



Secondary School Sport Association Swimming Championship

Thursday 21 March 2024

SYDNEY OLYMPIC PARK AQUATIC CENTRE

Gates Open: 7:30am

Warm Up: 8:00am

Start Time: 8:30am

Admission: Competitors – No charge

Adults \$5.00 Online through TicketeBo.

Help us



stop the spread



Clean your hands thoroughly

for at least 20 seconds with soap and water, or an alcohol-based hand rub.



Cover your nose and mouth

when coughing and sneezing with a tissue or a flexed elbow. Put the tissues in the bin.



Avoid close contact

with anyone with cold or flu-like symptoms.



Stay home if you are sick.

health.nsw.gov.au/coronavirus

SYDNEY WEST SECONDARY SCHOOL SPORT ASSOCIATION

EXECUTIVE

President	Lauretta Claus	Arthur Phillip HS
Vice Presidents	Sheridan Southall	Glenwood HS
	Andrew Tetley	The Hills Sports HS
Secretary	Karen Scanes	Greystanes HS
Swimming Convener	Julie Letters	Penrith HS
Assistant Swimming Convener	Tayla Wright	Hawkesbury HS
Executive Officer	Daniel Brown	School Sport Unit

COMPETING ZONES – MEMBER SCHOOLS

BLACKTOWN Blacktown Boys Blacktown Girls Evans Girraween Mitchell Quakers Hill Riverstone Seven Hills Wyndham College	Cap Colour: Royal Blue	HILLS Baulkham Hills Castle Hill Cumberland James Ruse Ag. Model Farms Muirfield Northmead	Colour: Gold/Royal Blue
MACQUARIE Crestwood Colo Glenwood Hawkesbury Kellyville Richmond Rouse Hill Windsor The Ponds	Cap Colour: Grey	COLEBEE Chifley College, Bidwill Chifley College, Dunheved Chifley College, Mt Druitt Chifley College, Senior Chifley College, Shalvey Doonside Melonba Plumpton Rooty Hill	Cap Colour: Red
NEPEAN Blaxland Glenmore Park Jamison Katoomba Nepean Penrith Springwood Winmalee	Cap Colour: White	PROSPECT Arthur Phillip Auburn Girls Granville Boys Granville South Greystanes Holroyd Merrylands Parramatta Pendle Hill	Cap Colour: Green
WERRINGTON Cambridge Park Colyton Cranebrook Erskine Park Kingswood St Clair St Mary's Senior	Cap Colour: Black	THE HILLS SPORTS The Hills Sports High School	Cap Colour: Sky Blue

SECONDARY SWIMMING CHAMPIONSHIP CONDITIONS

The Championships will be guided by the CHS Handbook – Section 6.21 and the New South Wales Swimming Incorporated.

Method of Starting

A one start rule will apply.

Competitors must be placed in their lanes and one half pace behind the starting positions.

The starters commands shall be:
a whistle blast – take position on blocks
“take your marks”
Electronic beep

In all events, competitors must remain in their lanes until ordered to leave the water by the sides

At the conclusion of each time trial, the 1st three placegetters will be announced to report to the recording table for their notes and certificates.

One Swim suit rule applies NO board shorts. Fast suits MUST have FINA approval sticker.

Once competitors are in the hands of officials controlling the event they are not to receive any coaching or advice.

Penalty: Disqualification.

Protests shall be dealt with by the Disputes Committee comprising: Carnival Manager, Referee, Relevant Sectional Managers.

No protests shall be considered unless lodged by the Team Manager, in writing, within 15 minutes of the conclusion of the event.

The Association Team will be chosen on times: in accordance with the S.W.S.S.A. By-Laws, Section 7, Part C. viz., the first two fastest times to State with the third competitor at the Convener’s discretion.

Divisions

There will be an “A” and “B” Division of each event, except the following which have only a “A” Division.

* 100m Butterfly, * 200m Freestyle, * 200m Individual Medley, * 50m Backstroke and Freestyle (MD),

* 4x50m FS Age Relay, 4 x 50m Medley Relay, 6 x 50m All Age Relay, * 12 x 50m CHS Knockout Relay.

Age Champion points will be awarded to swimmers for all individual events swum only. Invitational swimmers do not accrue points.

RELAYS

Swimmers may compete in only one age relay at their own or an older age group.

All relay teams shall be school-based.

