

LZPSSA SWIMMING ORDER OF EVENTS

1. Boys All Age 100 Metres (Final)
2. Girls All Age 100 Metres (Final)
3. Boys Jr Individual Medley (Final)
4. Girls Jr Individual Medley (Final)
5. Boys Sr Individual Medley (Final)
6. Girls Sr Individual Medley (Final)

7. 8 Yr Old Boys Freestyle Heats
8. 8 Yr Old Girls Freestyle Heats
9. 9 Yr Old Boys Freestyle Heats
10. 9 Yr Old Girls Freestyle Heats
11. 10 Yr Old Boys Freestyle Heats
12. 10 Yr Old Girls Freestyle Heats
13. 11 Yr Old Boys Freestyle Heats
14. 11 Yr Old Girls Freestyle Heats
15. 12 Yr Old Boys Freestyle Heats
16. 12 Yr Old Girls Freestyle Heats
17. 13 Yr Old Boys Freestyle Heats
18. 13 Yr Old Girls Freestyle Heats

19. Junior Boys Breaststroke
20. Junior Girls Breaststroke
21. 11 Year Old Boys Breaststroke
22. 11 Yr Old Girls Breaststroke
23. 12/13 Yr Old Boys Breaststroke
24. 12/13 Yr Old Girls Breaststroke

25. Junior Boys Backstroke
26. Junior Girls Backstroke
27. 11 Year Old Boys Backstroke
28. 11 Yr Old Girls Backstroke
29. 12/13 Yr Old Boys Backstroke
30. 12/13 Yr Old Girls Backstroke

31. Junior Boys Butterfly
32. Junior Girls Butterfly
33. 11 Year Old Boys Butterfly
34. 11 Yr Old Girls Butterfly
35. 12/13 Yr Old Boys Butterfly
36. 12/13 Yr Old Girls Butterfly

37. 8 Yr Old Boys Freestyle Final
38. 8 Yr Old Girls Freestyle Final
39. 9 Yr Old Boys Freestyle Final
40. 9 Yr Old Girls Freestyle Final
41. 10 Yr Old Boys Freestyle Final
42. 10 Yr Old Girls Freestyle Final
43. 11 Yr Old Boys Freestyle Final
44. 11 Yr Old Girls Freestyle Final
45. 12 Yr Old Boys Freestyle Final
46. 12 Yr Old Girls Freestyle Final
47. 13 Yr Old Boys Freestyle Final
48. 13 Yr Old Girls Freestyle Final

49. Junior Boys Relay
50. Junior Girls Relay
51. Senior Boys Relay
52. Senior Girls Relay

PLEASE NOTE: The carnival managers reserve the right to alter the program if this is deemed necessary.

LZPSSA SWIMMING CARNIVAL RULES

1. **Marshalling Call:** All competitors must report to the marshals immediately after their event is called. Team Managers are requested to inform the Carnival Managers of any changes to the official school entry. Reserves can only swim if the Carnival Managers are informed prior to the event.
2. **Method of Starting:** Competitors shall be placed in their lane, one half pace behind the starting position. The instructions will be:
 - a) A whistle blast at which the competitors take their position at the back of the blocks
 - b) On the starter's command "TAKE YOUR MARKS" competitors step forward and assume the starting position immediately on the command. After the starter's command the competitor shall remain stationary until the gun blast
 - c) Gun blast
3. **Finish:** Competitors shall remain in their lanes at the end of each event until told to leave the water. After being instructed to leave the water, competitors are to return to their school area.
4. **Finalists** The seven fastest times from the freestyle heats shall contest the finals in the following lanes (1st Lane 4, 2nd Lane 5, 3rd Lane 3, 4th Lane 6, 5th Lane 2, 6th Lane 7, 7th Lane 1).
5. **Individual Medley:** In the individual medley event, swimmers shall swim butterfly, backstroke, breaststroke and freestyle in that order.
6. **Coaching:** Once competitors are in the hands of officials controlling the event, they are not to receive any coaching or advice. Penalty → Disqualification
7. **Protests:** Protests shall be dealt with by the protest committee comprising of carnival managers and Zone PSSA Executives. No parent is allowed to approach any officials regarding a protest. Only teachers from the student's school may lodge a protest. All protests need to be recorded on a carnival protest sheet and handed to the recording desk.
8. **Competitors:** All competitors are to sit with their school. Students disregarding this instruction may not be allowed to compete.

