

NSW Primary Schools Sports Association

Diving Championships



Sydney Olympic Park Aquatic Centre

Wednesday, 5 April 2023

New South Wales Primary Schools Sports Association in conjunction with the NSW
Department of Education School Sport Unit



<https://app.education.nsw.gov.au/sport/>

Welcome message from the Diving Convener

Welcome to Sydney Olympic Park for the Diving Championships.

I would like to thank Diving NSW for their continued support of these Championships.

The support from our sponsors is always greatly appreciated. I would like to thank them for their continued effort. Diving would like to thank EYELINE for their continued support



Sue Milford
Diving Convener
NSWPSSA



NSWPSSA Executive

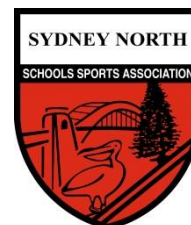
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Treasurer	Glen Hidson
Executive Officer	Jason Wilesmith
NSWCHSSA Diving Convener	Sue Milford



- QR code link to
- program
 - results
 - souvenir apparel
 - NSWPSSA website

Competing associations

Association	Colours
Sydney East	red / white / royal blue
Riverina	black / white
Hunter	royal blue / gold
South Coast	aqua / yellow / navy
Barrier	gold / red / navy
North Coast	gold / green
Sydney North	black / red
Sydney West	blue / black / gold
Sydney South West	bottle green / white
Western	red / green
North West	sky blue / black
MacKillop	maroon /sky
Polding	maroon / gold
CIS	navy / red / white



NSW Primary Schools Sports Association Handbook

Section 5.14 – Swimming and Diving State Championship Rules: boys and girls

Amended 2022

5.14.21 Diving

(a) Springboard

Springboard Diving shall be conducted in the following categories

8 Years Boys and Girls
9 Years Boys and Girls
10 Years Boys and Girls
11 Years Boys and Girls
12/13 Years Boys and Girls

Dives may be performed from either the 1m and/or the 3m springboard.

8/9 Years Boys and Girls – 3 dives

1 dive @ 1.5 degree of difficulty or less
2 dives with no limit on degree of difficulty

10/11 Years Boys and Girls – 4 dives

2 dives @ 3.6 degree of difficulty or less
2 dives from 2 groups with no limit on degree of difficulty

12/13 Years Boys and Girls – 5 dives

3 dives from 3 groups @ 5.4 degree of difficulty or less
2 dives from 2 groups with no limit on degree of difficulty

(b) Platform

Platform Diving shall be conducted in the following categories

Open Boys
Open Girls

Dive Requirements for platform

4 dives

2 dives @ 3.6 degree of difficulty limit and
2 dives from 2 groups with no limit on degree of difficulty

Note: Divers must be aged 10, 11 or 12 in the year of competition to be eligible for School Sport Australia Championships

Dives may be performed from 5m platform only.

Program

Order of events

Time	Event
Warm up 8.30am Competition start 9.00am	8 Years boys and girls springboard 9 Years boys and girls springboard
Warm up 9.30am Competition start 10.00am	10 Years boys and girls springboard 11 Years boys and girls springboard
Warm up 11.00am Competition start 11.30am	12-13 Years boys and girls springboard
Warm up 12.15pm Competition start 12.45pm	Open boys and girls platform

NSWPSSA General

Entries: Each Association may enter three (3) competitors in each competition.

Eligibility: Competing divers must be bonafide students of schools within the association they represent.

Age: Age is determined by age turned during the year of competition.

Diving Requirements – PSSA

Age	Event	Limited Dives	Unlimited Dives
8/9	1m and/or 3m	1 dive @ 1.5 limit DD	plus 2 dives with no limit on DD
10/11	1m and/or 3m	2 dives from different groups @ 3.6 limit DD	plus 2 dives from 2 groups no limit on DD
12/13	1m and/or 3m	3 dives from 3 different groups @ 5.4 limit DD	plus 2 dives from 2 groups no limit on DD
Platform	5m only	2 dives from different groups @ 3.6 limit DD	plus 2 dives with no limit on DD