All-age Relay teams must contain one swimmer from each age division.

Relay sheets must be given to the Convener by 8.15am on the day of the Championships.

The concourse and all areas designated by the pool management are out of bounds to all spectators, at all times.

Zones are entitled to enter two swimmers per event, except for butterfly and the events listed in point 6. All events will be seeded based upon Zone entry times submitted prior to the championships. All Swimmers must compete in Zone Swim Caps.

Events Not Contested

The following events will not be contested at this carnival but will be contested at the Combined High School Championships. Submitted times for these events must reach the Convener by the date and conditions set out in the Sydney West website under Trials/Championship Information.

Boys/Girls 12-14, 15-16, 17-19 years 400m Freestyle; 400m Individual Medley

Boys/Girls Open 800m Freestyle

Boys/Girls 12-15, 16-19 years 50m Breaststroke (MD); 50m Butterfly (MD); 100m Freestyle (MD)

Invitation Swimmers

Zones may nominate a third swimmer or additional relay team, if just cause is given. All sections of the invitational application form must be completed, along with the following documentation/criteria:

- A letter from NSW Swimming confirming the nominated time.
- The nominated time must equal or better the sixth (6th) best time of the previous year's Sydney West Association Carnival
- The time(s) must have been swum within a twelve-month period beginning on the commencement date of the previous year's carnival.

All such nominations must be received by email.

By nominating a swimmer or team, it should NOT be presumed that they will be included in the championships.

All successful nominations will be notified by via email.

Successful nomination will not be awarded points, but will be considered for Association selection and will be awarded certificates, if finishing in the top three times.

Point Score: 1st-25, 2nd-.20, 3rd-.18, 4th-.16, 5th-.14, 6th-.12, 7th-.10, 8th-.9, 9th-.8, 10th-.7, 11th-.6, 12th-.5, 13th-.4, 14th-.3, 15th-.2, 16th-.1. Relays – Double Points

