

IGSA Sport

Swimming and Diving 97th Championships

17 March 2023

Sydney Olympic Park Aquatic Centre, Homebush

Live stream: <https://youtube.com/live/YEFnlFOxn5M?feature=share>

Swimming 8.30 am - 3.30 pm

Diving 8.00 am - 3.30 pm

(These times are approximate)

Risk Warning

(Under Section 5M of Civil Liability Act 2002)

On Behalf of IGSA and participating IGSA Member Schools listed below:

Abbotsleigh	MLC School	Santa Sabina College
Ascham School	Monte Sant' Angelo	SCEGGS Darlinghurst
Brigidine College	Mount St Benedict	Stella Maris College
Canberra Girls Grammar	NEGS	St Catherine's School
Danebank School	OLMC Parramatta	St Patrick's College
Frensham	PLC Armidale	St Scholastica's College
Kambala	PLC Sydney	St Vincent's College
Kincoppal-Rose Bay	Pymble Ladies' College	Tangara School
Loreto Kirribilli	Queenwood	Tara
Loreto Normanhurst	Ravenswood	Wenona
Meriden School	Roseville College	

IGSA Sport Swimming and Diving Carnival 2023

The Association of Heads of Independent Girls' Schools NSW trading as Independent Girls' Schools Association (**IGSA**) and its members' schools organises many individual and team sporting activities during the course of a year. Some of these are organised with IGSA Sport, a sub-committee of the Association of Heads of Independent Girls' Schools NSW (AHIGS), now trading as IGSA. Students participating in these sporting activities take part in practice and in competitions.

IGSA and its members' schools expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

IGSA and its members' schools Sport also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the Codes of Conduct and to set a good example for the students.

While IGSA and its members' schools take measures to make the swimming and diving carnival as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events. Parents, spectators and officials could also be injured or suffer loss.

Such injury can occur while the student is engaging in or watching the swimming and diving carnival, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure. In particular, injury at swimming and diving carnivals may result from slipping and falling, collisions with equipment and / or other participants, exposure to water or being inadequately trained and / or prepared for the event.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

It is the responsibility of IGSA members' schools to ensure that all staff and volunteers undertaking duties at any IGSA Sport event have the required "Working with Children" clearance.

2023 IGSA Sport Annual Swim and Dive Carnival

IGSA Sport Standing Committee

President

Ms Lisa Moloney, MLC School

Treasurer

Ms Laetitia Richmond, Brigidine College

Committee

Mr Andrew Powell, Ascham School

Dr Kate Hadwen, Pymble Ladies' College

Dr Paul Burgis, PLC Sydney

Mr Dale Berg, Ravenswood

Ms Jasmine Palmer, Abbotsleigh

Mrs Sonia Berry, IGSA Executive Officer

Ms Vicki Fitzgerald, IGSA Director of Community and Pathways

Mr Matt Mulroney, IGSA Director of Sport

Mrs Kate Howitt, IGSA Director of Sport

IGSA Sport Swimming Convener

Mark Heathcote, Meriden School

Committee

One representative from each competing school

IGSA Sport Diving Convener

Chris Lang, Pymble Ladies' College

Committee

One representative from each competing school

IGSA Sport Swimming Point Score

Point score applicable for ALL heats and finals

Individual: 13 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1

Relays: 16 - 14 - 12 - 10 - 9 - 8 - 7 - 6 - 5 - 4

6 x 50m relay points will be added to the senior point score.

The open 200m individual medley and open 200m freestyle points will be added to the senior point score.

Trophies Presented

Divisions

Taken from heats

Division 1

Combined total of senior, intermediate and junior point score.

Division 2

Combined total of senior, intermediate and junior point score.

Division 3

Combined total of senior, intermediate and junior point score.

Finals Results

Taken from finals only

Junior

Combined total of junior point score.

Intermediate

Combined total of intermediate point score.

Senior

Combined total of senior point score.

Most Improved School

The school who improves their position in the final point score by the most places. If equal, then the schools will be declared joint winners.

Annabelle Williams Shield

Combined total of multi-class point score.

Lorraine Crapp Shield

Combined total of junior, intermediate and senior point scores (excluding multi-class points).

Mary Webster Cup

Combined total of junior, intermediate and senior point scores (including multi-class points).

Relays

Junior Freestyle Relay

Junior Medley Relay

Intermediate Freestyle Relay

Intermediate Medley Relay

Senior Freestyle Relay

Senior Medley Relay

6 x 50m All Age Relay

Individual Champions

Junior

Student with highest individual point score (**best 3 individual events**)

Intermediate

Student with highest individual point score (**best 3 individual events**)

Senior

Student with highest individual point score (**best 3 individual events**)

