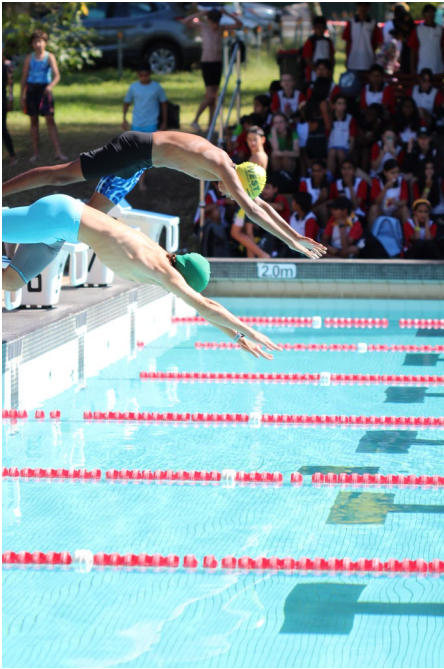




# 10th ANNUAL SWIMMING CARNIVAL

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## Mt Druitt Swimming Centre 16<sup>th</sup> February 2024

<u>PRINCIPAL:</u>	Mrs J Weal
<u>DEPUTY PRINCIPALS:</u>	Mr P Scandizzo, Mrs R Jack, Mr A Fitzgerald, Mr J Laird, Ms K Blissett
<u>SPORT COORDINATORS:</u>	Mr T Hansen & Mr A Menjivar
<u>CARNIVAL ORGANISERS:</u>	Ms O Nicholls, Miss A Elliott & Mrs L Perry

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SPORT

# **CARNIVAL RULES AND INSTRUCTIONS**

## **Section I: Events**

### **1. Uniform**

- a) Students must wear sports uniform to the pool and closed shoes (sneakers).
- b) Any student entering the water **MUST** wear appropriate swimwear.
- c) ALL race competitors **MUST** wear a house-coloured swimming cap.

### **2. Age divisions**

Competitors must compete in the age group which they turn this year, e.g. if you are 12 years old and turn 13 this year, you compete in the 13 years age group.

### **3. Marshalling**

- a) Competitors must report to the marshalling area for all races.
- b) Fast competitors should marshal themselves into the **SAME HEAT**, as there are no finals.

### **4. Starting**

- a) Students may use the starting blocks OR the ledge on either side of the block for all strokes except Backstroke (starts in water).
- b) Procedure:
  - i. Competitors must stand behind the blocks;
  - ii. WHISTLE: competitors stand on/beside blocks or enter pool (backstroke);
  - iii. "TAKE YOUR MARKS": competitors take up their starting position;
  - iv. "BEEP" of the machine: competitors start (2<sup>nd</sup> beep of buzzer = false start);
- c) Any competitor causing a false start shall be **IMMEDIATELY DISQUALIFIED**.

### **5. Race place-getters**

- a) Competitors must remain in their lane at the completion of the race until **places** are allocated
- b) Competitors exit the pool to the **RIGHT** (Lane 1) and then proceed, in place-order, directly to the **Recorders Table**.

### **6. Finals**

ALL events will be run as HEAT/FINALS and thus, no finals held (see also: Qualifying for Zone)

### **7. Relays**

- a) Each House may enter one team per gender made up of 6 students (one from each age group) **6 x 50m Freestyle Relay** at the end of the day.
- b) Refer to Qualifying for Zone for information about Zone Relays Teams

### **8. Points**

- a) Each competitor entering a competitive event earns ONE (1) HOUSE POINT.
- b) The TOP EIGHT (8) place-getters in each EVENT receive the following points for their HOUSE and for AGE CHAMPIONSHIP:

<b>Place:</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
<b>Points:</b>	10	9	8	7	6	5	4	3

- c) Relay Races that have House teams compete against each other will receive the following HOUSE POINTS:

<b>Place:</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
<b>Points:</b>	20	16	12	8

### **9. Qualifying for the Zone Carnival**

- a) The TWO fastest times will progress in each individual event
- b) The THIRD fastest time will be listed as a Reserve for each individual event
- c) The THIRD and FOURTH fastest 50m Freestyle times will form the relay team
- d) The FIFTH fastest 50m Freestyle time will be a Reserve for the relay team
- e) Students who miss the School Carnival due to illness/injury may still be eligible for selection for the Zone Carnival in accordance with the School's Sport Selection Policy

