



Zone Swimming Championships 2018

**Peninsula Leisure Centre
Woy Woy**

8.30am - 3.00pm
Tuesday 13th March, 2018

Program of Events

| | | |
|----|------------------------------------|-------------|
| 1 | Boys All Age 100m Freestyle | Timed Final |
| 2 | Girls All Age 100m Freestyle | Timed Final |
| 3 | Multi-Disability 100m Freestyle | Timed Final |
| 4 | Boys Junior 4 x 50m Relay | Timed Final |
| 5 | Girls Junior 4 x 50m Relay | Timed Final |
| 6 | Boys Senior 4 x 50m Relay | Timed Final |
| 7 | Girls Senior 4 x 50m Relay | Timed Final |
| 8 | Boys 8 years 50m Freestyle | Timed Final |
| 9 | Girls 8 years 50m Freestyle | Timed Final |
| 10 | Boys 9 years 50m Freestyle | Timed Final |
| 11 | Girls 9 years 50m Freestyle | Timed Final |
| 12 | Boys 10 years 50m Freestyle | Timed Final |
| 13 | Girls 10 years 50m Freestyle | Timed Final |
| 14 | Boys 11 years 50m Freestyle | Timed Final |
| 15 | Girls 11 years 50m Freestyle | Timed Final |
| 16 | Boys 12 years 50m Freestyle | Timed Final |
| 17 | Girls 12 years 50m Freestyle | Timed Final |
| 18 | Boys 13 years 50m Freestyle | Timed Final |
| 19 | Girls 13 years 50m Freestyle | Timed Final |
| 20 | Multi-Disability 50m Freestyle | Timed Final |
| 21 | Boys Junior 50m Breaststroke | Timed Final |
| 22 | Girls Junior 50m Breaststroke | Timed Final |
| 23 | Boys 11 years 50m Breaststroke | Timed Final |
| 24 | Girls 11 years 50m Breaststroke | Timed Final |
| 25 | Boys 12/13 years 50m Breaststroke | Timed Final |
| 26 | Girls 12/13 years 50m Breaststroke | Timed Final |
| 27 | Multi-Disability 50m Breaststroke | Timed Final |

Program of Events

| | | |
|----|-------------------------------------|-------------|
| 28 | Boys Junior 50m Backstroke | Timed Final |
| 29 | Girls Junior 50m Backstroke | Timed Final |
| 30 | Boys 11 years 50m Backstroke | Timed Final |
| 31 | Girls 11 years 50m Backstroke | Timed Final |
| 32 | Boys 12/13 years 50m Backstroke | Timed Final |
| 33 | Girls 12/13 years 50m Backstroke | Timed Final |
| 34 | Multi-Disability 50m Breaststroke | Timed Final |
| 35 | Boys Junior 50m Butterfly | Timed Final |
| 36 | Girls Junior 50m Butterfly | Timed Final |
| 37 | Boys 11 years 50m Butterfly | Timed Final |
| 38 | Girls 11 years 50m Butterfly | Timed Final |
| 39 | Boys 12/13 years 50m Butterfly | Timed Final |
| 40 | Girls 12/13 years 50m Butterfly | Timed Final |
| 41 | Multi-Disability 50m Breaststroke | Timed Final |
| 42 | Boys Junior 200m Individual Medley | Timed Final |
| 43 | Girls Junior 200m Individual Medley | Timed Final |
| 44 | Boys Senior 200m Individual Medley | Timed Final |
| 45 | Girls Senior 200m Individual Medley | Timed Final |



RULES AND CONDITIONS

The Carnival Manager reserves the right to alter the order of events at any time.

1. ENTRIES

Two (2) competitors from each school in 50m freestyle automatically qualify. A third competitor may compete based on qualifying times. One (1) competitor in all other 50m events. A second competitor may compete based on qualifying times. Two (2) competitors in 100m freestyle and 200m medley based on qualifying times. One (1) team in each relay event.

