

# Thames Valley Secondary Schools Swimming Championships 2023



**Wednesday 8th March 2023**

**Thames Centennial Pools**

9.50am – Warm Up

10.30am – Start

**<https://wsss.org.nz/aquatics/swimming/>**

[www.facebook.com/sportwaikatosecondaryschools](https://www.facebook.com/sportwaikatosecondaryschools)



## **Thames Valley Secondary Schools Order of Events**

1. 4 x 25m Freestyle Relay
2. 50m Backstroke
3. AWD 25m Freestyle
4. 100m Individual Medley
5. 50m Breaststroke
6. AWD 25m Backstroke
7. 100m Freestyle
8. 100m Backstroke
9. 50m Butterfly
10. 100m Breaststroke
11. 100m Butterfly
12. 50m Freestyle
13. AWD 25m Breaststroke
14. 4 x 25m Medley Relay
15. 6 x 25m School Freestyle Relay

# GENERAL INSTRUCTIONS TO COMPETITORS

## Times:

- 9.50am – Warm Up 10.15am – Officials and Managers Meeting
- 10.30am – Start Races

## Helpers on the day:

Can each school please bring at least one helper to help with time keeping etc.

## Grades: Ages as on 1 January 2023

- Junior – Under 14 Intermediate – Under 16 Senior – Under 19 )

## Maximum entries:

3 entries maximum per swimmer (excluding relays)

## Swimming up:

A swimmer who has swum up an age group for the whole day will be deemed a swimmer of that age group for the relays. A swimmer can swim up an age group in a relay as long as that school does not field a relay team in that swimmers age group.

## Protests:

Any protest or complaint is to be made to the Chief Referee within 30 minutes of notification. The Chief Referee's decision is final.

## Relay:

Event 61 is a 6 x 25m Freestyle School Relay. One girl and one boy from each age group are to make up the team. Combined relay teams consisting of students from different schools are allowed; however, no points will be awarded.

## Points System

- The points system is as follows. Individual events 1<sup>st</sup>=20, 2<sup>nd</sup>=17, 3<sup>rd</sup>=16, 4<sup>th</sup>=15 and so on down through each placing. Points are doubled for relay events.

- Two trophies. Raw score = Overall total points. Roll score = Total points divided by school roll. •

Rolls of Schools must be received by [sport@thameshigh.school.nz](mailto:sport@thameshigh.school.nz) before the event. • All events are timed finals.

- **No Date of Birth, No Entry.**

**Scratchings:** Scratchings only (no changes) to **Recorder** before 9.30am on the day.

Any changes to your school entry after Friday 3rd March must be emailed to [sport@thameshigh.school.nz](mailto:sport@thameshigh.school.nz)

**Times:** Please supply a time for swimmers (if no time is submitted, the swimmer will be entered into the slower heat) in appropriate space to assist with lane draw. **Please supply short course (25m) time if possible. If you have any other times these are useful for seeding purposes, please indicate what length pool they were swum in, 33 1/3 yards or metres.**

**Swimsuit requirements** – Males, swimsuit shall not extend above the navel or below the knee. Females, swimsuits shall not cover the neck, extend past the shoulder, nor below the knee. *All swimmers only wear one piece of swim wear. E.g. boys no underwear under their shorts or rash shirts. Girls no bikinis or shorts over the togs.*

**AWD Swimming Events:** Events that are offered to AWD swimmers are open 25m freestyle, breaststroke and backstroke. All AWD events will be open events, split into open boys and open girls. Points will be allocated for 1st-4<sup>th</sup>.

### **TURNS and FINISHES**

- **Freestyle** – you must touch the wall at turn and finish ends.
- **Backstroke** – you must push off on your back at start and turn. Do not stand up during a turn. You must finish on your back.
- **Breaststroke** – all arm movements must be simultaneous. Hands must not be brought back beyond the hip line. At turn and finish touch must be made with both hands simultaneously. Do not stand up during a turn.
- **Butterfly** – two hand simultaneous touch at turn and finish end. Do not stand up during a turn.
- **Individual Medley** – must be swum in correct order (fly, back, breast, free). Each section must be finished in accordance with the rule which applies to the style concerned. Do not stand up during a turn.
- **Medley Relay** – must be swum in correct order (back, breast, fly, free).

