup> Aug 2010

Duty Club RAUMATI  
 Assisted by KAPITI

Warm up 5pm  
 Start 5.30pm

Entry fees; Swimmers \$4.00

All others, including officials \$1.00

**PRIZES FOR ALL FINALISTS**

*This meet is sponsored by the Matson Family.*

Entries are invited for the following events.

• **MATSON TROPHY (swum over 100m freestyle)**

Format - Everyone entering will compete in handicapped heats. The handicapping will be based on the swimmers entry time. See note below re. entry times. The first, two, three or four placegetters from each heat will then proceed to one of six the semi-finals. Thirty-six semi-finalists need to be found, so the number taken from each heat depends on the number of heats/entrants. The semi-finals will then be re-handicapped and swum, with the winner of each semi-final competing in the grand final.

• **MATSON RELAY TROPHY**

Clubs are invited to enter a team in this 8 x 25m freestyle relay. Teams will establish a time in the heats and then compete in the handicapped final. Any team breaking their heat time by more than four seconds will be disqualified.

- All participant must agree to comply with the Sports Anti-Doping Rules
- Coaches and Managers are responsible swimmers safety during the warm up
- Relay heats/ Warm up lanes 1 Kapiti, 2 Raumati, 3 Tawa, 4 Mana/Porirua, 5 extras, 6 Diving only.

Entries close with Viv Morton (Ph 234 7071) on 28<sup>th</sup> July. **NO LATE ENTRIES.** Entries by 'c-file' with the one event of 100m freestyle. Times are required for all entrants and must be the swimmer's fastest time, swum in the last twelve months, ie the faster of either their short course time or converted long course time (converted times must be used). Entries are to be e-mailed to morton\_family@xtra.co.nz . Relay entries will be taken on the night, one team per club.

*All clubs are to provide officials as set out below.*

<u>Duty Club:</u> Marshall Starter Pool set up and clear up To arrange two referees	<u>Assisting Club:</u> A second assistant marshall Chief time keeper Two runners Two door people	<u>All Clubs:</u> An inspector of turns. Five timekeepers from each club. (This number may reduce depending on entries)
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*The Organisers will not be liable for any loss, damage or injury suffered during this meet.*