Dive Order

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Event No: 1 Girls 8 Years

No	Name	Assoc	School	Score	Place
1	Eva Bennetts	CIS	Abbotsleigh		
2	Emma Ware	CIS	Pymble Ladies College		
3	Audrey Conn	CIS	Pymble Ladies College		

Event No: 2 Boys 8 Years

No	Name	Assoc	School	Score	Place
1	Lucas Hafford-Deboer	SE	Stanmore PS		
2	Sebastain Olavarrieta	MAC	St Patricks Mortlake		

Event No: 3 Girls 9 Years

No	Name	Assoc	School	Score	Place
1	Amelie Berg	CIS	Pymble Ladies College		
2	Andelaine Mackie	CIS	Abbotsleigh		
3	Maya Gaffney	SN	Manly Village PS		
4	Juliet Vozzo	MAC	All Hallow's Five Dock		
5	Grace Munday	CIS	PLC Sydney		
6	Haddie Crawley	SE	Bangor PS		

Event No: 4 Boys 9 Years

No	Name	Assoc	School	Score	Place
1	Kaiden Schut	CIS	Knox WPS		
2	Milo Borgelt	CIS	Knox WPS		
3	Theodore Percossi	CIS	Sydney Grammar		

Event No: 5 Girls 10 Years

No	Name	Assoc	School	Score	Place
1	Ava Yoganathan	CIS	Abbotsleigh		
2	Evangelia Tsiaousis	HUN	Lambton PS		
3	Zara Ware	CIS	Pymble Ladies College		
4	Mia Colussi	MAC	St Patrick's Mortlake		
5	Ivy Mulligan	SN	Brookvale PS		
6	Emily Long	CIS	Pymble Ladies College		
7	Saskia Lees	SN	Allambie Heights PS		
8	Ieva Lapinskaite	POL	Our Lady of Good Counsel		

Dive Order

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Event No: 6 Boys 10 Years

No	Name	Assoc	School	Score	Place
1	Dane Virtue	HUN	Wallsend PS		
2	Benji Movigliatti	HUN	Wallsend South PS		
3	Beau Ellis	RIV	Humula PS		
4	Zac Hardaker	SN	Bateau Bay PS		
5	Hector Ryan	SN	Warrawee PS		
6	Hugh Giffin	CIS	Barker College		

Event No: 7 Girls 11 Years

No	Name	Assoc	School	Score	Place
1	Meg Anderson	SN	Balgowlah North PS		
2	Amelie Rahme	CIS	Pymble Ladies College		
3	Annabelle Movigliatti	HUN	Wallsend South PS		
4	Megan Ye	CIS	PLC Sydney		
5	Cadence Fu	SE	Haberfield PS		
6	Marissa Georgakis	CIS	PLC Sydney		
7	Isabel Pavendranathan	SN	Gladesville PS		
8	Stella Borg	MAC	St Patricks Blacktown		
9	Tamika Crawley	SE	Bangor PS		
10	Ava Black	HUN	Warners Bay PS		
11	Alyssa Lam	MAC	St Therese's Mascot		

Event No: 8 Boys 11 Years

No	Name	Assoc	School	Score	Place
1	Paul Karlos	CIS	Trinity Grammar		
2	Lotan Shmaltz	SN	West Pymble PS		
3	Daniel Cassidy	CIS	International Grammar		
4	Jesse Andrews	SW	Samuel Gilbert PS		
5	Oliver Radford	CIS	Knox WPS		
6	Jacob Barlow	NC	Westport PS		
7	Sebastian Natalegawa	MAC	Our Lady of Assumption North Strathfield		

Dive Order

Wednesday, 5 April 2022

Event No: 9 Girls 12/13 Years

No	Name	Assoc	School	Score	Place
1	Evie Mansour	CIS	PLC Sydney		
2	Lara Manuel	CIS	Knox -WPS		
3	Lillian Cormack	SN	Thornleigh West PS		
4	Sophie Martini	HUN	Valentine PS		
5	Bronte Nagle	SN	Boronia Park PS		
6	Georgie Winterbine	HUN	Valentine PS		
7	Ava Jamieson	CIS	Pymble Ladies College		