2023 Swimming Program of Events

Event 1 (heats session)	Open 200m Individual Medley (timed final – no event 1 in finals session)
Event 2	Junior Medley Relay 4 x 50m
Event 3	Intermediate Medley Relay 4 x 50m
Event 4	Senior Medley Relay 4 x 50m
Event 5 (finals session)	<i>Open Para-Swimming Freestyle 50m FINAL ONLY</i>
Event 6	12 Years & Under Freestyle 50m
Event 7	13 Years Freestyle 50m
Event 8	14 Years Freestyle 50m
Event 9	15 Years Freestyle 50m
Event 10	16 Years Freestyle 50m
Event 11	17 Years Freestyle 50m
Event 12	18 Years & Over Freestyle 50m
<i>* A and B finals will be swum in 50m freestyle (B finals will precede A finals)</i>	
Event 13 (finals session)	<i>Open Para-Swimming Backstroke 50m FINAL ONLY</i>
Event 14	12 years & Under Backstroke 50m
Event 15	13 Years Backstroke 50m
Event 16	14 Years Backstroke 50m
Event 17	15 Years Backstroke 50m
Event 18	16 Years Backstroke 50m
Event 19	17 Years Backstroke 50m
Event 20	18 Years & Over Backstroke 50m
Event 21	12 Years & Under Breaststroke 50m
Event 22	13 Years Breaststroke 50m
Event 23	14 Years Breaststroke 50m
Event 24	15 Years Breaststroke 50m
Event 25	16 Years Breaststroke 50m
Event 26	17 Years Breaststroke 50m
Event 27	18 Years & Over Breaststroke 50m
Event 28 (finals session)	<i>Open Para-Swimming Breaststroke 50m FINAL ONLY</i>
Event 29	Junior Freestyle 100m
Event 30	Intermediate Freestyle 100m
Event 31	Senior Freestyle 100m
Event 32	12 Years & Under Butterfly 50m
Event 33	13 Years Butterfly 50m
Event 34	14 Years Butterfly 50m
Event 35	15 Years Butterfly 50m
Event 36	16 Years Butterfly 50m
Event 37	17 Years Butterfly 50m
Event 38	18 Years & Over Butterfly 50m
Event 39	Junior Freestyle Relay 4 x 50m
Event 40	Intermediate Freestyle Relay 4 x 50m
Event 41	Senior Freestyle Relay 4 x 50m
Event 42 (finals session)	<i>Open Para-Swimming Butterfly 50m FINAL ONLY</i>
Event 43	All Age Freestyle Relay 6 x 50m <i>must be swum in the following order 12, 13, 14, 15, 16, 17+ years</i>
Event 44 (heats session)	Open 200m Freestyle (timed final – no event 44 in finals session)

NB: Heats are swum in division order - 3, 2, 1. All para events swum during finals sessions only.

A placing in this carnival does not ensure selection in the IGSA Sport representative team.

Rules of the Swimming Carnival

1. All races to be swum according to the rules of NSW Swimming Inc.
2. Age is taken as at 31st December of that year.
3. Each school may enter one competitor / team per event.
4. Age sections:

Junior	14 Years & Under
Intermediate	15 & 16 Years
Senior	17 Years & Over
5. "Swim Ups"
 - a. A student may compete in an age group higher than her own provided this is the only age group in which she enters.
 - b. For representative selections her times will be recorded in her correct age group.
 - c. If a competitor breaks a record when swimming up an age group it will be recorded against the event that she has competed in.
 - d. For age champion purposes, the student will only be considered in the age bracket in which she has swum not the one that her chronological age would place her.
6. Schools may enter any competitor in a maximum of 5 events, one of which must be a relay and a 200m event (either IM or freestyle). Multiclass swimmers may enter either all 4 individual multiclass events or 3 individual multiclass and 1 relay.
7. Schools with enrolment numbers less than 351 (Years 7 - 12), may enter (in the case of maximum entry) one competitor in 5 events, 2 of which must be relays OR a relay and 200m event (either IM or freestyle) or in the case of multiclass swimmers 4 individual multiclass events and 1 relay.
8. The maximum number of relay swimmers per team is 6 in the 4 x 50m events and 8 in the 6 x 50m All Age Relay. Reserves must be submitted with team entries.
9. The 6 x 50m All Age Relay must include competitors from the 12, 13, 14, 15, 16, 17+ years age groups and be swum in this order. Competitors swimming up an age group will be ineligible for this event except for 17 year olds as the final swimmer is 17+. Entries may include 6 reserve swimmers however only 2 can be used. In 2023, more than 2 reserves may be used however, only if replacing COVID affected swimmers.
10. The open 200m individual medley will be conducted as a heat only event (no final). It will be swum in the heats program (morning). The consolidated results will determine the allocation of points towards the final point score.
11. The open 200m freestyle will be swum in the heats session as a timed final. The consolidated results from the three divisional races will determine the allocation of points towards the final point score.
12. The 10 fastest swimmers from the 3 heats will progress to the final of an event. In the event of equal 10th fastest - only 9 will swim in the final, however, equal 10th place points will be awarded.
13. The next 10 fastest swimmers from the 3 heats will progress to the B final in the 50m freestyle events. No points are awarded for the B finals. In the event of equal 10th, in determining the A final then equal 10th swimmers will swim in the B final. In the case of equal 20th fastest - only 9 will swim in the B final. The B final for the 50m freestyle will be raced immediately before the A final
14. No changes to entries will be permitted on the day unless accompanied by a medical certificate or letter from the Head of Sport. This must occur prior to the FIRST event and only ONE change per school is permitted
15. Special consideration will be given on the day for the substituting of swimmers impacted by the NSW Government Public Health Orders for COVID. Heads of Sport to notify IGSA Sport prior to 7:30am.