All entries should be received by **Tuesday 6 March, 2018**.

2. SUBSTITUTIONS

No competitors may be substituted into individual events on the day.

3. SECTIONS

The Championship shall be conducted in sections for Boys and Girls. All races are timed finals.

50m Freestyle—13 years (born 2005), 12 years (born 2006), 11 years (born 2007), 10 years (born 2008), 9 years (born 2009) & 8 years (born 2010).

50m Backstroke, Breaststroke & Butterfly—Snr (12/13 years), 11 years & Jnr (8/9/10 years).

100m Freestyle—Open age (8-13 years).

200m Individual Medley—Snr (11/12/13 years) & Jnr (8/9/10 years).

(A competitor whose significant birthday occurs during the current year is eligible for that age event only.)

4. RULES

The Championship will be conducted under the Constitution and By Laws of the New South Wales Primary Schools Sports Association unless otherwise stated. Rules are generally in accordance with the Swimming Australia Swimming Rules Handbook. The Referee shall be sole arbiter in points of law.

5. PROTESTS

Verbal warning of an impending protest should be given immediately to the Carnival Referee and a written protest submitted to Administration within 15 minutes of the events completion. Protests may only be submitted by the Team Manager, on the appropriate form. Protests shall be dealt with by the Swimming Committee in consultation with the Referee.

6. COACHING

Parents, coaches and unauthorised persons are not allowed at either end of the pool.

7. MARSHALLING

Competitors must report to the marshal immediately after the first call - after two calls the competitors may be eliminated. **First Marshalling call will be at 8.45am.**

All competitors must be in the marshalling area before the first heat is run for that age group. Please ensure that all competitors from your school arrive in time for the first event. **NOTE: Events will not be delayed because of entry wait times or traffic issues.**

8. STARTING ORDER

The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle from the Starter the swimmers shall step onto the starting platform and remain there. On the Starter's command "Take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

A swimmer may be permitted to start beside the starting platform.

A swimmer may be permitted to start in the water but is required to have one hand in contact with the starting place until the starting signal is given. Standing in or on the gutter or on the bottom is prohibited.

The start in Backstroke shall be from the water. At the Starter's first long whistle, the swimmers shall immediately enter the water. At the Starter's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the starter shall give the command "Take your marks". When all swimmers are stationary, the starter shall give the starting signal.

9. FALSE STARTS

Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Starter repeats the starting procedure beginning with the long whistle (the second one for backstroke).

10. CHAMPION SCHOOL

The school gaining the highest total of points throughout the meet shall be declared the Champion School receiving the Champion School Shield. There is also a Handicap Shield.

11. ZONE TEAM

The Southern Central Coast Zone Team will be selected from the results of this Championship and will contest the Sydney North Swimming Championships at Sydney Olympic Park Aquatics Centre on Thursday 29th March, 2018. Entries from the Zone will be as follows: 50m Freestyle (3 competitors). All other events; IM, 100m Freestyle, 50m Backstroke, Breaststroke and Butterfly and 4 x 50m Relays (2 competitors or teams).

12. RIBBONS

Ribbons will be presented to 1st, 2nd and 3rd place getters in a timed final.

13. CANTEEN

The kiosk will be available at the centre.

14. SWIMMING COMMITTEE

The Swimming Committee shall comprise of the Referee (Convenor) and attending SCCPSSA Executive.

15. SEATING ARRANGEMENTS

Please see accompanying map.

