



2021 Whole School Swimming Carnival
Thursday 11 February
First race 8:30am
Monckton Aquatic Centre, Armidale

	<i>Officials</i>
Presentations	Mrs Nicola Taylor
Starter/Referee	Ms Millie Brissett
Judges	Mr Jonothan Shumack, Mr Matthew Minter, Mrs Kate Fittler (morning), Mrs Margarita Perez-Garcia(afternoon)
Chief Timekeeper	Ms Ros Moore
Timekeepers	Mrs Kate Clynych, Ms Danika Blackburn, Ms Helen Templeton, Mr Greg Cotterell, Mrs Sophie Westermarck, Mrs Marilyn Faithfull, Dr Inga Brashe, , Mrs Jo Wysel, Mrs Catherine Creagan,
Reserve Timekeepers	Mrs Ali Dare, Mrs Yvette Ballard, Mrs Jan Patterson, Mrs Bec Eastment
Recorders	Ms Carolyn Beresford & Ms Judy Miller Mrs Susanne Dowling
Recording Liaison	Ms Julie Flanagan, Mrs Janet Patterson
25m Pool	Mrs Claire Robertson, Mrs Gerry Vanzella, Mrs Lucy Donaldson, Mrs Tess Repp
K-2 Novelty events	Mrs Kirsten Hey, Mrs Rebecca Moore, Mrs Michelle Kennedy
Marshalls	Mrs Fiona Wake, Ms Jen Leahy, Mr Mitchell Clendinning
Announcer	Mr Sam Jacometti
First Aid	Mrs Angela Pieterse (RN)
Photographer & Promotion	Development Office

2021 Whole School Swimming Carnival Program of Events

Refreshments

Students are to bring morning tea, lunch and plenty of drinks/water. In 2021, the pool canteen will be available for students to purchase items and provisions will be made for younger students to make purchases also at a designated time.

Age

A swimmer's age is determined by the age they turn on or before 31 December 2021.

25 metre events

All 25 metre events will be held in the 6 lane pool.

PLC Armidale Junior School Representative Team for PSSA and IPSHA

Students 8 years and older competing in the 50m and 100m events may be considered for representative swimming.

PLC Armidale Senior Representative Team for IGSSA

The Senior School team to represent PLC Armidale in the IGSSA Swimming competition will be determined by race times. This team will travel to Sydney to represent PLC Armidale in March this year. Some events at IGSSA are conducted in Junior, Intermediate and Senior age brackets, rather than individual age events.

War Cries

War Cries will be conducted during the lunch break. Each Guild performs a war cry to build their Guild spirit and sense of belonging through singing/chanting (shouting!) positive messages about their Guild. It is a competition between the Guilds as to who is the most creative, in time and audible! It is a lot of fun and involves the whole College.

Program of Events Swimming Carnival 2021

Program			Record Holders		
Event No.	Event	Age	Name	Time	Year
1. All divisions 8:30am start	200IM	Junior- JS	L Doe	3:23.91	1997
	200IM	Senior-JS	M Emanuel	3:02.13	2013
	200 IM	12	I Emanuel	3:10.47	2011
	200 IM	13	M Emanuel	2:55.03	2014
	200 IM	14	M Emanuel	2:53.63	2015
	200 IM	15	A Brissett	2:55.03	2010
	200 IM	16	A Brissett	2:55.31	2011
	200 IM	17	K Brunsdon	2:41.15	2010
	200 IM	18	G Diebold	2:54.40	2011
• 25 metre Freestyle races to be held in 6 Lane pool					
2. All divisions	50m Freestyle	7	S Dillon	56.22	2002
	50m Freestyle	8	A Bayliss	45.37	1996
	50m Freestyle	9	A Paul	40.40	2005
	50m Freestyle	10	A Brissett	38.00	2005
	50m Freestyle	11	A Brissett	34.12	2006
	50m Freestyle	12-JS	M Emanuel	34.20	2013
	50m Freestyle	12-SS	E Lockyer	31.97	2006
	50m Freestyle	13	E Lockyer	30.56	2007
	50m Freestyle	14	K Brunsdon	29.97	2007
	50m Freestyle	15	K Brunsdon	30.15	2008
	50m Freestyle	16	K Brunsdon	29.12	2009
	50m Freestyle	17	S Gollan	28.82	2008
	50m Freestyle	18	E Youman	29.30	2001
• 25 metre Backstroke races to be held in 6 Lane pool					
3. All divisions	50 Backstroke	7	S. Dillon	59.34	2002
	50 Backstroke	8	S Dillon	55.37	2003
	50 Backstroke	9	A Paul	47.56	2005
	50 Backstroke	10	S Dillon	44.54	2005
	50 Backstroke	11	A Brissett	42.28	2006
	50 Backstroke	12- JS	M Emanuel	41.09	2013
	50 Backstroke	12- SS	E Lockyer	36.23	2006

	50 Backstroke	13	E Lockyer	35.66	2007
	50 Backstroke	14	E Lockyer	35.63	2008
	50 Backstroke	15	E Shaw	34.77	2002
	50 Backstroke	16	S Gollan	33.39	2007
	50 Backstroke	17	S Gollan	32.97	2008
	50 Backstroke	18	E Youman	34.83	2001

*** 25 metre Breaststroke races to be held in 6 lane pool**

4. All divisions	100m freestyle	Junior-JS	A Brissett	1:29.19	2005
	100m freestyle	Senior-JS	M Emanuel	1:17.55	2013
	100m freestyle	Sub Jnr	K Brunsdon	1.06.24	2007
	100m freestyle	Junior	S Gollan	1.04.15	2007
	100m freestyle	Senior	S Gollan	1:03.78	2008