16. Method of starting:
 - a. The start in freestyle, breaststroke, butterfly and individual medley races shall be with a dive from the diving platform or the wall or a competitor may start in the water. On the long whistle from the Referee the swimmers shall move to their starting position and remain there. On the starters command they shall immediately take up a starting position with at least one foot at the front of the starting platform or the wall. The position of the hands is not relevant. Students starting in the water must have 2 feet on the wall and 1 hand on the backstroke bar.
 - b. When all swimmers are stationary, the Starter shall give the starting signal. (SW4.1).
 - c. The start in backstroke races shall be from the water. At the Referee's first long whistle the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the Starter shall give the command "Take your Marks". When all swimmers are stationary, the Starter shall give the starting signal. (SW4.2)
 - d. The start in relay races shall be with a dive from the diving platform or the wall or a competitor may start in the water. In the case of relays: for a swimmer starting in the water, the swimmer's feet must be on the wall when the incoming swimmers hand touches the wall. The swimmer starting in the water must start on the left of the lane. If swimmer 2 starts in the water, swimmer 1 will not be able to gain an official time.
 - e. The starting signal shall be with a hooter or gun blast.
 - f. A one (1) start rule, in all events shall be used
 - g. No swimmer will be permitted to swim more than 15m underwater during starts and turns. The race will continue and the swimmer will be disqualified at the finish.
 - h. Backstroke ledges will be used for all backstroke events and the medley relays
17. All competitors must comply with the FINA swimwear rules. The swimwear shall be in good moral taste, not cover the neck or extend past the shoulders, or below the knee with no zippers or other fastening system allowed.
Refer to FINA rules www.fina.org/sites/default/files/frsa.pdf.
18. All competitors must wear school swimming caps.
19. Competitors costumes will be checked in the marshalling area and any incorrect swimsuit will be brought to the referee's attention who may exclude that swimmer.
20. Competitors wearing strapping tape on the day must present to the referee at 8am in the recording room accompanied by a letter from a physio or doctor.
21. Any protest must be lodged in writing immediately after the race. Protests may only be lodged by Directors of Sport. All protests will be heard by the IGSA Sport Staff, the IGSA Sport Swimming Convener and Director of Sport from the school or schools involved. The decision will be made during the carnival.
22. Competitors, spectators, parents and coaches / staff are expected to behave in a safe and responsible manner and to comply with the IGSA Sport Code of Conduct.
23. Spectators and competitors are requested to be silent at the start of races and until any announcement is finished.
24. Schools must sit in allocated areas.
25. Swimmers must return to their school seating and not remain on pool deck with coaches.
26. No eating or drinking is to take place on pool deck.
27. Only IGSA Sport approved photographers are allowed on pool deck during the day's events.
28. Physiotherapy and massage tables cannot be on pool deck.
29. Only 1 coach per school is permitted on pool deck and they are required to sit in the "coaches stand" provided. One additional coach per school is also permitted to supervise warm down in the utility

pool. Coaches will receive their pool deck passes at the coaches briefing meeting held in the recording room.

30. Division ribbons can be collected by school staff during the lunch break at the carnival. Finals medals can be collected by school sport staff at the completion of the carnival. New record certificates will be posted to schools. Trophies will be presented at the end of the carnival.

31. Multi-Class Events:

- Events 5, 13, 28 & 42 will be conducted as multi-class events and scored using the MCPS.
- All multi-class events are swum in the finals program (afternoon).
- Where schools have more than 1 swimmer competing in a multiclass event, only one swimmer will receive points being the highest placed swimmer in each event.
- Multiclass swimmers may enter either all 4 individual multiclass events or 3 individual multiclass and 1 relay.
- All multi-class swimmers are to have had previous race experience and be adequately prepared to compete. School staff should have knowledge of any special requirements for a swimmer to compete safely.
- Official classification is required for multi-class swimmers competing at IGSA Sport, NSW CIS and NSW All Schools.
- Medals will be available to schools as with all other final medals.

IGSA Sport Swimming Representative Team

Three students per event will be selected into the IGSA Sport team for NSW CIS Championships as per the selection process outlined in the IGSA Sport Representative Policy. **A place in this carnival does not ensure selection in the IGSA Sport representative team.**

Divisions 2023

Division 1 (Heat 3)		Division 2 (Heat 2)		Division 3 (Heat 1)	
Lane	School	Lane	School	Lane	School
1	Abbotsleigh	1	Stella Maris	1	Frensham
2	MLC	2	Monte Sant' Angelo	2	NEGS
3	Kambala	3	Canberra Girls Grammar	3	St Vincent's College
4	Pymble Ladies' College	4	Loreto Normanhurst	4	Tara
5	PLC Sydney	5	Roseville College	5	Ascham
6	Wenona	6	Kincoppal Rose Bay	6	Danebank
7	Meriden	7	Brigidine College	7	SCEGGS
8	St Catherine's School	8	Queenwood	8	Loreto Kirribilli
9	Ravenswood	9	St Scholastica's College	9	PLC Armidale

