

ST. PETER'S SWIMMING CLUB

NOVEMBER

NITRO

MEET

14 NOVEMBER 2026



VENUE:

Brock Pool, St. Peter's School, 1716 Cambridge Road, Cambridge



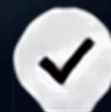
POOL LENGTH:

25 metres



TIME DROPS

Yes - for times only (no scoreboard)



DESIGNATED:

Yes

SESSION 1

WARM UP: 8:15 am
START: 9 am

No.	Distance	Stroke
101	50	Butterfly
102	200	Backstroke
103	100	Breaststroke
104	100	Freestyle
105	200	Butterfly
106	50	Backstroke
107	200	Medley
108	400	Freestyle
109	2 x 50	Female Freestyle Relay
110	2 x 50	Male Freestyle Relay

SESSION 2

WARM UP: 30 minutes at the conclusion of Session 1.

START: 60 minutes at the conclusion of Session 1

No.	Distance	Stroke
201	100	Medley
202	50	Breaststroke
203	200	Freestyle
204	100	Butterfly
205	100	Backstroke
206	50	Freestyle
207	200	Breaststroke
208	400	Medley
209	3 x 50	Female Skins
210	3 x 50	Male Skins

ENTRY FEE:

\$12

PER INDIVIDUAL EVENT

*No entry fee for the 2 x 50 Relay and the Skins event

ENTER NOW THROUGH FASTLANE



St. Peter's

CAMBRIDGE N. Z.

Swimming Club

- All events are mixed graded, timed finals.
- Marshall will be in place at the meet to ensure swimmers are placed accordingly.
- Over-the-top starts will apply for all events.
- Timekeepers will be needed for this meet. Two timekeepers per lane.
- Entry into the pool for the backstroke events shall be feet first. No swing back permitted.
- Please exit the pool at the side. Do not swim over the lane ropes.
- There will be no refunds on entry fees except as per the scratching rules that apply to medical events.
- Psych sheets will be circulated once entries have closed.
- Each Club is responsible for checking names, entitles and events are correct on receipt of information and advising of any errors where errors have occurred.
- The meet will be conducted under Swimming New Zealand's SNZ Regulations and Bylaws. World Aquatics rules (except where local meet rules and conditions apply).
- Protests must be submitted within 30 minutes following the conclusion of the respective event. The protest fee of \$100.00 is payable upon submission of the correctly completed Protest Form.
- Para swimmers will be seed amongst able-bodied athletes
- Based on entry times. The referee will have a list of Para Swimmers' Codes of Exception and will use their best efforts to judge each swim under the applicable World Para Swimming Rules.
- All swimmers agree to comply with the anti-doping rules.

Mixed Skins

- Fastest 10 females and fastest 10 males from event 107 (200 Medley).
 - 3 Rounds of 50 metres on 90 seconds.
 - Round 1 = 10 athletes, Round 2 = 7 athletes, Round 3 = 4 athletes.
 - Winner of Round 3 will receive \$100.
 - Rounds will contest 25 x Fly-Back, 25 x Back-Breast, 25 x Breast-Free (random draw).
 - Each combination will be contested only once.
 - In the event of a tie, a further round will be raced (and so on until the winner is declared).
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- Swimmers with strapping must provide documentation from relevant registered health practitioner or physiotherapist and be reviewed by the Technical Director prior to swimming. Any swimmer without documentation will be not permitted to swim.
 - Participants who have entered this meet agree to allow photographs, video, multimedia, or film likeness taken by accredited photographers to be used for any legitimate purpose by St. Peter's Swimming Club and Swimming Waikato.
 - Scratching/Withdrawals - Refunds will only be made if a medical certificate is provided to the Technical Director.
 - Scratchings must be submitted to the Control Room no later than 1 hour prior to the start of racing. Swimmers will be deemed to have withdrawn if they do not report at the appropriate time prior to their event.
 - All refunds are at the discretion of the Technical Director.

All communications regarding this meet are to be sent to registrar@stpetersswimmingclub.co.nz
Technical Director – Jason Howarth



St. Peter's

CAMBRIDGE N. Z.

Swimming Club

Athletes and spectators are welcome to set up on the practice hockey turf but please stay off the main hockey turf.

- Please leave the pool in a tidy state by properly disposing of all litter; please recycle where possible.
- Ice Baths can be set up in a designated area. Please ask.
- Please park in designated parking areas only and please refrain from exploring the school beyond the pool area.

Emergency & Safety Procedures:

In General:

- Please familiarise yourself with the pool layout, exits and equipment.
- Please take time to discuss with your club how you will react and look after your members in case of an emergency.

Notified Hazards:

- Floor surfaces may be wet. No running.
- Seating may be slippery when wet.
- Caution must be exercised around electronic codes (starting, timing, and entertainment equipment).
- Please advise the referee or pool staff if you observe a potential hazard.
- Please ensure that young children are aware of these hazards.

In A Emergency:

- If you are required to contact Emergency Services, note the location as "Brock pool at St. Peter's School, Cambridge".

For Evacuation:

- Stay calm.
- Three loud blasts on the whistle from the Referee shall clear the pool.
- Leave the pool complex as directed by pool staff or technical officials.
- Assist team managers and officials to evacuate the swimmers safely.

General Information:

- Seating by the pool (bleachers) will be restricted to families and supporters only.
- Seating for athletes will be on the practice hockey turf next to the pool area.
- Swimmers are advised to bring sunscreen and a hat as this is an outdoor event.
- There is no swim down pool available during session 1. The indoor pool will be available during session 2 once the Learn to Swim lessons have ended at 12.30pm.
- Clubs are encouraged to bring their own ice baths / exercise bikes etc
- Technical Official meeting at 8:15am and Team Managers meeting at 8:30am in the club room.
- This is a paperless meet. The meet programme will be emailed to all Clubs and Competitors prior to the start of the Meet. Results will be posted on Meet Mobile as they are processed.
- St. Peter's Swimming Club will endeavour to provide the necessary number of officials to comply with SNZ regulations. Please help us by supplying officials and timekeepers as per club allocation, which will be sent to clubs after entries have been received. Officials' names and contact details would be appreciated.