## Section II: General

### 1. Attendance

- a) Students must be at school at 8:30am for roll call
- b) Students will travel by bus to/from the pool with teachers
- c) Students wishing to leave early must be signed out by a parent/guardian
- d) No student is permitted to drive to the venue

### 2. Supervision

- a) Students MUST adhere to Pool Rules and follow Pool Staff instructions AT ALL TIMES
- b) Students are required to remain in the Spectator Area in their house groups AT ALL TIMES unless they are in an event or using the facilities
- c) Students must not loiter in or around the Canteen, Amenities or in areas that are out of bounds
- d) Students must not leave the pool grounds for any reason
- e) Students shall ensure that the pool grounds are in better condition than prior to our arrival

### 3. First Aid

- a) Any student requiring First Aid should seek the assistance of a nearby teacher
- b) The teacher shall refer the student to a Lifeguard for treatment as required

### 4. Family attendees

- a) Family members are welcome to attend and spectate from the southern side of the Competition Pool (same side as main entry to the pool).

## Macquarie Zone Swimming Carnival

**Date:** Friday 15th March 2024

**Venue:** Blacktown Aquatic Centre, 4 Boyd St. Blacktown NSW 2148

**Time:** 8:30am – 2:30pm as per event program

**Travel:** Bus departing The Ponds High School at 7:30am sharp (7:15am roll call at school)

**Entry:** The top 2 competitors from each event will qualify, and the next 2 competitors for the 4 x 50m Freestyle relay. Competitor entrant forms must be submitted to the PDHPE department no later than Thursday 9<sup>th</sup> March 2023.

**Cost:** \$15 + \$10 for TPHS Swimming Cap

**Nominations:** Swimmers are welcome to apply to swim in the following events that are swum at the Macquarie Zone, Sydney West or CHS but NOT swum at the school carnival:

- 100m Butterfly (Sydney West)
- 200m Individual Medley (Sydney West)
- 400m Freestyle (CHS)
- 400m Individual Medley (CHS)
- 800m Individual Medley (CHS)

Please see Mr Hansen or Mr Menjivar IMMEDIATELY after the School Carnival if you wish to nominate.



# ORDER OF EVENTS

<u>EVENT</u>			<u>RECORDS</u>		
No	Age/Gender	Event	Year	Time	Name
1	12 Years Girls	200m Freestyle	2021	2:54.74	Makenze Kemp
2	12 Years Boys	200m Freestyle	2016	2:21.75	Clayton Taylor
3	13 Years Girls	200m Freestyle	2016	2:24.92	Emily Plummer
4	13 Years Boys	200m Freestyle	2022	2:22.76	Jacob Whitton
5	14 Years Girls	200m Freestyle	2020	2:38.31	Brooklyn Santoro-Hulls
6	14 Years Boys	200m Freestyle	2017	2:16.74	Owen Hainsworth
7	15 Years Girls	200m Freestyle	2023	2:28.31	Lily McGuinness
8	15 Years Boys	200m Freestyle	2019	2:13.05	David Jurkiewicz
9	16 Years Girls	200m Freestyle	2020	2:45:87	Alana Bennett
10	16 Years Boys	200m Freestyle	2021	2:09.25	Ben Harris
11	17+ Years Girls	200m Freestyle	2022	2:46.40	Phoebe Cseh
12	17+ Years Boys	200m Freestyle	2022	2:14:02	Ben Harris
13	12 Years Girls	50m Butterfly	2021	0:40.24	Makenze Kemp
14	12 Years Boys	50m Butterfly	2017	0:33.08	Ben Harris
15	13 Years Girls	50m Butterfly	2016	0:34.06	Emily Plummer
16	13 Years Boys	50m Butterfly	2016	0:31.15	Owen Hainsworth
17	14 Years Girls	50m Butterfly	2021	0:35.03	Skye Montgomery
18	14 Years Boys	50m Butterfly	2023	0:29.96	Jacob Whitton
19	15 Years Girls	50m Butterfly	2021	0:34.74	Natalya Ghetto
20	15 Years Boys	50m Butterfly	2020	0:27.42	Ben Harris
21	16 Years Girls	50m Butterfly	2023	0:34:60	Skye Montgomery
22	16 Years Boys	50m Butterfly	2023	0:27.63	Elijah Whitton
23	17+ Years Girls	50m Butterfly	2023	0:35.30	Phoebe Cseh
24	17+ Years Boys	50m Butterfly	2020	0:27.82	Owen Hainsworth
25	12 Years Girls	50m Freestyle	2018	0:33.79	Tamahra Clark
26	12 Years Boys	50m Freestyle	2018	0:31.62	Hayden Taylor
27	13 Years Girls	50m Freestyle	2016	0:30.49	Emily Plummer
28	13 Years Boys	50m Freestyle	2018	0:27.75	Ben Harris
29	14 Years Girls	50m Freestyle	2020	0:32.34	Brooklyn Santoro-Hulls
30	14 Years Boys	50m Freestyle	2017	0:27.18	Owen Hainsworth
31	15 Years Girls	50m Freestyle	2020	0:31.34	Tamahra Clark
32	15 Years Boys	50m Freestyle	2020	0:27.20	Ben Harris
33	16 Years Girls	50m Freestyle	2021	0:31.18	Phoebe Cseh
34	16 Years Boys	50m Freestyle	2023	0:26.54	Elijah Whitton
35	17+ Years Girls	50m Freestyle	2023	0:30.57	Phoebe Cseh
36	17+ Years Boys	50m Freestyle	2021	0:26.31	Clayton Taylor
37	12 Years Girls	50m Breaststroke	2020	0:52.63	Emily Quan
38	12 Years Boys	50m Breaststroke	2017	0:41.97	Ben Harris
39	13 Years Girls	50m Breaststroke	2016	0:37.83	Emily Plummer
40	13 Years Boys	50m Breaststroke	2020	0:37.42	Dylan Irwin
41	14 Years Girls	50m Breaststroke	2020	0:44.31	Brooklyn Santoro-Hulls
42	14 Years Boys	50m Breaststroke	2021	0:36.25	Dylan Irwin