Trophies & Results 2022

Finals

Mary Webster Cup	Pymble Ladies' College
Lorraine Crapp Shield	Pymble Ladies' College
Annabelle Williams Shield	PLC Sydney
Most Improved (<i>Donated by Kincoppal Rose Bay</i>)	St Catherine's School
Junior Point Score	PLC Sydney
Intermediate Point Score	Pymble Ladies' College
Senior Point Score	Pymble Ladies' College

Heats

Division 1	Pymble Ladies' College
Division 2	St Catherine's School
Division 3	Stella Maris College

Relays

Junior Freestyle Relay	Wenona
Intermediate Freestyle Relay	Pymble Ladies' College
Senior Freestyle Relay	Pymble Ladies' College
Junior Medley Relay	Abbotsleigh
Intermediate Medley Relay	Pymble Ladies' College
Senior Medley Relay	Pymble Ladies' College
All Age Relay	PLC Sydney

Individual Champions

Junior Individual Champion	Kaitlin Barry (PLC Sydney)
Intermediate Individual Champion	Mia Fildissis (PLC Sydney)
Senior Individual Champion	Isabella Donnelly (Wenona) & Anna Lee (PLC Sydney)

All trophies are to be returned on or before the day of the carnival – CLEANED and ENGRAVED.

Duties Swimming and Diving Carnival 2023

Swim Coach Briefing 7.30 am recording room

Swim Duties / Officials Briefing 7.30 am recording room

See separate duties list for allocation of duties.

IGSA Sport Swimming Records

Girls 11-19 200 IM	2:18.07	2014	Abbey Harkin - Pymble Ladies' College
Girls 11-14 4x50 Medley Junior Relay	2:03.29	2018	PLC Sydney <i>M Hardy, P Jones, A Lee, B Walton</i>
Girls 15-16 4x50 Medley Intermediate Relay	1:59.04	2021	Pymble Ladies' College <i>J Cullen, B Zhang, H Johnston, G Gerreyn</i>
Girls 17-19 4x50 Medley Senior Relay	1:58.50	2018	Pymble Ladies' College <i>G Peregrina, E Rhall, C Fydler, E Riley</i>
Open Para-Swimming Freestyle 50m	31.03	2021	Maddison Hinds S14 (590pts) - Loreto Normanhurst
Girls 12&U 50 Free	28.43	2009	Nicole Chen - PLC Sydney
Girls 13 50 Free	26.89	2014	Natasha Ramsden - Abbotsleigh
Girls 14 50 Free	26.60	2015	Natasha Ramsden - Abbotsleigh
Girls 15 50 Free	26.44	2018	Holly Nelson - Abbotsleigh
Girls 16 50 Free	26.60	2018	Claudia Neale - Pymble Ladies' College
Girls 17 50 Free	25.90	2018	Natasha Ramsden - Abbotsleigh
Girls 18&O 50 Free	26.13	2013	Ellen O'Rourke - Abbotsleigh
Open Para-Swimming Backstroke 50m	37.63	2021	Maddison Hinds S14 (447pts) - Loreto Normanhurst
Girls 12&U 50 Back	32.70	2019	Hannah Morton - Pymble Ladies' College
Girls 13 50 Back	31.72	2020	Hannah Morton - Pymble Ladies' College
Girls 14 50 Back	30.56	2020	Ellie Beck - Pymble Ladies' College
Girls 15 50 Back	30.30	2018	Elizabeth Gan - Pymble Ladies' College
Girls 16 50 Back	29.65	2019	Elizabeth Gan - Pymble Ladies' College
Girls 17 50 Back	29.69	2020	Elizabeth Gan - Pymble Ladies' College
Girls 18&O 50 Back	29.40	2021	Elizabeth Gan - Pymble Ladies' College
Girls 12&U 50 Breast	37.32	2018	Bella Zhang - Pymble Ladies' College
Girls 13 50 Breast	34.48	1995	Jana Bowden - Pymble Ladies' College
Girls 14 50 Breast	33.82	2017	Jasmine Tran - PLC Sydney
Girls 15 50 Breast	33.01	2021	Bella Zhang - PLC Sydney
Girls 16 50 Breast	32.67	2019	Jasmine Tran - PLC Sydney
Girls 17 50 Breast	32.56	2022	Bella Zhang - Pymble Ladies' College
Girls 18&O 50 Breast	31.68	2010	Samantha Marshall - SCEGGS
Open Para-Swimming Breaststroke 50m	44.01	2021	Maddison Hinds S14 (363pts) - Loreto Normanhurst
Girls 11-14 100 Free Junior	58.47	2006	Kailah Elliott-Koloamatangi - PLC Sydney
Girls 15-16 100 Free Intermediate	57.96	2009	Zoe Johnson - PLC Sydney
Girls 17&O 100 Free Senior	56.49	2018	Natasha Ramsden - Abbotsleigh
Girls 12&U 50 Fly	29.88	2019	Isabella Barakat - PLC Sydney
Girls 13 50 Fly	29.10	2014	Natasha Ramsden - Abbotsleigh
Girls 14 50 Fly	27.81	2015	Natasha Ramsden - Abbotsleigh
Girls 15 50 Fly	28.30	2016	Emily Ong - Abbotsleigh
Girls 16 50 Fly	27.57	2009	Zoe Johnson - PLC Sydney
Girls 17 50 Fly	27.35	2018	Natasha Ramsden - Abbotsleigh
Girls 18&O 50 Fly	27.52	2017	Natasha Ramsden - Abbotsleigh
Girls 11-14 4x50 Free Junior Relay	1:50.62	2019	Pymble Ladies' College <i>A Moore, I Lee, G Gerreyn, B Zhang</i>
Girls 15-16 4x50 Free Intermediate Relay	1:48.10	2014	PLC Sydney <i>D To, V Zhu, C Yoo, E Racki</i>
Girls 17-19 4x50 Free Senior Relay	1:47.25	2018	Abbotsleigh <i>E Ong, J Yeats, S De Salis, N Ramsden</i>
Open Para-Swimming Butterfly 50m	37.33	2021	Maddison Hinds S14 (464pts) - Loreto Normanhurst
Girls 11-19 200 Free	2:04.47	2020	Madeleine Hardy - PLC Sydney
Girls Open 6x50 Free All Age Relay	2:48.30	2018	Pymble Ladies' College <i>B Zhang, J Coghill, S Dubois, I Mason</i>