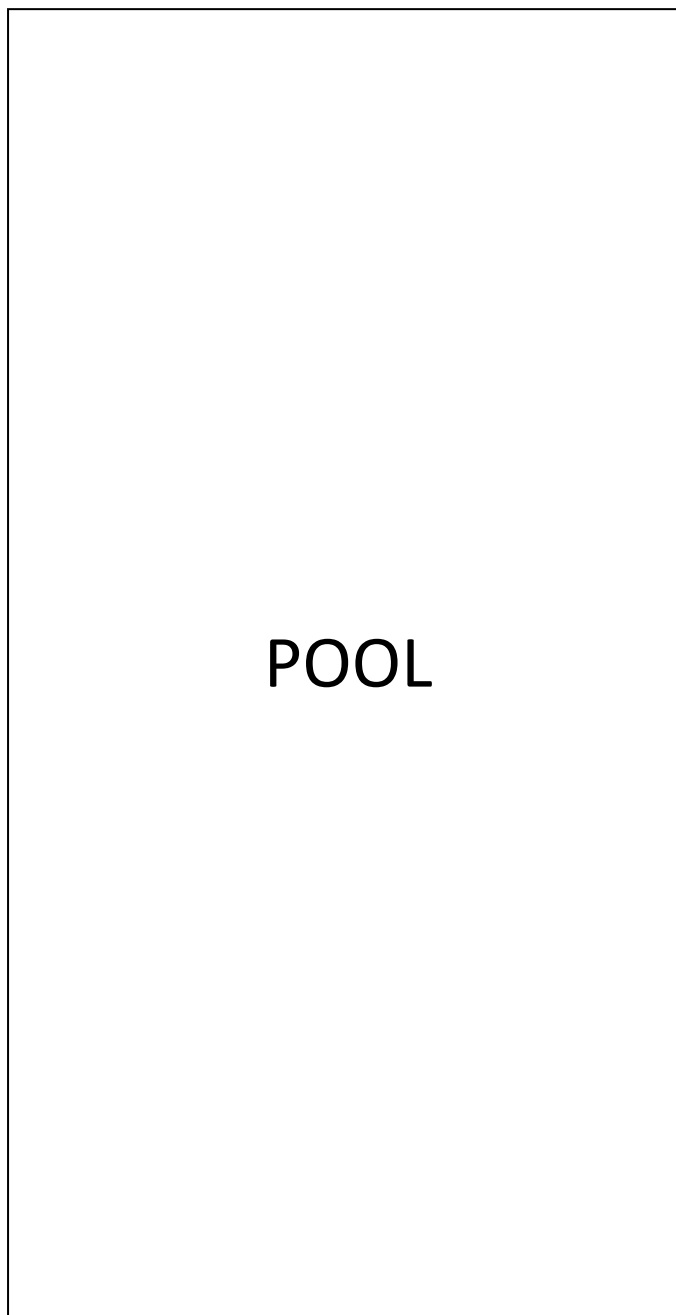
16. WARM-UP

Students may warm up prior to the commencement of the carnival.

