



*Welcome
to the*



2024 Caro Cup

*Sunday 17th
November*

Westwave Pool and Leisure Centre
20 Alderman Drive, Henderson,
Auckland 0612





Warm Up: 9:15 am
Racing: 10:00 am



The Caro Cup is an annual challenge between the Auckland and Waikato regions. This competition is an opportunity for junior swimmers (aged 13/U as the first day of the competition). It is open to Club and Competitive swimmers, with selection being made by the appointed regional representatives.

MEET FORMAT

This event will be run as a manual, 'unofficial' meet. It will not require any technical officials (besides a starter).

TEAM MAKE UP

Each region is responsible for selecting teams of 32 swimmers, meeting the below criteria:

10/U - 4 Males, 4 Females
11 Years - 4 Males, 4 Females
12 Years - 4 Males, 4 Females
13 Years - 4 Males, 4 Females

CARO CUP PROGRAMME

The events offered for the meet are as follows:

10/U - 50m of all strokes + 100m IM + 2x Relays
11 Years - 50m of all strokes + 100m IM + 2 Relays
12 Years - 100m of all strokes + 200m IM + 2 Relays
13 Years - 100m of all strokes + 200 IM + 2 Relays

The events for each athlete will be allocated by the appointed team coaches.

POINTS ALLOCATION

1st = 40 points, 2nd = 34 points, 3rd = 32 points, 4th = 30 points, 5th = 28 points, 6th = 26 points, 7th = 24 points, 8th = 22 points





MEET SCHEDULE



Event	Age	Distance	Gender	Stroke
1/2	13yr	4x50m	F/M	Fr Relay
3/4	12yr	4x50m	F/M	Fr Relay
5/6	11yr	4x50m	F/M	Fr Relay
7/8	10/U	4x50m	F/M	Fr Relay
9/10	13yr	100m	F/M	Butterfly
11/12	12yr	100m	F/M	Butterfly
13/14	11yr	50m	F/M	Butterfly
15/16	10/U	50m	F/M	Butterfly
17/18	13yr	200m	F/M	Ind. Medley
19/20	12yr	200m	F/M	Ind. Medley
21/22	11yr	100m	F/M	Ind. Medley
23/24	10/U	100m	F/M	Ind. Medley
25/26	13yr	100m	F/M	Backstroke
27/28	12yr	100m	F/M	Backstroke
29/30	11yr	50m	F/M	Backstroke
31/32	10/U	50m	F/M	Backstroke
33/34	13yr	4x50m	F/M	Med. Relay
35/36	12yr	4x50m	F/M	Med. Relay
37/38	11yr	4x50m	F/M	Med. Relay
39/40	10/U	4x50m	F/M	Med. Relay
41/42	13yr	100m	F/M	Breaststroke
43/44	12yr	100m	F/M	Breaststroke
45/46	11yr	50m	F/M	Breaststroke
47/48	10/U	50m	F/M	Breaststroke
49/50	13yr	100m	F/M	Freestyle
51/52	12yr	100m	F/M	Freestyle
53/54	11yr	50m	F/M	Freestyle
55/56	10/U	50m	F/M	Freestyle
57	13/U	8x50m	Mixed	Cannon Fr Relay