IGSA Sport Swimming Champion Schools 1990 – 2022

From 1923 - 1967 cups were awarded to the winning schools in the Senior & Junior Sections and to the winners of the three sections after the Intermediate Section was introduced in 1968.

No IGSA Sport (formerly GSSSU and IGSSA) Swimming Carnivals were held in 1938 (Polio Epidemic) or 1942 - 43 (World War II)

The first presentation of a Shield for the overall point score was made in 1990.

1990	Pymble Ladies' College
1991	Pymble Ladies' College
1992	Pymble Ladies' College
1993	Pymble Ladies' College
1994	Pymble Ladies' College
1995	Pymble Ladies' College
1996	Pymble Ladies' College
1997	PLC Sydney
1998	Pymble Ladies' College
1999	Pymble Ladies' College
2000	Pymble Ladies' College
2001	Pymble Ladies' College
2002	Abbotsleigh
2003	Abbotsleigh
2004	Abbotsleigh
2005	Abbotsleigh
2006	Abbotsleigh
2007	PLC Sydney
2008	PLC Sydney
2009	PLC Sydney
2010	Abbotsleigh
2011	PLC Sydney
2012	PLC Sydney
2013	PLC Sydney
2014	PLC Sydney
2015	Abbotsleigh
2016	PLC Sydney
2017	Abbotsleigh
2018	Pymble Ladies' College
2019	Pymble Ladies' College
2020	Pymble Ladies' College
2021	Pymble Ladies' College
2022	Pymble Ladies' College

Events

Event 1: Girls 11-19 200 LC Metre IM

Record: 2:18.07 2014

*** To be swum in heats session

Abbey Harkin Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood
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Event 2: Girls 11-14 4x50 LC Metre Medley Junior Relay

Record: 2:03.29 2018

PLC Sydney M Hardy, P Jones, A Lee, B Walton

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood
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Event 3: Girls 15-16 4x50 LC Metre Medley Intermediate Relay

Record.: 1:59.04 2021 Pymble Ladies' College J Cullen, B Zhang, H Johnston, G Gerreyn

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 4: Girls 17-19 4x50 LC Metre Medley Senior Relay

Record.: 1:58.50 2018 Pymble Ladies' College G Peregrina, E Rhall, C Fydler, E Riley

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 5: Girls 11-19 50 LC Metre Freestyle Para-Swimming

*** To be swum in finals session

Record: 31.03 2021 Maddison Hinds S14 (590 points) Loreto Normanhurst

Lanes will be determined once entries are finalised

Lane	Heat 1	Lane	Heat 2
0		0	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	

Event 6: Girls 12 & Under 50 LC Metre Freestyle

Record: 28.43 2009 Nicole Chen PLC Sydney

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 7: Girls 13 Year Olds 50 LC Metre Freestyle

Record: 26.89 2014 Natasha Ramsden Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 8: Girls 14 Year Olds 50 LC Metre Freestyle

Record: 26.60 2015 Natasha Ramsden Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 9: Girls 15 Year Olds 50 LC Metre Freestyle

Record: 26.44 2018 Holly Nelson Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 10: Girls 16 Year Olds 50 LC Metre Freestyle

Record: 26.60 2018 Claudia Neale Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 11: Girls 17 Year Olds 50 LC Metre Freestyle

Record: 25.90 2018 Natasha Ramsden Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 12: Girls 18 & Over 50 LC Metre Freestyle

Record: 26.13 2013 Ellen O'Rourke Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 13: Girls 11-19 50 LC Metre Backstroke Para-Swimming *** To be swum in finals session
 Record: 37.63 2021 Maddison Hinds S14 (447 points) Loreto Normanhurst

Lanes will be determined once entries are finalised

Lane	Heat 1	Lane	Heat 2
0		0	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	

Event 14: Girls 12 & Under 50 LC Metre Backstroke
 Record: 32.70 2019 Hannah Morton Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 15: Girls 13 Year Olds 50 LC Metre Backstroke

Record: 31.72

2020

Hannah Morton

Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 16: Girls 14 Year Olds 50 LC Metre Backstroke

Record: 30.56

2020

Ellie Beck

Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 17: Girls 15 Year Olds 50 LC Metre Backstroke