*** 25 metre Breaststroke races to be held in 6 lane pool**

5. All divisions	50 Breaststroke	7	S Dillon	1:16.50	2002
	50 Breaststroke	8	Z Selby	1:02.72	2005
	50 Breaststroke	9	A Paul	53.85	2005
	50 Breaststroke	10	A Paul	50.84	2006
	50 Breaststroke	11	E Ward	46.41	2014
	50 Breaststroke	12-JS	E Ward	44.30	2015
	50 Breaststroke	12-SS	K Brunsdon	40.37	2005
	50 Breaststroke	13	K Brunsdon	38.32	2006
	50 Breaststroke	14	K Brunsdon	37.10	2007
	50 Breaststroke	15	K Brunsdon	37.91	2008
	50 Breaststroke	16	K Brunsdon	38.00	2009
	50 Breaststroke	17	E Youman	36.98	2000
	50 Breaststroke	18	E Youman	37.26	2001

*** 25 metre Butterfly races to be held in 6 lane pool**

6. All divisions	50m Butterfly	7	S Dillon	1:17.10	2002
	50m Butterfly	8	A Bayliss	58.09	1996
	50m Butterfly	9	A Bayliss	51.34	1997
	50m Butterfly	10	A Brissett	43.80	2005
	50m Butterfly	11	A Brissett	38.53	2006

	50m Butterfly	12-JS	M Emanuel	37.81	2013
	50m Butterfly	12-SS	A Brissett	35.47	2007
	50m Butterfly	13	A Brissett	34.35	2008
	50m Butterfly	14	A Brissett	33.50	2009
	50m Butterfly	15	A. Brissett	32.47	2010
	50m Butterfly	16	S Gollan	32.22	2007
	50m Butterfly	17	S Gollan	31.56	2008
	50m Butterfly	18	E Youman	32.20	2001

Lunch

Approx 1pm

War Cries

7.	4 x 50m Medley Relay	Junior-SS	Macquarie	2.37:27	2007
	4 x 50m Medley Relay	Intermediate	Forrest	2.22.10	1973
	4 x 50m Medley Relay	Senior-SS	Wentworth	2.29.94	1991

8.	4 x 50m Freestyle Relay	Junior- JS	Wentworth	3:07.84	2005
	4 x 50m Freestyle Relay	Senior-JS	Wentworth	2:43.16	2005
	4 x 50m Freestyle Relay	Junior-SS	Macquarie	2.23.13	2007
	4 x 50m Freestyle Relay	Intermediate	Macquarie	2.18.26	2002
	4 x 50m Freestyle Relay	Senior	Gregory	2.12.65	1991

Age Divisions for Relays

Junior – Junior School	8,9 & 10 years
Senior – Junior School	11, 12 & 13 years
Junior – Senior School	12, 13, 14 years
Intermediate – Senior School	15,16 years
Senior – Senior School	17, 18 years

Age Champions in 2020

<i>Age</i>	<i>Name</i>
8	Evie Donaldson
9	Lola Ferguson
10	Kate Loxley
11	Katie Hynes
12-JS	Rachel Mungall
12-SS	Caitlin Grobler
13	Scarlett Loxley
14	Jemima McIntyre
15	Emily Thompson
16	Heidi Martin
17	Lilly McCook
18+	Ruby Ticehurst

Swimming Carnival Guild Points - 2020

GUILD	Score
Gregory (Hamlin)	869
Macquarie (Lovell)	463.5
Wentworth (Wilkie)	446
Forrest (Dixon)	422.5

Guild Colours & Lanes

Hamlin	3 & 7	Red Caps
Lovell	4 & 8	Yellow Caps
Wilkie	1 & 5	Blue Caps
Dixon	2 & 6	Green Caps

Points

1st	13
2nd	8
3rd	5
4th	3
5th	2
6th	1
7th	1
8th	1

Frequently asked questions

- *When do I tumble-turn?*
 - Tumble-turns are done for freestyle and backstroke races only. They are considered more conducive to maintaining momentum in these strokes. The trick is to tuck in tight and push off with a nice streamline UNDER the water in order to avoid the wave which is trailing you.
- *What happens in a false start?*
 - If a swimmer 'breaks' (goes before the starting signal) then there will immediately sound a second starting signal to alert the swimmers to abort the race. If swimmers do not hear the signal, a rope at 15m will be dropped into the water, which will stop the swimmers. The race will then be restarted.

- *When do I touch with two hands?*
 - Touch-turns are done for breaststroke and butterfly races only. Because these strokes are done in a much more prone fashion (not as much rotating as freestyle and backstroke) they are considered more conducive to maintaining momentum in these strokes. The trick is to hit with both hands, then have one arm come over the water as you turn around, drop under the water, then push off the wall with a nice streamline UNDER the water in order to avoid the wave which is trailing you.

- *In the IM, must I swim in a certain order? What happens if I swim out of order?*
 - The order is butterfly, backstroke, breaststroke then freestyle. The medley must be swum in the correct order or the swimmer is disqualified.

- *In the IM relay, what is the order and can we change it?*
 - The order is the backstroke, breaststroke, butterfly and freestyle (alphabetical order for this one). The medley relay must be swum in the correct order or the team is disqualified. These are the rules of Swimming Australia and also FINA.

- *Can I swim any stroke for a freestyle race?*
 - Yes, apart from a medley, where swimmers must do 'crawl' alongside the other three strokes, freestyle literally means 'free style'. In a purely freestyle race, swimmers are free to do any stroke or technique they wish, so long as their feet do not touch the bottom and they complete the required length.

- *In the relay race, can a swimmer swim up an age group?*
 - Yes. When a Guild does not have enough swimmers to fill a competitive relay team, swimmers can be brought up from a younger age group.

Thank you to all parents, relatives, staff and students who assisted with the many duties necessary to ensure a successful Swimming Carnival.