2024 SYDNEY WEST SECONDARY SCHOOLS PROGRAM OF EVENTS

NOTE: Events may be altered by the convener should the circumstances arise

#	Age	Event	Dist.	Stroke	#	Age	Event	Dist.	Stroke
1	12-14 Years	Girls	200m	IM	57	15 Years	Boys	100m	Freestyle
2	12-14 Years	Boys	200m	IM	58	16 Years	Girls	100m	Freestyle
3	15-16 Years	Girls	200m	IM	59	16 Years	Boys	100m	Freestyle
4	15-16 Years	Boys	200m	IM	60	17-19 Yrs	Girls	100m	Freestyle
5	17-19 Years	Girls	200m	IM	61	17-19 Yrs	Boys	100m	Freestyle
6	17-19 Years	Boys	200m	IM	62	12-19 Yrs	Girls	6 x 50m	Freestyle Relay
7	12-19 8x75	Mixed	12 x 50m	Relay	63	12-19 Yrs	Boys	6 x 50m	Freestyle Relay
8	12 Years	Girls	100m	Butterfly	64	12-15Yrs MC	Girls	50m	Backstroke
9	12 Years	Boys	100m	Butterfly	65	12-15Yrs MC	Boys	50m	Backstroke
10	13 Years	Girls	100m	Butterfly	66	16-19Yrs MC	Girls	50m	Backstroke
11	13 Years	Boys	100m	Butterfly	67	16-19Yrs MC	Boys	50m	Backstroke
12	14 Years	Girls	100m	Butterfly	68	12 Years	Girls	100m	Backstroke
13	14 Years	Boys	100m	Butterfly	69	12 Years	Boys	100m	Backstroke
14	15 Years	Girls	100m	Butterfly	70	13 Years	Girls	100m	Backstroke
15	15 Years	Boys	100m	Butterfly	71	13 Years	Boys	100m	Backstroke
16	16 Years	Girls	100m	Butterfly	72	14 Years	Girls	100m	Backstroke
17	16 Years	Boys	100m	Butterfly	73	14 Years	Boys	100m	Backstroke
18	17-19 Years	Girls	100m	Butterfly	74	15 Years	Girls	100m	Backstroke
19	17-19 Years	Boys	100m	Butterfly	75	15 Years	Boys	100m	Backstroke
20	12 Years	Girls	200m	Freestyle	76	16 Years	Girls	100m	Backstroke
21	12 Years	Boys	200m	Freestyle	77	16 Years	Boys	100m	Backstroke
22	13 Years	Girls	200m	Freestyle	78	17-19 Yrs	Girls	100m	Backstroke
23	13 Years	Boys	200m	Freestyle	79	17-19 Yrs	Boys	100m	Backstroke
24	14 Years	Girls	200m	Freestyle	80	12-15 Yrs MC	Girls	50m	Butterfly
25	14 Years	Boys	200m	Freestyle	81	12-15 Yrs MC	Boys	50m	Butterfly
26	15 Years	Girls	200m	Freestyle	82	16-19 Yrs MC	Girls	50m	Butterfly
27	15 Years	Boys	200m	Freestyle	83	16-19 Yrs MC	Boys	50m	Butterfly
28	16 Years	Girls	200m	Freestyle	84	12 Years	Girls	50m	Freestyle
29	16 Years	Boys	200m	Freestyle	85	12 Years	Boys	50m	Freestyle
30	17-19 Years	Girls	200m	Freestyle	86	13 Years	Girls	50m	Freestyle
31	17-19 Years	Boys	200m	Freestyle	87	13 Years	Boys	50m	Freestyle
32	12-19 Years	Girls	4 x 50m	Medley Relay	88	14 Years	Girls	50m	Freestyle
33	12-19 Years	Boys	4 x 50m	Medley Relay	89	14 Years	Boys	50m	Freestyle
34	12 Years	Girls	100m	Breastroke	90	15 Years	Girls	50m	Freestyle
35	12 Years	Boys	100m	Breastroke	91	15 Years	Boys	50m	Freestyle
36	13 Years	Girls	100m	Breastroke	92	16 Years	Girls	50m	Freestyle
37	13 Years	Boys	100m	Breastroke	93	16 Years	Boys	50m	Freestyle
38	14 Years	Girls	100m	Breastroke	94	17-19 Yrs	Girls	50m	Freestyle
39	14 Years	Boys	100m	Breastroke	95	17-19 Yrs	Boys	50m	Freestyle
40	15 Years	Girls	100m	Breastroke	96	12-15 Yrs MC	Girls	50m	Freestyle
41	15 Years	Boys	100m	Breastroke	97	12-15 Yrs MC	Boys	50m	Freestyle
42	16 Years	Girls	100m	Breastroke	98	16-19 Yrs MC	Girls	50m	Freestyle
43	16 Years	Boys	100m	Breastroke	99	16-19 Yrs MC	Boys	50m	Freestyle
44	17-19 Years	Girls	100m	Breastroke	100	12 Years	Girls	4 x 50m	Freestyle Relay
45	17-19 Years	Boys	100m	Breastroke	101	12 Years	Boys	4 x 50m	Freestyle Relay
46	12-15Yrs MC	Girls	50m	Breastroke	102	13 Years	Girls	4 x 50m	Freestyle Relay
47	12-15Yrs MC	Boys	50m	Breastroke	103	13 Years	Boys	4 x 50m	Freestyle Relay
48	16-19Yrs MC	Girls	50m	Breastroke	104	14 Years	Girls	4 x 50m	Freestyle Relay
49	16-19Yrs MC	Boys	50m	Breastroke	105	14 Years	Boys	4 x 50m	Freestyle Relay
50	12 Years	Girls	100m	Freestyle	106	15 Years	Girls	4 x 50m	Freestyle Relay
51	12 Years	Boys	100m	Freestyle	107	15 Years	Boys	4 x 50m	Freestyle Relay
52	13 Years	Girls	100m	Freestyle	108	16 Years	Girls	4 x 50m	Freestyle Relay
53	13 Years	Boys	100m	Freestyle	109	16 Years	Boys	4 x 50m	Freestyle Relay
54	14 Years	Girls	100m	Freestyle	110	17-19 Years	Girls	4 x 50m	Freestyle Relay
55	14 Years	Boys	100m	Freestyle	111	17-19 Years	Boys	4 x 50m	Freestyle Relay
56	15 Years	Girls	100m	Freestyle					

2024 NSW COMBINED HIGH SCHOOLS SWIMMING CHAMPIONSHIPS

Dates: Monday 13 May (Day 1), Tuesday 14 May (Day 2) & Wednesday 15 May (Day 3) 2024

Venue: Sydney Olympic Park Aquatic Centre, Homebush

Time: All competitors to assemble in the Sydney West Area in the stand at least one hour prior the starting time of their event on each day of the Championships they are competing.