<b><u>EVENT</u></b>			<b><u>RECORDS</u></b>		
<b>No</b>	<b>Age/Gender</b>	<b>Event</b>	<b>Year</b>	<b>Time</b>	<b>Name</b>
43	15 Years Girls	50m Breaststroke	2021	0:42.54	Natalya Ghetto
44	15 Years Boys	50m Breaststroke	2022	0:34.76	Dylan Irwin
45	16 Years Girls	50m Breaststroke	2021	0:43.26	Phoebe Cseh
46	16 Years Boys	50m Breaststroke	2023	0:32.21	Elijah Whitton
47	17+ Years Girls	50m Breaststroke	2023	0:40.34	Phoebe Cseh
48	17+ Years Boys	50m Breaststroke	2020	0:35.01	Owen Hainsworth
49	12 Years Girls	50m Backstroke	2021	0:44.48	Makenze Kemp
50	12 Years Boys	50m Backstroke	2017	0:37.82	Ben Harris
51	13 Years Girls	50m Backstroke	2016	0:39.49	Emily Plummer
52	13 Years Boys	50m Backstroke	2022	0:35.66	Jacob Whitton
53	14 Years Girls	50m Backstroke	2020	0:39.26	Brooklyn Santoro-Hulls
54	14 Years Boys	50m Backstroke	2019	0:32.31	Ben Harris
55	15 Years Girls	50m Backstroke	2021	0:37.81	Natalya Ghetto
56	15 Years Boys	50m Backstroke	2020	0:32.78	Ben Harris
57	16 Years Girls	50m Backstroke	2021	0:38.18	Phoebe Cseh
58	16 Years Boys	50m Backstroke	2021	0:33.61	Ben Harris
59	17+ Years Girls	50m Backstroke	2023	0:38.78	Phoebe Cseh
60	17+ Years Boys	50m Backstroke	2021	0:33.11	Owen Hainsworth
61	12 Years Girls	100m Freestyle	2020	1:21.90	Emily Quan
62	12 Years Boys	100m Freestyle	2016	1:13.32	Clayton Taylor
63	13 Years Girls	100m Freestyle	2016	1:07.08	Emily Plummer
64	13 Years Boys	100m Freestyle	2018	1:03.43	Ben Harris
65	14 Years Girls	100m Freestyle	2020	1:12.26	Brooklyn Santoro-Hulls
66	14 Years Boys	100m Freestyle	2023	1:01.26	Jacob Whitton
67	15 Years Girls	100m Freestyle	2021	1:10.02	Natalya Ghetto
68	15 Years Boys	100m Freestyle	2020	1:00.30	Ben Harris
69	16 Years Girls	100m Freestyle	2021	1:14.26	Phoebe Cseh
70	16 Years Boys	100m Freestyle	2021	0:58.72	Ben Harris
71	17+ Years Girls	100m Freestyle	2023	1:11.94	Phoebe Cseh
72	17+ Years Boys	100m Freestyle	2022	1:02.40	Ben Harris
73	Girls Relay	6 X 50m F/S Relay			
74	Boys Relay	6 X 50m F/S Relay			
75	Girls Champions of Champions		2023	-	Lily McGuinness
76	Boys Champions of Champions		2023	-	Jacob Whitton