SCCPSSA SWIMMING CARNIVAL 2018

GRANDSTAND PLAN

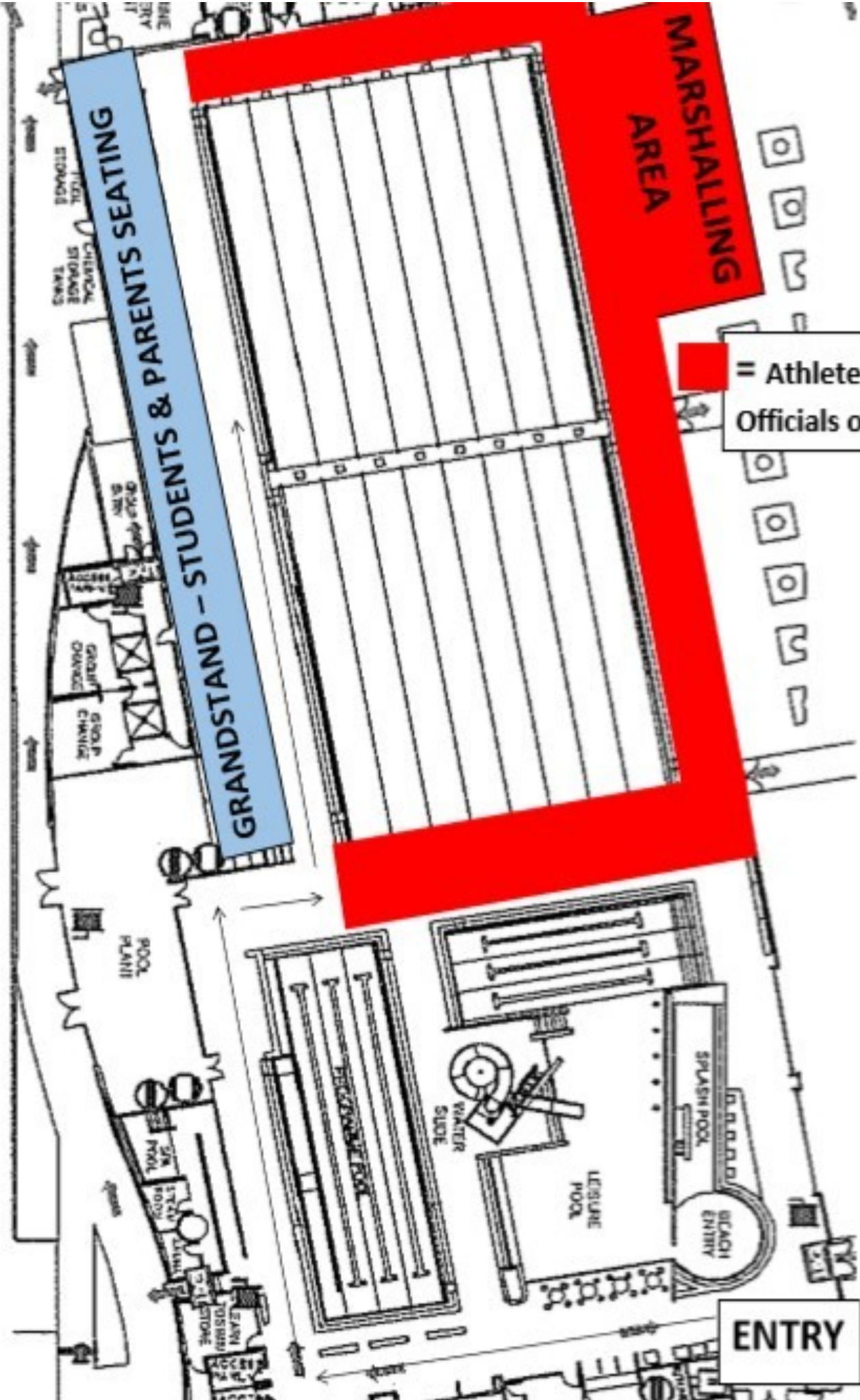
| |
|---------------|
| Holgate |
| Umina |
| Pretty Beach |
| Ettalong |
| Woodport |
| Gosford East |
| Kincumber |
| Avoca Beach |
| Copacabana |
| Tunnel |
| Woy Woy |
| Empire Bay |
| Woy Woy South |
| Brisbania |
| Chertsey |



Please make sure you sit in your schools designated seating area.

A sign for each school will be on the back wall as a guide.

PLEASE ENSURE THAT YOUR STUDENTS ARE AWARE OF THE APPROPRIATE RULES AND ARE AWARE OF LISTENING TO ALL ANNOUNCEMENTS AND INSTRUCTIONS GIVEN OVER THE P.A. SYSTEM.



GRANDSTAND - STUDENTS & PARENTS SEATING

MARSHALLING AREA

= Athletes & Officials only!