Record: 30.30 2018 Elizabeth Gan Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 18: Girls 16 Year Olds 50 LC Metre Backstroke

Record: 29.65 2019 Elizabeth Gan Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 19: Girls 17 Year Olds 50 LC Metre Backstroke

Record: 29.69 2020 Elizabeth Gan Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 20: Girls 18 & Over 50 LC Metre Backstroke

Record: 29.40 2021 Elizabeth Gan Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 21: Girls 12 & Under 50 LC Metre Breaststroke

Record: 37.32 2018 Bella Zhang

Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 22: Girls 13 Year Olds 50 LC Metre Breaststroke

Record: 34.48 1995 Jana Bowden

Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 23: Girls 14 Year Olds 50 LC Metre Breaststroke

Record: 34.14 2017 Jasmine Tran PLC Sydney

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 24: Girls 15 Year Olds 50 LC Metre Breaststroke

Record: 33.01 2021 Bella Zhang Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 25: Girls 16 Year Olds 50 LC Metre Breaststroke

Record: 32.67 2019 Jasmine Tran

PLC Sydney

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 26: Girls 17 Year Olds 50 LC Metre Breaststroke

Record: 32.56 2022 Bella Zhang

Pymble Ladies' College

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 27: Girls 18 & Over 50 LC Metre Breaststroke

Record: 31.68 2010 Samantha Marshall SCEGGS

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 28: Girls 11-19 50 LC Metre Breaststroke Para-swimming *** To be swum in finals session

Record: 44.01 2021 Maddison Hinds S14 (363 points) Loreto Normanhurst

Lanes will be determined once entries are finalised

Lane	Heat 1	Lane	Heat 2
0		0	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	

Event 29: Girls 11-14 100 LC Metre Freestyle Junior

Record: 58.47 2006 Kailah Elliott-Koloamatangi PLC Sydney

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 30: Girls 15-16 100 LC Metre Freestyle Intermediate

Record: 57.96 2009 Zoe Johnson PLC Sydney

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 31: Girls 17 & Over 100 LC Metre Freestyle Senior

Record: 56.49 2018 Natasha Ramsden Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 32: Girls 12 & Under 50 LC Metre Butterfly

Record: 29.88 2019 Isabelle Barakat PLC Sydney

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 33: Girls 13 Year Olds 50 LC Metre Butterfly

Record: 29.10 2014 Natasha Ramsden Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 34: Girls 14 Year Olds 50 LC Metre Butterfly

Record: 27.81 2015 Natasha Ramsden Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 35: Girls 15 Year Olds 50 LC Metre Butterfly

Record: 28.30 2016 Emily Ong Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 36: Girls 16 Year Olds 50 LC Metre Butterfly

Record: 27.57 2009 Zoe Johnson PLC Sydney

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 37: Girls 17 Year Olds 50 LC Metre Butterfly

Record: 27.35 2018 Natasha Ramsden Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 38: Girls 18 & Over 50 LC Metre Butterfly

Record: 27.52 2017 Natasha Ramsden Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 39: Girls 11-14 4x50 LC Metre Freestyle Junior Relay

Record: 1:50.62 2019 Pymble Ladies' College A Moore, I Lee, G Gerreyn, B Zhang

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 40: Girls 15-16 4x50 LC Metre Freestyle Intermediate Relay

Record: 1:48.10 2014 PLC Sydney D To, V Zhu, C Yoo, E Racki

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 41: Girls 17-19 4x50 LC Metre Freestyle Senior Relay

Record: 1:47.25 2018 Abbotsleigh

E Ong, J Yeats, S De Salis, N Ramsden

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 42: Girls 11-19 50 LC Metre Butterfly Para-Swimming

*** To be swum in finals session

Record: 37.33 2021

Maddison Hinds S14 (464 points)

Loreto Normanhurst

Lanes will be determined once entries are finalised

Lane	Heat 1	Lane	Heat 2
0		0	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	

Event 43: Girls Open 6x50 LC Metre Freestyle All Age Relay

Record: 2:48.30 2018 Pymble Ladies College H Nelson, G O'Connor, K Allsop, A Nelson:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

Event 44: Girls 11-19 200 LC Metre Freestyle *** To be swum in heats session

Record: 2:04.47 2020 Madeleine Hardy PLC Sydney

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Stella Maris	1	Abbotsleigh
2	NEGS	2	Monte Sant' Angelo	2	MLC
3	St Vincent's College	3	Canberra Girls Grammar	3	Kambala
4	Tara	4	Loreto Normanhurst	4	Pymble Ladies' College
5	Ascham	5	Roseville College	5	PLC Sydney
6	Danebank	6	Kincoppal Rose Bay	6	Wenona
7	SCEGGS	7	Brigidine College	7	Meriden
8	Loreto Kirribilli	8	Queenwood	8	St Catherine's School
9	PLC Armidale	9	St Scholastica's College	9	Ravenswood

IGSA Sport Diving Order of Events 2023

Session 1 Warm-up – session 1 divers only	7.00 am
Event 1 – 17 + years springboard	8.00 am
Event 2 – 16 years springboard	
Event 3 – Open Platform and CIS Trial	
Session 2 Warm-up – session 2 divers only	11.15am – 11.35am
Event 4 – 12 Years springboard	
Event 5 – 13 Years springboard	
Session 3 Warm-up – session 3 divers only	1.15pm – 1.35pm
Event 6 – 14 years springboard	
Event 7 – 15 years springboard	
Session 4 Warm-up – team divers only	2.30pm – 2.50pm
Event 8 – Team Diving	

- Presentations for all events will be conducted at the conclusion of that event.
- **All times are approximate only – ensure you are there a minimum of 30 minutes before the approximate time of your event warm-up.**
- Individual warm-up time will be limited due to the extensive program of events.
- First 5 places in age springboard and platform events will progress to the CIS Championships on Tuesday 2 May 2023.