Travel: Team members are to make their own way to and from the venue.

Entry: **ONLINE ONLY**

Permission note / Levy payment / Sydney West apparel orders are only accepted via Sydney West's **NEW Online portal webpage - DASH** (details will be handed to the successful competitors).

SYDNEY WEST SECONDARY SWIMMING RECORDS

As at completion of 2023 Championships

BOYS					GIRLS				
50m FREESTYLE									
12 Years	Alexander Clarence	Glenwood	28.77	2019	Amy Bannatyne	Model Farms	29.19	2003	
13 Years	Kody Stark Szabo	Penrith	27.02	2016	Rebekah Sefton	Castle Hill	28.81	2013	
14 Years	Luke Garment	Muirfield	25.96	2018	Claudia Neale	Blaxland	28.01	2016	
15 Years	Luke Garment	Muirfield	25.33	2019	Zoue Sefton	Castle Hill	27.50	2013	
16 Years	Matthew Wilson	Winmalee	24.91	2014	Kacey Pilgrim	The Hills Sports	27.26	2009	
17+Yrs	Jordan Fitzgerald	Kellyville	24.37	2018	Claudia Hayes	Winmalee	27.29	2015	
100m FREESTYLE									
12 Years	Maniah Betham	Erskine Park	1:03.14	2011	Amy Bannatyne	Model Farms	1:03.47	2003	
13 Years	Joshua Hand	Quakers Hill	1:00.00	2021	Amy Bannatyne	Model Farms	1:01.26	2004	
14 Years	Alexander Clarence	Glenwood	57.34	2021	Rebekah Sefton	Castle Hill	1:01.48	2014	
15 Years	Michael Goisisi	Colo	55.73	2000	Zoue Sefton	Castle Hill	1:00.24	2013	
	Alexander Clarence	Glenwood	55.73	2022	Zoue Sefton	Castle Hill	59:78	2014	
16 Years	Harry Fowler	Muirfield	54.64	2016	Zoue Sefton	Castle Hill	59.90	2016	
17+ Yrs	Caleb Hansford	Wyndham	52:83	2014					
200m FREESTYLE									
12 Years	Maniah Betham	Erskine Park	2:18.34	2011	Amy Bannatyne	Model Farms	2:16.59	2003	
13 Years	H. Hinds-Sydneyham	The Hills Sports	2:10.27	2009	Amy Bannatyne	Model Farms	2:13.25	2004	
14 Years	Kenrick Monk	Quakers Hill	2:06.10	2002	Nicole Monk	Blacktown Girls	2:12.33	1998	
15 Years	Michael Goisisi	Colo	2:02.20	2000	Amy Ducker	Glenmore Park	2:12.34	2003	
16 Years	Caleb Hansford	Quakers Hill	2:00.96	2013	Rachel Wood	The Hills Sports	2:08.14	2015	
17+ Yrs	Jacob Hansford	Wyndham	1:55.73	2012	Kaitlyn Jones	Girraween	2:09.00	2004	
100m BACKSTROKE									
12 Years	Maniah Betham	Erskine Park	1:13.63	2011	Laura McKemmish	Colo	1:14.98	2001	
13 Years	Joshua Skinner	Crestwood	1:08.13	2009	Laura McKemmish	Crestwood	1:11.10	2002	
14 Years	Glenn Piper	Greystanes	1:05.95	2001	Amy Ducker	Glenmore Park	1:09.26	2002	
15 Years	Alex Kelshaw	Erskine Park	1:03.21	2006	Michelle Bowd	Jamison	1:08.78	2009	
16 Years	Alex Kelshaw	Erskine Park	1:01.74	2007	Holly Ryan	The Hills Sports	1:08.65	2015	
17+ Yrs	Alex Kelshaw	Erskine Park	0:59.57	2001	Leanne Kroenert	St Marys Snr	1:07.65	1998	
100m BREASTSTROKE									
12 Years	Riley Marcellino	James Ruse	1:17.99	2021	Melissa Barck	Colo	1:23.10	2001	
13 Years	Riley Marcellino	James Ruse	1:16.19	2022	Amanda Stanley	Greystanes	1:19.28	1992	
14 Years	Mark Whitton	Blaxland	1:12.91	1987	Abbey Cooper	Rouse Hill	1:19.20	2012	
15 Years	Matthew Wilson	Winmalee	1:09.95	2013	Sophie Beldham	Model Farms	1:16.19	2015	
16 Years	Matthew Wilson	Winmalee	1:07.73	2014	Kelsey Otto	Winmalee	1:16.09	2017	
17+ Yrs	David So	Cumberland	1:08.33	2022	Rebekah Rychvalsky	Castle Hill	1:14.63	2000	
100m BUTTERFLY									
12 Years	Lachlan Foley	The Hill Sports	1:09.70	2014	Melissa Barck	Colo	1:10.86	2001	
13 Years	Cameron McElroy	Winmalee	1:05.26	2010	Melissa Barck	Colo	1:08.43	2002	
14 Years	Michael Goisisi	Colo	1:03.64	1999	Bec Adams	Richmond	1:06.53	2005	
15 Years	Austin Fowler	Kellyville	1:00.75	2012	Elise Kench	Crestwood	1:06.14	2014	
16 Years	Matthew Wilson	Winmalee	59.02	2014	Elise Kench	Crestwood	1:05.04	2015	
17+ Yrs	Caleb Hansford	Wyndham	57.85	2014	Elise Kench	Crestwood	1:04.31	2016	
200m INDIVIDUAL MEDLEY									
14 Years	Matthew Wilson	Winmalee	2:21.58	2012	Amy Bannatyne	Model Farms	2:31.93	2005	
16 Years	Matthew Wilson	Winmalee	2:12.29	2013	Rebekah Sefton	Castle Hill	2:26.92	2015	
17+ Yrs	Jacob Hansford	Quakers Hill	2:13.52	2012	Rachel Wood	The Hills Sports	2:26.15	2016	
400m INDIVIDUAL MEDLEY									
17+Yrs	Luke Turner	Baulkham Hills	4:44.94	1994	Holly Ryan	The Hills Sports	5:09.24	2016	
4 x 50m MEDLEY RELAY									
	Crestwood		1:53.79	2023	Castle Hill HS		2:08.88	2016	
4 x 50m FREESTYLE RELAY									
12 Years	The Hills Sports		2:15.14	2014	Colo High		2:14.02	1999	
13 Years	Winmalee		1:59.90	2015	The Hills Sports		2:03.90	2023	
14 Years	The Ponds		1:54.23	2018	Winmalee		2:01.44	2013	
15 Years	The Hills Sports		1:49.52	2017	Winmalee		1:59.01	2014	
16 Years	Winmalee		1:47.73	2014	The Hills Sports		1:57.38	2015	
17+ Yrs	Crestwood		1:45.04	2022	St Marys Senior		1:58.31	2019	
6 x 50m ALL AGE FREESTYLE RELAY									
	The Ponds		2:54.57	2022	The Hills Sports		3:05.67	2015	
12 x 50m KO RELAY									
	The Hills Sports		5.39.46	2015					

