

Swimming Carnival 2019



Carnival Guidelines

- All students are to remain in their house or class area and cheer for their team.
- Listen for your race to be called and go straight to the marshalling area.
- Ask permission to go to the toilet and go with a buddy.
- Ask your House Captains and the teacher in charge of your house for help if needed.
- Also remember to drink plenty of water.

Swimming Rules

To be considered for the Northern Beaches team students must perform the stroke correctly during the whole race. Breaststroke and Butterfly must be finished with 2 hands on the wall and during backstroke swimmers must stay on their back for the whole race including the finish.

Ribbons

Championship Events will be timed and ribbons handed out for 1st to 4th place. 1st to 4th place will need to go to the recording table and will be given a marker indicating their place.

Non Championship participation ribbons will be handed out at the end of each race as swimmers leave the pool. Swimmers then need to go directly back to their house area.

House Points

1 house point will be awarded for each student swimming a race. House points will be awarded in Championship Events depending on the place (4,3,2,1 points).

Extra house points will be awarded for House Spirit, cheering and clean house areas.

Representative team

Students will be chosen from Championship Events to represent Sacred Heart at the Northern Beaches Swimming Carnival which will be held at Warringah Aquatic Centre, 28th February. Two (or three) students per age (8-12) are chosen for 50m Freestyle. For the other strokes, two students are chosen for Junior, 11yrs and Senior age groups. The 100m freestyle is an Open event and the Individual Medley has Junior and Senior age groups. Both of these events have two entrants.

Students will be chosen on times as there may be more than one heat in each event.

The representative team will be announced at school as will Jnr/Snr champions and any records that are broken at the carnival.

End of Day Procedure

Please mark your name off with the colour house teacher if you are leaving with your parents or remain in your house area if you are going back to school on the bus.

Order of Events - Swimming Carnival 2019

CHAMPIONSHIP 100m FREESTYLE

OPEN 100m FREESTYLE BOYS
OPEN 100m FREESTYLE GIRLS

12 YEARS 50m BK BOYS
12 YEARS 50m BK GIRLS

NON-CHAMPIONSHIP FREESTYLE

15m FREESTYLE BOYS/GIRLS
25m FREESTYLE BOYS/GIRLS

CHAMPIONSHIP 50m FREESTYLE

8 YEARS 50m FREESTYLE BOYS
8 YEARS 50m FREESTYLE GIRLS
9 YEARS 50m FREESTYLE BOYS
9 YEARS 50m FREESTYLE GIRLS
10 YEARS 50m FREESTYLE BOYS
10 YEARS 50m FREESTYLE GIRLS
11 YEARS 50m FREESTYLE BOYS
11 YEARS 50m FREESTYLE GIRLS
12 YEARS 50m FREESTYLE BOYS
12 YEARS 50m FREESTYLE GIRLS

CHAMPIONSHIP 50M BREASTROKE

8 YEARS 50m BS BOYS
8 YEARS 50m BS GIRLS
9 YEARS 50m BS BOYS
9 YEARS 50m BS GIRLS
10 YEARS 50m BS BOYS
10 YEARS 50m BS GIRLS
11 YEARS 50m BS BOYS
11 YEARS 50m BS GIRLS
12 YEARS 50m BS BOYS
12 YEARS 50m BS GIRLS

NON-CHAMPIONSHIP BACKSTROKE

15m BACKSTROKE BOYS/GIRLS
25m BACKSTROKE BOYS/GIRLS

CHAMPIONSHIP 50M BUTTERFLY

8 YEARS 50m BF BOYS/GIRLS
9 YEARS 50m BF BOYS/GIRLS
10 YEARS 50m BF BOYS/GIRLS
11 YEARS 50m BF BOYS/GIRLS
12 YEARS 50m BF BOYS/GIRLS