**Good sport is about having a positive attitude.  
You can set the right tone and help make the game a success.  
Play your part – Play Fair.**

- Respect that people are involved in sport for fun and enjoyment
- Support good play and applaud good performance from all competitors
- Learn the difference between supportive and abusive comments and rule out the latter
- Display self-control on the sideline. Always be positive. Never shout at or ridicule players or officials
- Attempt to understand the rules of the game
- Accept the decisions of officials and coaches
- Show your appreciation to people who volunteer their time to make sport happen
- Remember that we are all capable of making mistakes
- Give it heaps but don't get ugly



# Thames Valley Secondary Schools Swimming Records 2021

## 4 X 25m Freestyle Relay

Junior Girls	57.03		MATA	2003
Junior Boys	56.03		MATA	1998
Intermediate Girls	56.07		WHGM	2018
Intermediate Boys	52.31		MATA	2014
Senior Girls	54.18		TEAR	2018
Senior Boys	50.17		MATA	2011

## 50m Backstroke

Junior Girls	33.41	T Taupaki	WHANG	2017
Junior Boys	32.55	P Parore	MATA	2020
Intermediate Girls	32.29	K Johnston	MATA	2009
Intermediate Boys	29.97	C McDowell	THAM	2013
Senior Girls	33.31	A Paesano	WAIHI	2019
Senior Boys	28.28	C McDowell	THAM	2015
AWD Girls 25m	20.80	G O'Neill	TEKC	2019
AWD Boys 25m	17.28	K Puchalski	TEKC	2019

## 100m Individual Medley

Junior Girls	1:14.09	H. Gasson	HAUR	2008
Junior Boys	1:07.61	S Borkin	TEAR	1996
Intermediate Girls	1:10.17	J Gollan	MATA	1996
Intermediate Boys	1:02.58	K Taylor	MATA	1996
Senior Girls	1:09.13	J Gollan	MATA	1998
Senior Boys	1:01.93	T Raymond	MATA	2016

## 50 Breaststroke

Junior Girls	36.07	S Ioane	THAM	1998
Junior Boys	34.93	T White	MATA	1996
Intermediate Girls	35.13	N Webster	MATA	1996
Intermediate Boys	32.07	K Taylor	MATA	1996
Senior Girls	36.30	J. Leach	MATA	2014
Senior Boys	32.52	K Fannin	MATA	2017
AWD Girls 25m	22.87	K Allan	TEKC	2019
AWD Boys 25m	19.25	K Puchalski	TEKC	2019

## 100m Freestyle

Junior Girls	1:02.58	L Lawrence	MATA	2021
Junior Boys	59.23	S Borkin	TEAR	1996
Intermediate Girls	1:01.84	L Bradley	KATI	2015
Intermediate Boys	55.86	J Lees	THAM	2017
Senior Girls	1:00.69	L Bradley	KATI	2016
Senior Boys	54.12	J Lees	THAM	2019

## 100m Backstroke

Junior Girls	1:14.13	K Cochrane	WHIC	2002
Junior Boys	1:11.43	R McDowell	THAM	2016
Intermediate Girls	1:10.69	M Reweti	MATA	1998
Intermediate Boys	1:06.85	J Robertson	TEAR	1997
Senior Girls	1:11.35	S Wiseman	HAUR	2012
Senior Boys	1:00.15	C McDowell	THAM	2015

# Thames Valley Secondary Schools Swimming Records 2021

## 50m Butterfly

Junior Girls	32.06	H. Gasson	HAUR	2008
Junior Boys	29.59	J McCormack-Goeth	MATA	2012
Intermediate Girls	30.50	H Gasson	HAUR	2009
Intermediate Boys	28.11	K Taylor	MATA	1995
Senior Girls	30.12	H Gasson	HAUR	2012
Senior Boys	27.33	J Lees	THAM	2019

## 100m Breaststroke

Junior Girls	1:20.58	J Gollan	MATA	1995
Junior Boys	1:16.16	T White	MATA	1996
Intermediate Girls	1:15.83	N Webster	MATA	1996
Intermediate Boys	1:10.93	T White	MATA	1997
Senior Girls	1:17.15	J Gollan	MATA	1998
Senior Boys	1:12.37	H Bergerson	HAUR	1996

## 100m Butterfly

Junior Girls	1:12.79	L Lawrence	MATA	2020
Junior Boys	1:10.60	J Daines	TEAR	2016
Intermediate Girls	1:11.40	T Bradley	KATI	2016
Intermediate Boys	1:02.52	J Lees	THAM	2017
Senior Girls	1:10.63	T Bradley	KATI	2018
Senior Boys	1:00.81	C McDowell	THAM	2015

## 50m Freestyle

Junior Girls	28.88	T Taupaki	WHANG	2017
Junior Boys	28.17	Ollie Morton-Farrelly	MATA	2018
Intermediate Girls	28.92	L. Bradley	KATI	2014
Intermediate Boys	25.64	J Lees	THAM	2017
Senior Girls	28.30	L Bradley	KATI	2016
Senior Boys	24.53	J Lees	THAM	2019
Para Girls 25m (MC)	17.11	R Wilkins	TEKC	2019
Para Boys 25m (MC)	16.62	F Solomon	TEKC	2019

## 4 X 25m Medley Relay

Junior Girls	56.79		HAUR	2018
Junior Boys	55.11		MATA	2018
Intermediate Girls	1:03.41		MATA	1996
Intermediate Boys	45.97		HAUR	2019
Senior Girls	52.04		WHANG	2019
Senior Boys	59.56		WHANG	2001

## School Relay Freestyle 6 X 25m

	1:19.99		MATA	1996
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