**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:
	* 1. A whistle blast at which the competitors take their position at the back of the blocks
		2. 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
		3. 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 eight 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, 8th Lane 8).
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.FagerstromR.Maloney | HolsworthySackville Street | 20012004 | 38:7838:78 |
| 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**

**2025**

**Whitlam Leisure Centre**