Event No: 10 Boys 12/13 Years

No	Name	Assoc	School	Score	Place
1	Jacob Cox	SN	Mona Vale PS		
2	Hamish Dunne	HUN	Blacksmiths PS		
3	Luca Schut	CIS	Knox WPS		
4	Reuben Hardaker	SN	Bateau Bay PS		
5	Aiden Cousins	HUN	Dudley PS		
6	Hayden Brinckley	MAC	St Catherine's Laboure Gynea		

Event No: 11 Open Girls Platform

No	Name	Assoc	School	Score	Place
1	Lara Manuel	CIS	Knox WPS		
2	Mia Colussi	MAC	St Patrick's Mortlake		
3	Lillian Cormack	SN	Thornleigh West PS		
4	Megan Ye	CIS	PLC Sydney		

Event No: 12 Open Boys Platform

No	Name	Assoc	School	Score	Place
1	Oliver Radford	CIS	Knox WPS		
2	Sebastian Natalegawa	MAC	Our Lady of Assumption North Strathfield		
3	Hayden Brinckley	MAC	St Catherine's Laboure Gynea		
4	Benji Movigliatti	HUN	Wallsend South PS		
5	Dane Virtue	HUN	Wallsend PS		



**NSWPSSA livestreaming
click above image or use the link below:**

<https://youtu.be/Zr5CrLEJnh4>

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Contact us on **1300 843 664** if you'd like to book in a
team photo day/portrait session for your club (all sports!)

History of school sport

Prior to the establishment of the competitive school sport program in 1889, (which was prior to the commencement of the modern Olympic Games in 1896), most schools conducted games, dancing, gymnastics and rhythmic movement programs for students.

Schools also implemented both internal sporting programs and arranged competitive matches against other local schools. Many country schools travelled long distances to ensure young people experienced the challenges, benefits and enjoyment provided by competitive sporting opportunities.

In 1889, the NSW Public Schools Amateur Athletic Association was formed by a group of dedicated teachers to co-ordinate school sport in NSW. For the first 25 years the one single event that took pride of place on the calendar was the Annual Sports Carnival which took place at the Sydney Cricket Ground and the Sydney Showground (formerly Agricultural Grounds and now Fox Studios) at Moore Park.

Crowds of 40,000 – 50,000 spectators would gather to watch 12,000 students participating in events that included sprinting, walking, sack races and throwing a cricket ball, along with military type drill competitions. From these humble beginnings school sport has evolved into the current program that is organised by the NSW Primary Schools Sports Association and the NSW Combined s Sports Association. These organisations now offer over 60 state championships and 80 knockout competitions; involving over 300,000 students annually.

The timeline below reflects the place of school sport in the history of NSW and Australia and how public school sport graduates have progressed to represent their state and country in some of the major sporting events held globally over the past 130 years.

1889 Formation of the school sport program as we know it today	
Victor Trumper Cricket Crown Street Public School	Selected in the 1889 Australian team that toured England. Considered one of the most naturally talented cricketers to have played the game. At the 1895 NSWPSAAA Annual Sports Carnival, Trumper won the fielding / throwing of a cricket ball competition.
Herbert (Dally) Messenger Rugby Union/ Rugby League) Double Bay Public School	Considered one of the greatest ever players in either Rugby Union or Rugby League. Messenger played 2 Rugby Union tests and 7 Rugby League tests. Transferred from Rugby Union to Rugby League to become a professional player.
Harold Hardwick Swimming Fort St Model School	All Schools Swimming Championships Gold Medallist 1905. Stockholm Olympic Games (1912) - Gold medallist 4 x 200m freestyle relay. Department of Education- Director of Physical Education (ret 1953).
Fanny Durack Swimming Crown Street Public School	From 1910 – 1918, Fanny was considered the world’s greatest female swimmer over all distances. Won a Gold Medal at the Stockholm Olympic Games for the 100m freestyle
1914 – 1918 The First World War	
Andrew ‘Boy’ Charlton Swimming Manly Village Public School	Attended three Olympic Games – 1924, 1928 and 1932, winning a total of five medals including one Gold.
1929 – 1939 Great Depression	
Sir Donald Bradman Cricket Bowral Public School	Acknowledged as the greatest cricketer of all time. His extraordinary achievements lifted the nation during the Great Depression. After World War II, at 37 years of age Bradman returned to Test Match cricket in the 1945-46 series against England and again for the 1947-48 Invincibles Tour of England. Bradman’s presence in these matches again raised the spirits of Australia.
1939 – 1945 The Second World War	
Ken Rosewall (MBE) (AM) Tennis Rockdale Public School	Won his first Australian Open Tennis Championship in 1953, repeating this effort in 1955, 1971 and 1972. He also won the French Open in 1953 and 1968, US Open winner 1956 and 1970. In all he won 23 Tennis majors including 8 grand slam singles.
Arthur Buchan Rugby Sydney Technical HS	Selected for the 1946 Wallabies. Played 10 Rugby tests for Australia. Also became Deputy Director General, NSW Department of Education.
Marjorie Jackson-Nelson (AC)(CVO)(MBE) Athletics (Track) Coffs Harbour and Coerwull Public Schools, Lithgow High	1952 Helsinki Olympic Games, won 2 sprinting Gold Medals. Became Governor of South Australia.