ENTRY

Southern Central Coast PSSA Swimming 2018

Officials

| | |
|---------------------------------------|--|
| Carnival Convenor/ Referee | Chris Mensforth - Copacabana |
| Announcer | Peter Cardy (SCCPSSA Exec)—Ettalong |
| Starter/Assistant Starter | Andy Podmore - Pretty Beach Chris McCredie—Empire Bay |
| Check Starter | Matt Barr (Principal)—Woy Woy South |
| Marshal | Chris Wright—Avoca Beach Dennis Jarman—Avoca Beach |
| Judges | David Rattray (SCCPSSA Exec) - Pretty Beach Simone Champion (Principal) —Empire Bay Nathan Lincoln—Woy Woy South |
| Time Keepers | 1. Greg Curran – Woy Woy 2. Mark Emery – Gosford East 3. Ellie Stott—Woodport 4. Louise Ballard – Empire Bay 5. Renee Pallas—Umina 6. Shelley Wilding—Brisbania 7. Gemma Boden—Kincumber 8. Julie Blair - Holgate |
| Meet Manger/Touch Pads | Mitch Frew (SCCPSSA Exec) - Copacabana Sam Harrison - Ettalong Matt McLeod — Chertsey Mitzi Self—Brisbania |
| Merchandise | Gary Jones (SCCPSSA Exec)—Umina Rade Travica—Gosford East |
| Recorders/Results | Rachel Andrew—Kincumber Lucy Newton—Copacabana |



| 2017 Champion Schools | |
|-------------------------------|---------------------------------|
| Champion School Shield | Avoca Beach Public School |
| Handicap Shield | Avoca Beach Public School |
| 2017 Champion Athletes | |
| Junior Boys | <i>Ben Sapsford—Brisbania</i> |
| 11 years Boys | <i>Jed Hoyland—Umina</i> |
| 12/13 years Boys | <i>Kai Hodson—Avoca</i> |
| Junior Girls | <i>Skye Hackshall—Brisbania</i> |
| 11 years Girls | <i>Leela Murray—Kincumber</i> |
| 12/13 years Girls | <i>Mia Cracknell—Avoca</i> |

POINTSORE

| | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th |
|--------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| <u>Relay Events</u> | 24 | 20 | 16 | 12 | 8 | 6 | 4 | 2 |
| <u>Individual Events</u> | 12 | 10 | 8 | 6 | 4 | 3 | 2 | 1 |

Champion School points are accumulated from Relay and Individual Events. Handicap point score takes school points accumulated and enrolment numbers into consideration.

Champion Athlete points are accumulated from Individual events only.