# SWIMMING RECORDS

## House Champions

Year	House Champions
2015	Murrumbidgee
2016	Lachlan
2017	Lachlan
2018	Lachlan
2019	Lachlan
2020	Hawkesbury
2021	Hawkesbury
2022	Lachlan
2023	Murrumbidgee

## Age Champions

Year	Age	Girls Champion	Boys Champion
2015	12 Years	Sara Chen	Caleb Pavlovsky
	13 Years	Alanah Pendlebury & Abigail Workman	Alex Xavier
2016	12 Years	Jorgia Smith	Clayton Taylor
	13 Years	Emily Plummer	Owen Hainsworth
	14 Years	Alanah Pendlebury	Nathan Stevens
	15 Years	-	David Peska
2017	12 Years	Tori Fisher	Benjamin Harris
	13 Years	Jorgia Smith	Clayton Taylor
	14 Years	Sara Chen	Owen Hainsworth
	15 Years	Alanah Pendlebury	Nathan Stevens
	16 Years	Savannah Hext	David Peska
2018	12 Years	Sophie Wilson & Nelee De Silva	Hayden Taylor
	13 Years	Tamahra Clark	Benjamin Harris
	14 Years	Amelia Moore	Cooper Virgo, Clayton Taylor & David Jurkiewicz
	15 Years	Sara Chen	Owen Hainsworth
	16 Years	Alanah Pendlebury	Nathan Stevens
	17+ Years	-	David Peska
2019	12 Years	Jade Keech	Luke Cseh
	13 Years	Brooklyn Santoro-Hulls	Adam Jurkiewicz
	14 Years	Tamahra Clark	Benjamin Harris
	15 Years	Alessa Moore	David Jurkiewicz
	16 Years	Sara Chen	Owen Hainsworth
	17+ Years	Alanah Pendlebury	Nathan Stevens
2020	12 Years	Emily Quan	Talon Acharrie
	13 Years	Skye Montgomery	Dylan Irwin
	14 Years	Brooklyn Santoro-Hulls	Hayden Taylor
	15 Years	Phoebe Cseh	Benjamin Harris

	16 Years	Alana Bennett	Clayton Taylor
	17+ Years	Bela McAllister Nash	Owen Hainsworth
2021	12 Years	Makenze Kemp	Davran Zihni
	13 Years	Emily Quan	Talon Acharrie
	14 Years	Skye Montgomery	Dylan Irwin
	15 Years	Natalya Ghetto	Hayden Taylor
	16 Years	Phoebe Cseh	Benjamin Harris
	17+ Years	Amelia Moore	Owen Hainsworth
2022	12 Years	Zoe Pracny-Strass	Vansh Panirwala
	13 Years	Isabelle Dowd	Jacob Whitton
	14 Years	Lily McGuinness / Emily Quan	Talon Acharrie
	15 Years	Skye Montgomery	Dylan Irwin / Elijah Whitton
	16 Years	Natalya Ghetto	Hayden Taylor
	17+ Years	Phoebe Cseh	Benjamin Harris
2023	12 Years	Tanmayee Nakka	Levi Racker
	13 Years	Grace Quan	Jamie Irwin
	14 Years	Isabelle Dowd	Jacob Whitton
	15 Years	Lily McGuinness	Talon Acharrie
	16 Years	Skye Montgomery	Elijah Whitton
	17+ Years	Phoebe Cseh	Hayden Taylor

## Champions of Champions Race

Year	Girls Champion	Boys Champion
2022	Phoebe Cseh	Ben Harris
2023	Lily McGuinness	Jacob Whitton

## GENERAL INFORMATION

### Novelty events

Activities in the Novelty Pool are to give students an opportunity to participate in fun, structured water activities, whilst also earning House Points.

Novelty events have students from a single grade grouped by their House and competing against each other for House Points.

Approx. Time:	10:00am – 10:30am	10:30am – 11:00am	11:00am – 11:30am	11:30am – 12:00pm	12:00pm – 12:30pm	12:30pm – 1:00pm
Novelty Pool	Year 9	Year 11	Year 12	Year 10	Year 8 + MCAT	Year 7

# VENUE MAP

Out of Bounds Area

