

IGSA Sport

Swimming and Diving  
101<sup>st</sup> Championships

13 March 2026

**Sydney Olympic Park Aquatic Centre, Homebush**

Live stream: <https://youtube.com/live/F1Qt4N8qp9I?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 2026

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.

## **2026 IGSA Sport Annual Swim and Dive Carnival**

### **IGSA Sport Standing Committee**

#### **President**

Ms Lisa Moloney, MLC School

#### **Treasurer**

Ms Laetitia Richmond, St Scholastica's College

#### **Committee**

Mr Andrew Powell, Ascham School  
Dr Kate Hadwen, Pymble Ladies' College  
Mrs Lisa Brown, Meriden  
Ms Kristy Genc, PLC Sydney  
Mr Tom Hill, Wenona  
Ms Sonia Berry, IGSA Executive Officer  
Mrs Kate Howitt, IGSA Director of Sport  
Miss Lizzie Ramsay, IGSA Director of Junior Sport

### **IGSA Sport Swimming Convener**

Mark Heathcote, Meriden School

#### **Committee**

One representative from each competing school

### **IGSA Sport Diving Convener**

Chris Lang

#### **Committee**

One representative from each competing school

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

Helen Wood and her staff from Swim Data Services  
Sydney Olympic Park Aquatic Centre & staff  
Swimming NSW Officials  
Diving NSW Officials  
Patrick Curteis  
Jocelyn Bruce  
Olly Timing

## 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

#### Overall Trophies

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).

#### Divisions

Division 1	<u>Taken from heats</u> 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

Junior	<u>Taken from finals only</u> Combined total of junior point score.
Intermediate	Combined total of intermediate point score.
Senior	Combined total of senior point score.

#### 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 ( <b>best 3 individual events</b> )
Intermediate	Student with highest individual point score ( <b>best 3 individual events</b> )
Senior	Student with highest individual point score ( <b>best 3 individual events</b> )

### 2025 Trophy Winners

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

Mary Webster Cup	Pymble Ladies' College
Lorraine Crapp Shield	Pymble Ladies' College
Annabelle Williams Shield	Pymble Ladies' College
Most Improved	Loreto Kirribilli
Junior Point Score	Pymble Ladies' College
Intermediate Point Score	PLC Sydney
Senior Point Score	PLC Sydney
Junior Freestyle Relay	Pymble Ladies' College
Intermediate Freestyle Relay	Pymble Ladies' College
Senior Freestyle Relay	Pymble Ladies' College
Junior Medley Relay	Pymble Ladies' College
Intermediate Medley Relay	PLC Sydney
Senior Medley Relay	Wenona
All Age Relay	Pymble Ladies' College
Division 1	Pymble Ladies' College
Division 2	Queenwood
Division 3	Loreto Kirribilli
Junior Individual Champion	Santana Tonelli-Smith, Kincoppal – Rose Bay & Priscilla Miller, Pymble Ladies' College
Intermediate Individual Champion	Avery Koh, PLC Sydney
Senior Individual Champion	Alexandra Sharp, Wenona

## 2026 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> - no event 5 in heats session
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> - no event 13 in heats session
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 (heats session)	<i>Open Para-Swimming Breaststroke 50m FINAL ONLY</i> - no event 28 in finals session
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 (heats session)	<i>Open Para-Swimming Butterfly 50m FINAL ONLY</i> - no event 42 in finals session
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.**

## Divisions 2026

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

### 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 31<sup>st</sup> 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 their own provided this is the only age group in which they enter.
  - b. For representative selections, their times will be recorded in the correct age group.
  - c. If a competitor breaks a record when swimming up an age group, it will be recorded against the event that they have competed in.
  - d. For age champion purposes, the competitor will only be considered in the age bracket in which they have swum not the one that their chronological age would place them.
6. Schools with enrolment numbers MORE than 351 (Years 7 - 12), may enter **two** competitors ONLY in a maximum of 5 events, 1 of which must be a relay AND 1 must be either of the 200m events (either IM or freestyle). All other competitors may enter a maximum of 4 events, 1 of which MUST be a relay, i.e. a maximum of 3 individual events. Competitors may enter more than one relay or 200m event within these restrictions.
 

Schools with enrolment numbers less than 351 (Years 7 – 12), may enter (in the case of maximum entry) competitors in any 5 events.

In the case of multiclass swimmers, the maximum number of events they may enter is 4 individual multiclass events and 1 relay.
7. The maximum number of relay swimmers per team is 6 in each of the 4 x 50m events and 8 in the 6 x 50m All Age Relay. Reserves must be submitted with team entries.
8. 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.
9. The open 200m individual medley and open 200m freestyle events will be conducted as timed finals, swum in the heats session (morning). These events will be seeded based on entry times. The consolidated results will determine the allocation of points towards the final point score. Times for this event must be supplied when MM entries are completed. Any swimmers without a LC time will still be entered and will be distributed into the heats by division where possible.