SCCPSSA Zone Swimming Records

| | | | |
|-----------------------------|---------|------------|---|
| Girls 8-10 200 IM | 3:25.31 | 10/03/2014 | Charlise Wheeler - Copacabana |
| Boys 8-10 200 IM | 3:19.76 | 14/03/2017 | Ben Sapsford - Brisbane |
| Girls 11-13 200 IM | 3:06.34 | 14/03/2017 | Davara Marshall - Umina |
| Boys 11-13 200 IM | 3:04.52 | 14/03/2017 | Kai Hodson - Avoca |
| Girls 8 50 Freestyle | 45.93 | 10/03/2015 | Morgan Fuchs - Kincumber |
| Boys 8 50 Freestyle | 42.67 | 10/03/2015 | Dylan Whitcher - Gosford East |
| Girls 9 50 Freestyle | 38.23 | 8/03/2016 | Skye Hackshall - Brisbane |
| Boys 9 50 Freestyle | 39.71 | 8/03/2016 | William Slater - Woy Woy South |
| Girls 10 50 Freestyle | 30.94 | 8/03/2014 | Charlise Wheeler - Copacabana |
| Boys 10 50 Freestyle | 36.06 | 14/03/2017 | William Slater - Woy Woy South |
| Girls 11 50 Freestyle | 29.88 | 10/03/2015 | Charlise Wheeler - Copacabana |
| Boys 11 50 Freestyle | 33.13 | 14/03/2017 | Jed Hoyland - Umina |
| Girls 12 50 Freestyle | 32.70 | 14/03/2017 | Mia Cracknell - Avoca |
| Boys 12 50 Freestyle | 32.31 | 14/03/2017 | Kai Hodson - Avoca |
| Boys 13 50 Freestyle | 46.31 | 10/03/2015 | Zack Wilson - Umina |
| Girls 8-10 50 Breaststroke | 50.13 | 10/03/2015 | Natalia Drobot - Kincumber |
| Boys 8-10 50 Breaststroke | 51.00 | 10/03/2015 | Kai Hodson - Avoca Beach |
| Girls 11 50 Breaststroke | 47.75 | 8/03/2016 | Natalia Drobot - Kincumber |
| Boys 11 50 Breaststroke | 43.84 | 10/03/2015 | Tyne Spencer - Empire Bay |
| Girls 12-13 50 Breaststroke | 46.89 | 8/03/2016 | Daisy Duguid - Umina |
| Boys 12-13 50 Breaststroke | 41.01 | 8/03/2016 | Tyne Spencer - Empire Bay |
| Girls 8-10 50 Backstroke | 44.64 | 10/03/2015 | Natalia Drobot - Kincumber |
| Boys 8-10 50 Backstroke | 40.58 | 14/03/2017 | Ben Sapsford - Brisbane |
| Girls 11 50 Backstroke | 35.55 | 30/03/2009 | Elizabeth Jones - Kincumber |
| Boys 11 50 Backstroke | 39.73 | 14/03/2017 | Jed Hoyland - Umina |
| Girls 12-13 50 Backstroke | 38.79 | 8/03/2016 | Emelyn Wheeler - Copacabana |
| Boys 12-13 50 Backstroke | 40.33 | 8/03/2016 | Tyne Spencer - Empire Bay |
| Girls 11-13 50 Backstroke | 1:01.35 | 10/03/2015 | Sophie Murphy - Ettalong |
| Girls 8-10 50 Butterfly | 42.47 | 8/03/2014 | Charlise Wheeler - Copacabana |
| Boys 8-10 50 Butterfly | 41.56 | 14/03/2017 | Ben Sapsford - Brisbane |
| Girls 11 50 Butterfly | 38.29 | 8/03/2016 | Natalia Drobot - Kincumber |
| Boys 11 50 Butterfly | 38.19 | 10/03/2015 | Tyne Spencer - Empire Bay |
| Girls 12-13 50 Butterfly | 37.60 | 14/03/2017 | Chloe Sapsford - Brisbane |
| Boys 12-13 50 Butterfly | 37.32 | 14/03/2017 | Kai Hodson - Avoca |
| Girls 8-13 100 Freestyle | 1:13.01 | 14/03/2017 | Mia Cracknell - Avoca |
| Boys 8-13 100 Freestyle | 1:12.22 | 10/03/2015 | Sam Cummins - Holgate |
| Girls 8-10 200 Free Relay | 2:42.62 | 8/03/2016 | Kincumber B Evans, M Fuchs, L Murray, E Watson |
| Boys 8-10 200 Free Relay | 2:41.46 | 10/03/2015 | Avoca Beach K Hodson, J Wilson, R Hutchinson, B Benson |
| Girls 11-13 200 Free Relay | 2:21.32 | 10/03/2015 | Copacabana I Slocombe, S Casey, E Wheeler, Z Myers |
| Boys 11-13 200 Free Relay | 2:22.38 | 14/03/2017 | Avoca Beach T Bateman, K Hodson, B Benson, J Wilson |



SCCPSSA

Association Executive

| | |
|----------------|------------------------------------|
| President | Peter Cardy - <i>Ettalong</i> |
| Vice President | Gary Jones - <i>Umina</i> |
| Treasurer | Dave Rattray - <i>Pretty Beach</i> |
| Secretary | Mitch Frew - <i>Copacabana</i> |



- Avoca Beach Public School • Brisbane Public School
- Chertsey Public School • Copacabana Public School
- Empire Bay Public School • Ettalong Public School
- Gosford East Public School • Holgate Public School
- Kincumber Public School • Pretty Beach Public School
- Woodport Public School • Woy Woy Public School
- Woy Woy South Public School • Umina Public School

Thanks for attending and showing your support.