1956 Melbourne Olympic Games		
Betty Cuthbert (MBE) (AM) Athletics (Track) Ermington Public School / Parramatta Domestic Home Science School	Triple Athletics Gold medallist in Melbourne (100m, 200m, and 4 x 100m relay) Gold medal in Tokyo (1964) in the 400m.	
Dawn Fraser Swimming Birchgrove Public School /Leichhardt High	Won her first 100m Gold Medal at the Melbourne Olympics. Subsequently won Gold Medals in Rome 1960 and Tokyo 1964. (one of only three swimmers to win the same event at three Olympic Games)	
Lew Hoad Tennis Glebe Public School	Won the Australian Open Tennis Championship in 1956. Won 4 major Tennis titles and was a part of 3 Davis Cup victories.	
Arthur Summons Rugby Union/ Rugby League Homebush Boys HS	Norm Provan Rugby League Willoughby PS Crows Nest PS Technical College	Arthur Summons along with Norm Provan immortalised on the trophy presented to the winners of the NRL Grand Final. The trophy was modelled off the photo taken by John O'Grady after 1963 Grand Final.
Sir Jack Brabham Motor Racing Hurstville Boys HS	In 1959 won his first of 3 Formula 1 World Motor Racing Championships. The first Australian ever to win the world title.	
Bernard (Midget) Farrelly Surfing Manly Village Public School	Won the 1964 inaugural World Surfing Championships. Considered a pioneer of surfing in Australia.	
Heather McKay Squash Queanbeyan West Public School Queanbeyan HS	In 1962 won her first British Open (at that time considered the World Championship) and then held this title for 15 consecutive years.	
1969 Neil Armstrong becomes the first man to walk on the moon		
Evonne Goolagong (MBE) (AO) Tennis Barellan CS Willoughby Girls HS	Won her first Wimbledon title in 1971. In total Evonne won 7 grand singles titles.	
1972 Munich Olympic Games		
Graham Windeatt Swimming East Hills Boys HS	At the 1971 NSWCHSSA Swimming Championships Graham broke the World 800m freestyle record. He went onto represent Australia at the 1972 Munich Olympic Games where he won a silver medal in the 1500m.	
Shane Gould Swimming Miranda Public School, Epping North Public School Turramurra HS	Shane competed at the Munich Olympic Games while a student at Turramurra HS winning 3 Gold medals, 1 silver and 1 bronze. Gail Neall also from Turramurra High also won a gold medal in the 200m Butterfly. What an extraordinary double.	
David Woods Water Polo Birchgrove Public School Drummoyne Boys HS	David represented at the 1972 Munich Olympic Games and the 1976 Montreal Olympic Games. He also represented at 2 World Championships and coached the Australian Women's team which included his daughter Taryn, whilst son Gavin has represented Australia in Water Polo at 4 Olympic Games. David was President of the NSWCHSSA from 1984 until 1991.	
1980 Moscow Olympics		
Michelle Ford Swimming St George Girls HS	At the 1980 Moscow Olympics Michelle won the Gold medal in the 800m freestyle and a Bronze medal in the 200m Butterfly	
Inaugural Rugby League Immortals announced in 1991	Rugby League immortals include Bob Fulton (Unanderra Public School and Dapto HS) Reg Gasnier (Sydney Technical HS)	
1983 Australia II wins the Americas Cup		
Kevin Nichols Cycling Grafton/South Grafton HS	Captain of the 1984 cycling team that competed at the Los Angeles Olympic Games. Was a member of the Gold Medal winning Pursuit team.	
Mark, Gary, Glen and Marcia Ella Rugby and Netball La Perouse Public School Matraville HS	The Ella family came to prominence when Mark, Gary and Glen Ella represented Australia in Rugby Union and were part of the 1984 Grand Slam winning team. In 1986 Marcia Ella represented Australia in Netball against New Zealand.	
Craig Johnston Football Booragul HS	Scored a goal for Liverpool in their 3-1 victory over Everton in the 1986 FA Cup Final. A pioneer for Australian players securing contracts to play Football overseas.	

