

Thames Valley Secondary Schools Swimming Championships 2024



Wednesday 6th March 2024

Thames Centennial Pools

9.40am - Warm Up

10.00am – Start

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

www.facebook.com/waikatosecondaryschoolsport/



Thames Valley Secondary Schools Swimming Order of Events

1. 4 x 25m Freestyle Relay
2. 50m Backstroke
3. AWD 25m Freestyle (Athlete with disability)
4. 100m Individual Medley
5. 50m Breaststroke
6. AWD 25m Backstroke (Athlete with disability)
7. 100m Freestyle
8. 100m Backstroke
9. 50m Butterfly
10. 100m Breaststroke
11. 100m Butterfly
12. 50m Freestyle
13. AWD 25m Breaststroke (Athlete with disability)
14. 4 x 25m Medley Relay
15. 6 x 25m School Freestyle Relay (JG, JB, IG, IB, SG, SB)

NOTE: 25m races are only available for athletes with disability.

GENERAL INSTRUCTIONS TO COMPETITORS

Times:

- 9:40am - Warm Up - Officials and Managers Meeting
- 10.00am - 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 2024

- 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 P¹=20, 2nd=17, 3rd=16, 4th=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 before the event. • All events are timed finals.

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

Scratchings: Scratchings only (no changes) to **Recorder** before 9.00am on the day. If you are travelling at the time please TXT your scratchings to 02108164853

Any changes to your school entry after Friday 1st March must be emailed to 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 – appropriate swimwear to be worn - no t-shirts.

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-4th.

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).

Please make sure you bring plenty of drink, food, shade and Sunblock.

**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

Thames Valley Secondary Schools Swimming Records 2023

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	33.12	J. Hendy	WAIHI	2014
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	20.67	R Sayer	HPC	2023
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 2023

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	1:18.80	J Hanner	WHGM	2016
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)	15.87	R Sayer	HPC	2023
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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Risks What could go wrong?	Hazards Why would this happen?	Significant? Yes / No	Controls How can we prevent it?
Physical injury (first aid incidents)	Trip/slip/cut/fall head clash/near drowning		Follow all pool rules and signage - these are located in and around the pool area. Lifeguards on site to enforce rules.
Spinal/drowning	Swimmers unaware of pool depth, incorrect dive, unaware of lack of ability to swim.	yes	Brief staff, a squad swimmer to demonstrate the correct way to dive before swimming begins, pool signs with warning Shallow pool, non divers encouraged to start in water.
Trip Poolside	Running around pool		Signs, Pool staff to enforce rules, staff member on loud speakers to make everyone aware of the no running rule.
Slip in changing sheds	Running in sheds		Signs -please ensure students walk and do not run into the changing sheds.
Pool water balance out (chemical poisoning)	Plant malfunction causing incorrect dosing		Pool staff to follow T.C.P NOPs and water risk management plan, pool staff to follow NZS 5826:2010 at all times
Lightning	Lightning storm		Clear the pool at the first strike of lightning
Fire	Electrical fault, smoking BBQ		TCDC to ensure all electrical appliances and leads are tagged and up to date, all pool user to follow the no smoking policy (it is signed), if BBQ is being used ensure the person using it has been briefed on how to correctly use and are aware of where the fire extinguishers are located If evacuated, we must walk and assemble at the safe zone / evacuation area - Pool staff to advise where we are to assemble.
Accident on playground	Slip /fall body clash		Playground will be roped off and out of bounds to all students and visitors. Staff to inform all on arrival over the loudspeaker that under no circumstances is anyone to be in the playground area.
Faecal accident (code brown)	Swimmer has had Diarrhoea, accident		As stated on signage in facilities “ That if a swimmer has had Diarrhoea they are not to swim in the pool for two weeks. Students must not swim if they are feeling unwell and have an upset stomach. If a code brown occurs, pool staff will clear the pool immediately and close the pool for 6 hours.
Accident on walk to the Pool / hit by car	Inappropriate behaviour, students and staff, lack of supervision when crossing		Staff at check points along the walk route. Students cross following staff supervision. Staff walk with a group. Adequate rotations.