10. 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.
11. 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 10<sup>th</sup>, in determining the A final then equal 10<sup>th</sup> swimmers will swim in the B final. In the case of equal 20<sup>th</sup> fastest – only 9 will swim in the B final. The B final for the 50m freestyle will be raced immediately before the A final.
12. 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
13. 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
14. 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](http://www.fina.org/sites/default/files/frsa.pdf).
15. All competitors must wear school swimming caps.
16. 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. Only one costume may be worn.
17. 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.
18. 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.
19. 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.
20. Spectators and competitors are requested to be silent at the start of races and until any announcement is finished.

21. Schools must sit in allocated areas.
22. Swimmers must return to their school seating and not remain on pool deck with coaches.
23. No eating or drinking is to take place on pool deck.
24. Only IGSA Sport approved photographers are allowed on pool deck during the day's events.
25. Physiotherapy and massage tables cannot be on pool deck.
26. Only one 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 held in the recording room.
27. 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.
28. Multi-Class Events:
  - Events 5, 13, 28 & 42 will be conducted as multi-class events and scored using the MCPS.
  - Multi-class events will be swum as straight finals across the day (both sessions).
  - 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.**

## Swimming Carnival Duties 2026

**Swimming staff duties** (please ensure all allocated staff are of a capable standard for their role)

School	Heats	Finals
Abbotsleigh		Check Starter (1)
Kincoppal - Rose Bay	Check Starter (1)	
Meriden School	IGSA Convener (1) – all day (includes Presentations)	
MLC School	Division Ribbons (1)	
Monte Sant' Angelo	Marshal (1) Point Score (Patrick)	Marshal (1) Point Score (Patrick)
PLC Sydney		Marshal (1)
Pymble Ladies' College	Marshal (1)	
Queenwood		Marshal (1)
Ravenswood		Finals Medals (1)
Roseville	Check Starter (1)	
St Catherine's School		Check Starter (1)
Wenona	Marshal (1)	

No duties: ASC, BRI, CGG, DAN, FRE, KAM, LOK, LON, NEG, PLA, SCE, STM, STS, SVC, TAR

### Student assistants (runners)

Duty	Heats	Finals
<b>Recording Room</b>	Kincoppal – Rose Bay (2)	Meriden (2)
<b>Check Starter</b>	Abbotsleigh (2)	PLC Sydney (2)
<b>Marshalling</b>	Wenona (2)	Pymble Ladies' College (2)

### Diving staff duties (capable adult staff)

School	Session 1	Session 2
Abbotsleigh	Presentation & Results (1)	
MLC School	Diving Marshal (1)	
PLC Sydney		Diving Marshal (1)
Pymble Ladies' College		Presentation & Results (1)
Roseville College	Diving Data Entry (1)	Diving Data Entry (1)

**Independent** – Diving Convener

## IGSA Sport Swimming Records

Girls 11-19 200 IM	2:18.07	2014	Abbey Harkin - Pymble Ladies' College
Girls 11-14 4x50 Medley Relay Junior	2:03.29	2018	Plc Sydney - PLC Sydney <i>M Hardy, P Jones, A Lee, B Walton</i>
Girls 15-16 4x50 Medley Relay Intermediate	1:59.04	2021	Pymble Ladies College - Pymble Ladies' College <i>J Cullen, B Zhang, H Johnston, G Gerreyn</i>
Girls 17-19 4x50 Medley Relay Senior	1:58.50	2018	Pymble Ladies' College - Pymble Ladies' College <i>G Peregrina, E Rhall, C Fydler, E Riley</i>
Girls 11-19 50 Free	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	26.00	2024	Alexandra Sharp - Wenona
Girls 17 50 Free	25.90	2018	Natasha Ramsden - Abbotsleigh
Girls 18&O 50 Free	26.13	2013	Ellen O'Rourke - Abbotsleigh
Girls 11-19 50 Back	37.63	2021	Maddison Hinds S14 (447pts) - Loreto Normanhurst
Girls 12&U 50 Back	32.17	2025	Priscilla Miller - Pymble Ladies' College
Girls 13 50 Back	31.48	2024	Lexi Mulcahy - Abbotsleigh
Girls 14 50 Back	30.50	2025	Lexi Mulcahy - Abbotsleigh
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	36.42	2025	Dora Cai - Kincoppal Rose Bay
Girls 13 50 Breast	34.36	2023	Iris Ji - MLC
Girls 14 50 Breast	33.82	2017	Jasmine Tran - PLC Sydney
Girls 15 50 Breast	32.52	2025	Avery Koh - 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
Girls 11-19 50 Breast	42.97	2025	Alyssa Gillespie Sb8 (429pts) - Pymble Ladies' College
Girls 11-14 100 Free Junior	58.47	2006	Kailah Elliott-Koloamatangi - PLC Sydney
Girls 15-16 100 Free Intermediate	57.44	2024	Alexandra Sharp - Wenona
Girls 17&O 100 Free Senior	56.49	2018	Natasha Ramsden - Abbotsleigh
Girls 12&U 50 Fly	29.88	2019	Isabelle 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 Relay Junior	1:50.62	2019	Pymble Ladies College - Pymble Ladies' College <i>A Moore, I Lee, G Gerreyn, B Zhang</i>
Girls 15-16 4x50 Free Relay Intermediate	1:48.10	2014	Plc Sydney - PLC Sydney <i>D To, V Zhu, C Yoo, E Racki</i>
Girls 17-19 4x50 Free Relay Senior	1:47.25	2018	Abbotsleigh - Abbotsleigh <i>E Ong, J Yeats, S De Salis, N Ramsden</i>
Girls 11-19 50 Fly	37.33	2021	Maddison Hinds S14 (464pts) - Loreto Normanhurst
Girls Open 6x50 Free Relay All Age	2:48.30	2018	Pymble Ladies' College - Pymble Ladies' College <i>B Zhang, J Coghill, S Dubois, I Mason</i>
Girls 11-19 200 Free	2:04.45	2025	Alexandra Sharp - Wenona