IGSA Sport Diving Divisions 2023

Division 1	Division 2
Abbotsleigh	Ascham
MLC School	Brigidine College
Pymble Ladies' College	Canberra Girls Grammar School
PLC Sydney	Loreto Normanhurst
	Meriden
	Ravenswood
	St Catherine's School
	St Scholastica's College
	Tara

IGSA Sport Diving Representative Team

First 5 places in age springboard and platform events will progress to the NSW CIS Championships with the exception of the 17+ platform where the top 4 will progress.

Point Score

The point score for all springboard age groups, open platform and the team event is allocated as follows:

Springboard, Open Platform and Team Point Score	
1 st Place	10 Points
2 nd Place	8 Points
3 rd Place	6 Points
4 th Place	5 Points
5 th Place	4 Points
6 th Place	3 Points
7 th Place	2 Points
8 th Place	1 Point

Trophies Presented

Champion School	Awarded to the school with the highest total point score.
Most Improved School	<i>(donated by Tara)</i> Awarded to the school who improves their position in the final point score by the most places from the previous year. If multiple schools are drawn, the school with the largest points increase is most improved.
Division Shields	
Division 1	The highest combined point score from division 1 schools
Division 2	The highest combined point score from division 2 schools
Individual Champions	
Junior Springboard	Highest total score in either 12 or 13 years springboard events.
Intermediate Springboard	Highest total score in either 14 or 15 years springboard events.
Senior Springboard	Highest total score in either 16 or 17+ years springboard events.
Open Platform	Highest total score in the open platform event.
Team	School with the highest total score in the team event.
<i>Please note that a CIS diver's result is not included in the IGSA Sport point score nor will they receive medals.</i>	

IGSA Sport Diving 2022 Winners

All trophies are to be returned on the day of the carnival – CLEANED and ENGRAVED.

Champion School	PLC Sydney
Division 1	PLC Sydney
Division 2	Brigidine College
Junior Springboard Champion	Rose Tan, PLC Sydney
Intermediate Springboard Champion	Ruby Drogemuller, Tara School
Senior Springboard Champion	Hannah Smith, Brigidine College
Team Champion	Pymble Ladies' College
Open Platform Champion	Ruby Drogemuller, Tara School
Most Improved Donated by Tara	Brigidine College

Rules of the Diving Carnival

1. Age is taken as at 31st December of that year.
2. All events are straight finals.
3. All IGSA Sport place getters (1st, 2nd & 3rd) will receive medals.
4. Repeat dives will be allowed if necessary in the team event only. Lower degree of difficulty will apply.
5. Please read the diver classification details for verification of IGSA Sport, invitation and team diver requirements.
6. Open platform and CIS trials for 12/13/14, 15/16 & 17/19 Years will be held during the IGSA Sport competition
7. Competitors, spectators, parents and coaches / staff are expected to behave in a safe and responsible manner and to comply with the IGSA Sport Code of Conduct.
8. Spectators and competitors are requested to be silent whilst dives are taking place and until any announcement is finished.
9. Competitors must return to their school seating and not remain on pool deck with coaches.
10. No eating or drinking is to take place on pool deck.
11. Only IGSA approved photographers are allowed on pool deck during the day's events.
12. No changes to entries will be permitted on the day unless accompanied by a medical certificate or letter from the Principal. This must occur prior to the FIRST event and only ONE change per school is permitted.

Dive Recorder

All individual dive entries must be completed using the Dive Recorder program. Instructions are available on the IGSA Sport website. Please follow instructions carefully.

If assistance with Dive Recorder entries is required, please contact Chris Lang.

All Dive Recorder entries are to be received by the Diving Convener, Chris Lang via clang@pymblelc.nsw.edu.au by **10 March 2023**.

A confirmation email will be returned by Dive Recorder if entries are correctly completed.

Competitors must check the dive sheet prior to their event on the day of the carnival.

Any issues with the dive sheets need to be raised with the convener prior to the start of the first event.

Diver Classifications

IGSA Sport Diver

An IGSA Sport diver is competing for their school in their correct age group or higher and can also trial for CIS. Additional dives may be required for some age groups.

They can only compete in one IGSA Sport age group and / or platform event.

They may dive in a higher age group for the IGSA Sport springboard competition or in the open platform, and trial as a CIS diver in their appropriate age. This is at the individual schools' discretion.

Each school may only nominate one diver for the Open Platform event (point scoring). CIS Platform trials will also be held within this event. CIS divers must compete within their appropriate age group only.