MEET MANAGER

Results can be found for those who have subscribed to the Meet Mobile App (see below)

Download the App to see live results for today's
Sydney West Championship.
Search for "Sydney West Secondary 2024"



Swimmers, fans, and coaches!

Keep track of meets from the palm of your hand,
no matter where you are.



◀ SCAN ▶

to download the Meet Mobile app and start
following your favorite swimmers now.

PLAYERS, TEACHERS, COACHES AND SPECTATORS **CODE**

**YOUNG PEOPLE INVOLVED IN SPORT
HAVE A RIGHT TO PARTICIPATE IN A
SAFE AND SUPPORTIVE ENVIRONMENT**



- * The goals of the game are to have fun and improve skills.
- * Be modest in success and generous in defeat.
- * Play for the fun of it.
- * Play by the rules and always respect the decisions of officials.
- * Make no criticism either by word or gesture.
- * Deliberately distracting or provoking an opponent or player is not acceptable or permitted in any sport.
- * Be a good sport. Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the game's outcome.
- * Condemn unsporting behaviour and promote respect for opponents.
- * Condemn the use of violence in any form.
- * Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- * Ensure any use of social media about or around this event/team/management is responsible and appropriate.
- * Place the safety and welfare of the participants above all else.
- * All school sports events are alcohol and smoke free zones.

For more information and results of all events, please see
<https://app.education.nsw.gov.au/sport>