ZONE SWIMMING RECORDS (UPDATED 2022)

BOYS				
Boys All Age 100m Freestyle	B.Grochala	Hammondville	2007	1:08:03
Boys Jr 200m Individual Medley	R.Maloney	Sackville Street	2004	3:10.72
Boys Sr 200m Individual Medley	M.Fagerstrom	Holsworthy	2002	2:54.37
Boys 8 Yrs 50m Freestyle	T.White	Newbridge Heights	1985	38:66
Boys 9 Yrs 50m Freestyle	T.Stanley	Wattle Grove	2004	38:15
Boys 10 Yrs 50m Freestyle	L.Friess	Newbridge Heights	2002	33:04
Boys 11 Yrs 50m Freestyle	D.Pugh	Marsden Road	1985	32:65
Boys 12 Yrs 50m Freestyle	B.Grochala	Hammondville	2007	30:72
Boys 13 Yrs 50m Freestyle	M.Hanson	Liverpool	1974	36:80
Boys Jr 50m Breaststroke	B.White	Newbridge Heights	1985	43:78
Boys 11 Yrs 50m Breaststroke	L. Dani	Hammondville	2009	42:37
Boys 12/13 Yrs 50m Breaststroke	L. Dani	Hammondville	2010	39:55
Boys Jr 50m Backstroke	M.Fagerstrom	Holsworthy	2001	41:78
Boys 11 Yrs 50m Backstroke	J. Schipp	Hammondville	2021	39:22
Boys 12/13 Yrs 50m Backstroke	J. Schipp	Hammondville	2022	35:62
Boys Junior 50m Butterfly	M.Fagerstrom	Holsworthy	2001	38:78
	R.Maloney	Sackville Street	2004	38:78
Boys 11 Yrs 50m Butterfly	S.Pavlovic	Liverpool	2007	36:50
Boys 12/13 Yrs 50m Butterfly	A. Valois	Newbridge Heights	2009	33:98
Boys Jr Relay		Newbridge Heights	1985	2:36.97
Boys Sr Relay		Newbridge Heights	1986	2:22.90
GIRLS				
Girls All Age 100m Freestyle	S.Bentley	Newbridge Heights	1999	1:10.65
Girls Jr 200m Individual Medley	S.Kearns	Sackville Street	2010	3:12:04
Girls Sr 200m Individual Medley	S.Bentley	Newbridge Heights	1999	2:54.06
Girls 8 Yrs 50m Freestyle	L.Warburton	Newbridge Heights	1983	41:34
Girls 9 Yrs 50m Freestyle	S.Kearns	Sackville Street	2009	36:07
Girls 10 Yrs 50m Freestyle	H.Stig	Wattle Grove	2014	35:35
Girls 11 Yrs 50m Freestyle	C Halmi	Nuwarra	1977	33:60
Girls 12 Yrs 50m Freestyle	H.Su Dennon	Casula	2018	32:09
Girls 13 Yrs 50m Freestyle	M.Baker	Lawrence Hargrave	1991	38:40
Girls Jr 50m Breaststroke	T.Elliott	Chipping Norton	1996	46:92
Girls 11 Yrs 50m Breaststroke	T.Elliott	Chipping Norton	1997	44.91
Girls 12/13 Yrs 50m Breaststroke	C.Green	Nuwarra	1986	40:50
Girls Jr 50m Backstroke	S.Kearns	Sackville Street	2010	41:44
Girls 11 Yrs 50m Backstroke	A.Logan	Newbridge Heights	2002	40:58
Girls 12/13 50m Backstroke	J.Qian	Holsworthy	2013	39.50
Girls Jr 50m Butterfly	S.Kearns	Sackville Street	2010	39:64
Girls 11 Yrs 50m Butterfly	L Dallas	Liverpool West	1997	38:14
Girls 12/13 Yrs 50m Butterfly	H.Su Dennon	Casula	2018	34.28
Girls Jr Relay		Newbridge Heights	1993	2:31.96
Girls Sr Relay		Newbridge Heights	2014	2:26.47



LZPSSA SWIMMING CARNIVAL 2026

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