An IGSA Sport diver cannot compete in the team event.

Team Diver

A team diver may only compete in the team event or as a CIS diver.

A team consists of a minimum of 3 divers up to a maximum of 6 divers.

A team may only include 1 CIS diver per school.

A team diver can only perform a maximum of 2 dives in the team event, regardless of division.

CIS Diver

A CIS diver (CISD) is competing in the IGSA Sport CIS trials to be considered for selection in the IGSA Sport Representative Team for CIS, on springboard and / or platform and **only if they are of a competitive standard appropriate for CIS selection.** This will be at the discretion of the IGSA Sport Convener and Diving Committee.

A CISD result is not included in the IGSA Sport point score nor will they receive medals.

A CISD can only dive in the age group they turn this year for both springboard and / or platform and must complete the required CIS dives.

Division 1 – maximum 12 CIS divers across all age groups for springboard and maximum 9 divers across all age groups for platform.

Division 2 – maximum 6 CIS divers across all age groups for springboard and 6 divers for platform.

Clashes

Students competing in both swimming and diving must complete their list of dives prior to the conclusion of their age group. Referees must be informed.

IGSA Sport & CIS Dive Requirements 2023

Dives to be performed in each section as follows:

Age		IGSA Sport		CIS	
Springboard		Limited Dives	Unlimited Dives	Limited Dives	Unlimited Dives
12	1M and 3M	2 dives from different groups @ 3.6	plus 2 dives from 2 groups unrestricted	2 dives from different groups @ 3.6	plus 2 dives from different groups unlimited DD
13	1M and 3M	2 dives from different groups @ 3.6	plus 2 dives from 2 groups unrestricted	2 dives from different groups @ 3.6	plus 2 dives from different groups unlimited DD
14	1M and 3M	3 dives from different groups @ 5.4	plus 2 dives from 2 groups unrestricted	3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
15	1M and 3M	3 dives from different groups @ 5.4	plus 2 dives from 2 groups unrestricted	3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
16	1M and 3M	3 dives from different groups @ 5.4	plus 3 dives from 2 groups unrestricted	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD
17 +	1M and 3M	3 dives from different groups @ 5.4	plus 3 dives from 2 groups unrestricted	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD
Team	Min 3 divers maximum 6; Maximum 2 dives per diver		6 dives from 3 groups unrestricted		
Age		IGSA Sport		CIS	
Platform		Limited Dives	Unlimited Dives	Limited Dives	Unlimited Dives
Open Platform	5M / 7.5M / 10M	2 dives from different groups @ 3.6*	plus 2 dives from different groups unlimited DD		
12 / 13 / 14	5M / 7.5M			3 dives from different groups @ 5.4	plus 2 dives from different groups unlimited DD
15 / 16	5M / 7.5M / 10M			3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
17 / 19	5M / 7.5M / 10M			3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD

NB –There are additional dives required if trialling for CIS in the 12/13/14, 15/16, & 17/19 Years age groups. These are to be placed as last dives on dive sheet (see CIS div requirements).

All Schools Dive Requirements 2023

Springboard

Age	Event	Limited Dives	Unlimited Dives
12	1m and/or 3m	2 dives from different groups @ 3.6	plus 2 dives from different groups unlimited DD
13	1m and/or 3m	2 dives from different groups @ 3.6	plus 2 dives from different groups unlimited DD
14	1m and/or 3m	3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
15	1m and/or 3m	3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
16	1m and/or 3m	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD
17/19	1m and/or 3m	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD

Platform

Age	Event	Limited Dives	Unlimited Dives
12-14	Platform 5m/7.5	3 dives from different groups @ 5.4 max DD	plus 2 dives from different groups unlimited DD
15-16	Platform 5/7.5/10m	3 dives from different groups @ 5.5 max DD	plus 3 dives from different groups unlimited DD
17-19	Platform 5/7.5/10m	4 dives from different groups @ 7.6 max DD	plus 3 dives from different groups unlimited DD

IGSA Sport Diving Champion Schools 1993-2022

The diving point score was combined with the swimming point score from 1923 - 1992.

The first presentation of a Champion School Shield for the overall point score for diving was made in 1993.

1993	Pymble Ladies' College & Tara
1994	Pymble Ladies' College
1995	Pymble Ladies' College
1996	Pymble Ladies' College
1997	Pymble Ladies' College
1998	Pymble Ladies' College
1999	PLC Sydney
2000	PLC Sydney
2001	PLC Sydney
2002	PLC Sydney
2003	PLC Sydney
2004	PLC Sydney
2005	PLC Sydney
2006	PLC Sydney
2007	PLC Sydney
2008	Abbotsleigh
2009	Abbotsleigh
2010	Abbotsleigh
2011	Abbotsleigh & MLC School
2012	Pymble Ladies' College
2013	Pymble Ladies' College
2014	Pymble Ladies' College
2015	Pymble Ladies' College
2016	Pymble Ladies' College
2017	Pymble Ladies' College
2018	Pymble Ladies' College
2019	Pymble Ladies' College
2020	Pymble Ladies' College
2021	Pymble Ladies' College
2022	PLC Sydney

The IGSA Sport office would like to acknowledge the continued support for IGSA Sport Swimming and Diving from:

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