Anne Sargeant Netball Forestville PS / Killarney Hts HS	Australian Netball player. Represented from 1978 until 1988, captaining the team for 6 years.
Steve and Mark Waugh Cricket Panania Public School East Hills Boys HS	Steve and Mark were both awarded CHS cricket Blues in 1984. In 1983 Steve won a CHS Soccer Blue and the President's Award. The twins represented the Australian Cricket team with distinction with Steven captaining the team in 57 test matches and 106 One Day Internationals.
Kerry Saxby AM Athletics Ballina HS	Elite race walker whose career spanned 1980 and 1990's. Kerry won 2 Commonwealth Games Gold Medals and set 32 world records during her career.
Layne Beachley AO Surfing Balgowlah Heights Public School Mackellar Girls HS	In 1990 Layne won the first of her 7 World Surfing titles. Layne inducted into the Australian Sports Hall of Fame in 2011.
1991 World Wide Web goes public	
Alyson Annan Hockey Macquarie Fields PS & HS	In 1996, Alyson won her first of two Olympic Gold medals in Atlanta. She also won two World Cup Golds and four Champions Trophy Golds. Alyson represented Australia in 228 international matches.
2000 Sydney Olympic Games	
Ian Thorpe Swimming Milperra Public School East Hills Boys HS	At the 2000 Sydney Olympics Ian won Gold Medals and set 2 World Records in swimming. In total won 5 Gold Medals and 11 World Championships.
Lauren Jackson Basketball Thurgoona Public School Murray HS	The Sydney 2000 Olympic Games were her first Olympic Games. Lauren has subsequently has played in 3 more Olympics; 2004, 2008 and 2012
Debbie Watson Water Polo Mackellar Girls HS	Captained gold medal winning Australian Women's Water Polo team (other team members were Taryn Woods (Fort Street), Bronwyn Mayer (Hunters Hill), Yvette Higgins (Riverside Girls) and Simone Hankin (Picnic Point)
Kurt Fearnley Paralympic Athlete Blayney Public School Blayney HS	At the Sydney 2000 Olympic Games he won 2 silver medals). In total Kurt competed at 5 Olympic games winning 3 Olympic Gold medals.
Tim Cahill Football Bexley Nth / Annandale Nth PS Tempe and Kingsgrove HS	Tim has represented Australia on 104 occasions, scoring 50 goals. He has had a stellar career playing for various overseas and Australian teams.
Torah Bright Snowsports Cooma North Public School	Torah won an Olympic Gold medal in the Half Pipe at the 2010 Vancouver Winter Olympic Games.
John Longmire Australian Rules Corowa PS / Corowa HS	After a successful playing career, John coached the Sydney Swans to the AFL Premiership flag in 2012 Grand Final.
James Spithill Sailing Pittwater HS	Youngest ever skipper to win the America Cup in 2010. He defended this title in 2013. Was the helmsman of Comanche which won the Sydney to Hobart in 2017.
Steven Smith Cricket Alfords Point Public School Menai HS	Steven Smith is considered one of the most outstanding cricketers of any era. He was appointed as Australian Cricket Captain in 2015. Steven joins a number of Australian Cricket Captains to graduate from NSW Public Schools. Others include Bill Brown (Petersham PS), Sir Donald Bradman (Bowral PS), Arthur Morris (Canterbury Boys HS), Ian Craig (North Sydney Boys HS), Richie Benaud (Jugiong PS and Parramatta HS), Bob Simpson (Earlwood PS and Tempe HS), Allan Border (North Sydney BHS), Mark Taylor (Chatswood HS), Steven Waugh (Panania South PS and East Hills Boys HS), Adam Gilchrist (Deniliquin PS and Kadina HS), Michael Clarke (Marsden Rd PS and Westfields Sports) and Brad Haddin (Karabar HS)