## IGSA Sport Swimming Champion Schools 1990 – 2025

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
2023	PLC Sydney
2024	PLC Sydney
2025	Pymble Ladies' College

## Events

### Event 1: Girls 11-19 200 LC Metre IM

*\*\*\* To be swum in heats session as a seeded timed final*

Record: 2:18.07 2014

Abbey Harkin

Pymble Ladies' College

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


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


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

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

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

**Event 10: Girls 16 Year Olds 50 LC Metre Freestyle**

Record: 26.00 2024 Alexandra Sharp Wenona

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

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

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

**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: 32.17 2025 Priscilla Miller Pymble Ladies' College

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

**Event 15: Girls 13 Year Olds 50 LC Metre Backstroke**

Record: 31.48 2024 Lexi Mulcahy Abbotsleigh

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

**Event 16: Girls 14 Year Olds 50 LC Metre Backstroke**

Record: 30.50 2025 Lexi Mulcahy Abbotsleigh

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

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

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

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

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

**Event 21: Girls 12 & Under 50 LC Metre Breaststroke**

Record: 36.42 2025

Dora Cai

Kincoppal Rose Bay

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

**Event 22: Girls 13 Year Olds 50 LC Metre Breaststroke**

Record: 34.36 2023 Iris Ji MLC School

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

**Event 23: Girls 14 Year Olds 50 LC Metre Breaststroke**

Record: 33.82 2017 Jasmine Tran PLC Sydney

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

**Event 24: Girls 15 Year Olds 50 LC Metre Breaststroke**

Record: 32.52 2025 Avery Koh PLC Sydney

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

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

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

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

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

Record: 42.97 2025 Alyssa Gillespie SB8 (429 points) Pymble Ladies' College

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

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

Record: 57.44 2024 Alexandra Sharp Wenona

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

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

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

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

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

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

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

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

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

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

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

_____	_____	_____
_____	_____	_____
_____	_____	_____

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

_____	_____	_____
_____	_____	_____
_____	_____	_____

**Event 42: Girls 11-19 50 LC Metre Butterfly Para-Swimming**\*\*\* To be swum in *heats* 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 B Zhang, J Coghill, S Dubois, I Mason:

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

_____	_____	_____
_____	_____	_____
_____	_____	_____

**Event 44: Girls 11-19 200 LC Metre Freestyle**

*\*\*\* To be swum in heats session as a seeded timed final*

Record: 2:04.45 2025 Alexandra Sharp Wenona

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

_____	_____	_____
_____	_____	_____
_____	_____	_____

# IGSA Sport Diving

## Order of Events 2026

**Session 1 Warm-up – Session 1 and Platform divers only 7.00am – 7.50am**

**Event 1 – 17+ years springboard 8.00am**

**Event 2 – 16 years springboard**

**Event 3 – 13 years springboard**

**Event 4 – 12 years springboard**

**Presentations following each individual event**

**Session 2 Warm-up – Session 2 divers only 10.45am – 11.25am**

**Event 5 – 15 years springboard 11.25am**

**Event 6 – 14 years springboard**

**Event 7 – Open Platform**

**Presentations following each individual event**

**Session 3 Warm-up - Team divers only 2.00pm – 2.30pm**

**Event 8 – Team Diving 2.30pm**

**Presentations for all events will be conducted at the end of each event if possible.**

**Event concludes approximately 3.00pm**

- **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 to five minutes due to the extensive program of events.
- First 5 places in age springboard and platform events will progress to the CIS Championships on Tuesday 5<sup>th</sup> May 2026.