CHAMPIONSHIP 50M BACKSTROKE

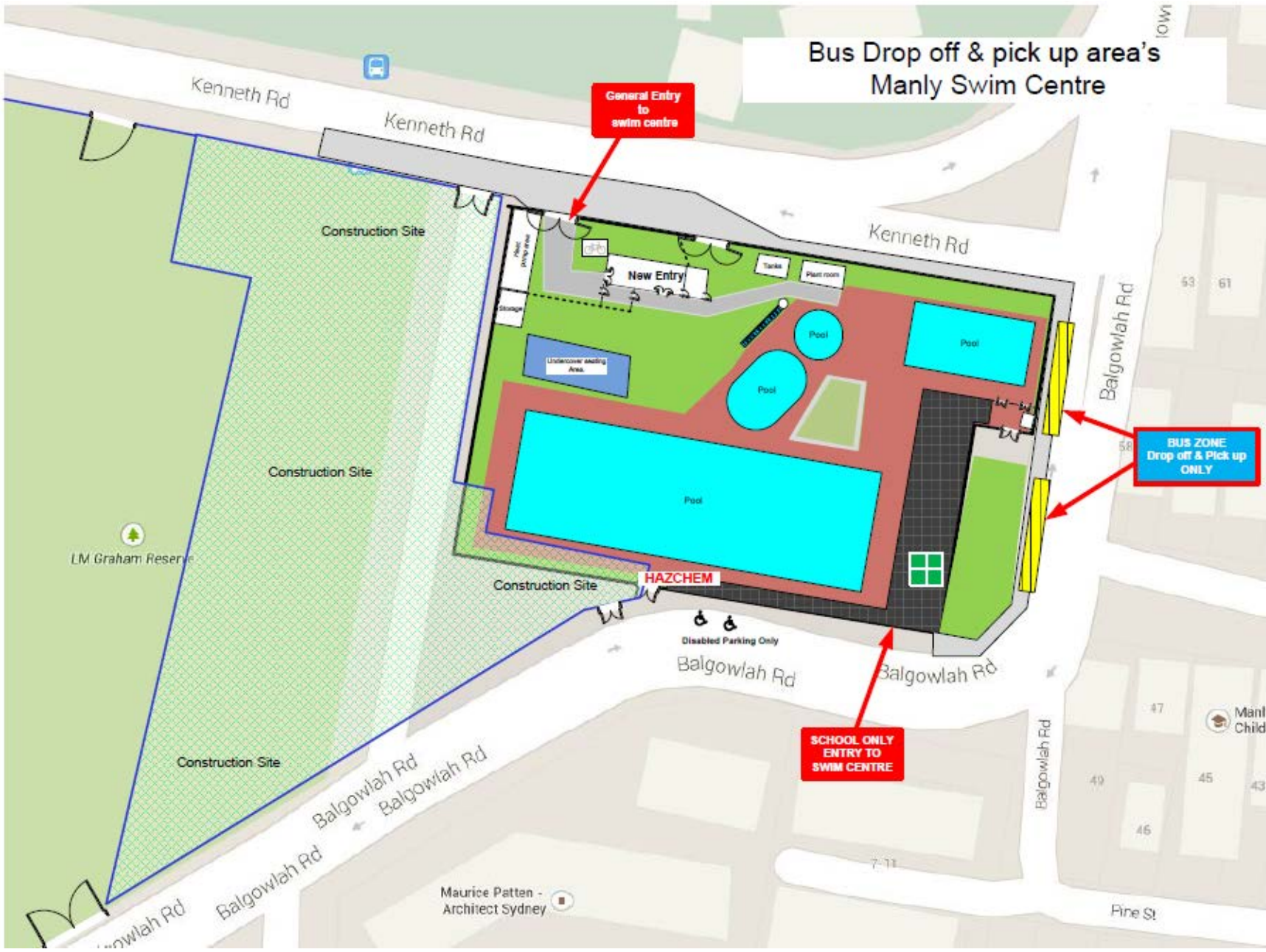
8 YEARS 50m BK BOYS
8 YEARS 50m BK GIRLS
9 YEARS 50m BK BOYS
9 YEARS 50m BK GIRLS
10 YEARS 50m BK BOYS
10 YEARS 50m BK GIRLS
11 YEARS 50m BK BOYS
11 YEARS 50m BK GIRLS

BREAK FOR SWIMMERS –COLOUR HOUSE CHEERS

INDIVIDUAL MEDLEY

OPEN MEDLEY 200m IM BOYS JNR
OPEN MEDLEY 200m IM BOYS SNR
OPEN MEDLEY 200m IM GIRLS JNR
OPEN MEDLEY 200m IM GIRLS SNR

CLEAN – UP



Bus Drop off & pick up area's Manly Swim Centre

General Entry
to
swim centre

BUS ZONE
Drop off & Pick up
ONLY

SCHOOL ONLY
ENTRY TO
SWIM CENTRE