School sport - for parents

Welcome and thank you for attending these championships and supporting your child. Parents, caregivers, coaches, teachers and volunteers play a significant role in the motivation and development of young people.

Due to the regularity of contact and the influence parents and caregivers have as role models for young people, they particularly have an opportunity to shape the behaviours, enthusiasm and respect young people demonstrate in their sporting endeavours.

Please find below some suggestions that might enhance the enjoyment of all those involved in the school sporting pathway.

1. Enjoy the journey.

- Sport is a journey that provides physical, social and emotional benefits for children. Enjoyment and having fun with friends is their greatest reward. You also share in this enjoyment.

2. It's better if the first question you ask your child is "did you enjoy it?" rather than "did you win?"

- Not every child is going to become a champion but every child has the opportunity to continue enjoying sport through coaching, managing or supporting.

3. Model good behaviours and never accept poor sportsmanship from your child or their coach.

- Children learn more by seeing than hearing, particularly from people they care about. No matter what the circumstances, be someone they can admire and respect.
- Parents aren't judged on their child's accomplishments, however parents are often held responsible for their child's behaviour.

4. Your child's results should not affect your mood.

- Never get upset after an event where results don't go the way of your child.

5. Give your child space to grow and mature.

- All children are different. Accept your child for who they are. Fault finding makes the child question their self-worth. Letting a child know how much you care about them makes them proud and builds resilience.

6. Focus on the processes rather than the outcomes.

- Parents should understand that the best athletes focus on the process, because the result is often out of their control.

7. Avoid going over the top about your child's talent.

- Every sport has talented athletes, but for various reasons they do not always reach the pinnacle.

8. Encourage good attitudes.

- Good attitudes carry over into all aspects of life.

9. Support the coach, especially in public and in front of your child.

- If there is a disagreement, settle it privately.
- Negatively discussing other parents or coaches in front of your child can be detrimental
- No matter how private conversations are, they can become public very easily.

10. Build good relationships with other parents.

- Parents of your children's friends will often become your friends.

11. You should not compare your child's journey to another child's journey.

- Children mature at different rates. All children are different. Try to understand your child's views of the world around them.

12. If your child makes mistakes, let them experience the consequences of their actions.

- This is how they learn and grow and become independent, resourceful and confident.
- Set-backs and failures are opportunities for improvement. Explain to your child that continued effort, practice and learning are the keys to success.

13. Recognise your child's results don't define you.

- Your child's success or disappointment does not change other parents' views of you.

14. Develop your child's strengths.

- Help your child to identify their strengths and develop them. These children experience success, become inspired, confident and resilient.

Visit the School Sport Unit website

For information about your association, the NSW school sport calendar and results of championships across the state, visit the School Sport Unit website.



A NSW Government website - Education

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School Sport Unit

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Teacher resource hub

Home > Representative sport

Representative school sport

Parents, teachers, and students can browse Schools Sports Associations to find representative sport events and results for students aged 8 to 19 years old.



Sport associations

Association level

- > [Hunter](#)
- > [North Coast](#)
- > [North West](#)
- > [Riverina](#)
- > [South Coast](#)
- > [Sydney East](#)
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- > [Western](#)
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State and National level

- > [NSW Primary Schools Sports Association](#)
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