## IGSA Sport Diving Divisions 2026

Schools will be allocated to divisions prior to the carnival, based on the number of entries in 2026 (and 2025 results if necessary). Schools with entries in at least five of the eight events will be placed into Division 1.

<b>Division 1</b>	<b>Division 2</b>
Abbotsleigh	Ascham School
Meriden	Loreto Normanhurst
MLC School	Monte Sant' Angelo
PLC Sydney	St Catherine's School
Pymble Ladies' College	St Scholastica's College
Ravenswood	Wenona

## Trophies Presented

**Champion School:** The highest total point score is deemed to be the Champion School.

**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.

**Individual Champions:** The diver with the highest individual point score in the following divisions will receive a trophy:

- Junior – 12 & 13 Years (springboard)
- Intermediate – 14 & 15 Years (springboard)
- Senior – 16 & 17+ Years (springboard)
- Open Platform

**Divisions 1 and 2 Champions:** Schools will compete in either Division 1 or Division 2. Both divisions will have the same point scoring system and the winning school from each division will be presented with a shield.

**Team Champion:** Awarded to the school who wins the Team event

## 2025 Trophies

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

Champion School	PLC Sydney
Most Improved School - <i>Donated by Tara</i>	Ravenswood
Division 1 Winners	PLC Sydney
Division 2 Winners	St Scholastica's
Open Platform Champion	Kayla Davies – Pymble Ladies' College
Junior Springboard Champion	Megan Ye – PLC Sydney
Intermediate Springboard Champion	Lara Manuel – Pymble Ladies' College
Senior Springboard Champion	Sarah Malcolm – PLC Sydney
Teams Event Winners	PLC Sydney

## 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 <sup>st</sup> Place	10 Points
2 <sup>nd</sup> Place	8 Points
3 <sup>rd</sup> Place	6 Points
4 <sup>th</sup> Place	5 Points
5 <sup>th</sup> Place	4 Points
6 <sup>th</sup> Place	3 Points
7 <sup>th</sup> Place	2 Points
8 <sup>th</sup> Place	1 Point

## Rules of the Diving Carnival

1. Age is taken as at 31<sup>st</sup> December of that year.
2. All events are straight finals.
3. All IGSA Sport place getters (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>) 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. The 12 years and 13 years events may be held together (at the same time, depending on entry numbers), however will still be considered separate events; medals will still be awarded for both age groups, and IGSA Sport representatives will still be chosen for each age group.
8. 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.
9. Spectators and competitors are requested to be silent whilst dives are taking place and until any announcement is finished.
10. Competitors must return to their school seating area and not remain on pool deck with coaches.
11. No eating or drinking is to take place on pool deck.
12. Only IGSA approved photographers are allowed on pool deck during the day's events.
13. No changes to entries will be permitted on the day, unless accompanied by a medical certificate or letter from the Head of Sport/Principal. This must occur prior to the FIRST event and only ONE change per school is permitted.

## 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.

No IGSA or CIS diver may compete in the team event.

A team consists of a minimum of three (3) divers up to a maximum of six (6) divers.

A team diver can only perform a maximum of two (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 CIS Diver result is not included in the IGSA Sport point score, nor will they receive medals.

A CIS Diver 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 twelve (12) CIS divers across all age groups for springboard and maximum nine (9) divers across all age groups for platform.

Division 2 – maximum three (3) CIS divers across all age groups for springboard and three (3) 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 2026

Dives to be performed in each section as follows:

Age		IGSA Sport		CIS Trial	
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	3 dives from different groups @ 5.4 **	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	3 dives from different groups @ 5.4**	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
<b>Team</b>	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
<b>Open Platform</b>	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 diver requirements).

\*\* - Additional dives will be required in the 15-year springboard, and 15/16 and 17-19 years platform events at the CIS Championships on 5<sup>th</sup> May 2026.

## CIS & All Schools Dive Requirements 2026

### Springboard

Age	Event	Limited Dives	Unlimited Dives
12	1m and/ or 3m	3 dives from different groups @ 5.4	plus 2 dives from different groups unlimited DD
13	1m and/ or 3m	3 dives from different groups @ 5.4	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	4 dives from different groups @ 7.6	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 5/7.5m	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 1993-2025

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	2021	Pymble Ladies' College
1994	Pymble Ladies' College	2022	PLC Sydney
1995	Pymble Ladies' College	2023	PLC Sydney
1996	Pymble Ladies' College	2024	PLC Sydney
1997	Pymble Ladies' College	2025	PLC Sydney
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		