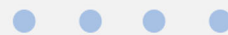
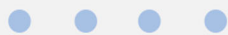




2024 NEW SOUTH WALES ALL SCHOOLS SWIMMING CHAMPIONSHIP

Sydney Olympic Park Aquatic Centre

Thursday 30 May & Friday 31 May 2024



Acknowledgement of Country

We would like to begin by acknowledging the Traditional Custodians of the land on which we gather for these championships. We pay respects to their Elders past and present and extend that respect to Aboriginal and Torres Strait Islander peoples here today. We strive to ensure every Aboriginal and Torres Strait Islander learner in NSW achieves their potential through education. We meet for these championships on Burramattagal land. Burramattagal is thought to be derived from the Aboriginal word for 'place where the eels lie down' to breed (within the Parramatta River).

Welcome

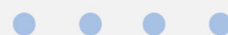
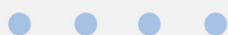
With over 600 students from the Catholic, Government and Independent sector descending on Sydney Olympic Park Aquatic Centre for the 2024 NSW All Schools Swimming championship, we are excited to witness the extremely high standard of swimming in NSW firsthand!

This is a momentous year for the NSW All Schools program, with selected team members being the first students to represent NSW under the updated and unified NSW All Schools brand. The swim team will also be part of a 400-strong contingent of NSW athletes from six sports to compete in the inaugural School Sport Australia Games on the Gold Coast!

The vision of the NSW All Schools program is to have schools valued as an integral part of the athlete pathway and Championships such as the NSW All Schools Swimming championship goes a long way towards achieving this vision. A huge thanks to all of the staff involved in coordinating this event, particularly sector Swimming conveners, Chris Anschau (CCC), Jean Duma (CHS) and Jason Cooper (CIS), for all of the work that goes on behind the scenes to host a championship of this scale.

Swim hard, but swim fair!

Kieran Donohue
NSW Sport Programs Coordinator



Competing Associations



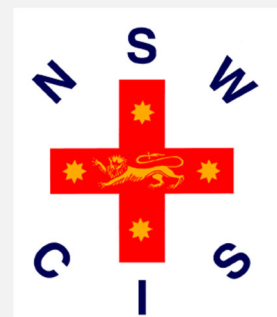
**New South Wales
Combined High Schools
Sports Association**

Sky blue and navy



**New South Wales Combined
Catholic Colleges**

Navy and sky blue



**New South Wales
Combined Independent
Colleges**

Navy, red and white

General Competition Information

Thursday 30 May

- 11:30am – Gates Open
- 12:00pm – Warm-up Commences
- 1:00pm – Events Commence
- 4:30pm (approx.) – Events Conclude

Friday 31 May

- 7:30am – Gates Open
- 8:00am – Warm-up Commences
- 9:00am – Events Commence
- 3:30pm (approx.) – Events Conclude



Event Order

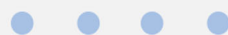
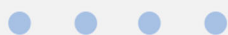
Session: 1 Thursday 30th May 2024

Starts at 1:00 PM

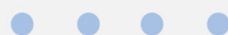
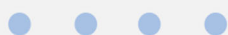
Heat Interval: 35 Seconds / Back +15 Seconds

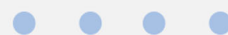
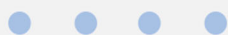
Finals 1	Mixed 1500 Freestyle
Finals 2	Girls 12-14 200 Freestyle Relay
Finals 3	Boys 12-14 200 Freestyle Relay
Finals 4	Girls 15-16 200 Freestyle Relay
Finals 5	Boys 15-16 200 Freestyle Relay
Finals 6	Girls 200 Freestyle Relay
Finals 7	Boys 200 Freestyle Relay
Finals 8	Girls 12-14 200 Breaststroke
Finals 9	Boys 12-14 200 Breaststroke
Finals 10	Girls 15-16 200 Breaststroke
Finals 11	Boys 15-16 200 Breaststroke
Finals 12	Girls 17 & Over 200 Breaststroke
Finals 13	Boys 17 & Over 200 Breaststroke
Finals 14	Girls 12 Year Olds 100 Freestyle
Finals 15	Boys 12 Year Olds 100 Freestyle
Finals 16	Girls 13 Year Olds 100 Freestyle
Finals 17	Boys 13 Year Olds 100 Freestyle
Finals 18	Girls 14 Year Olds 100 Freestyle
Finals 19	Boys 14 Year Olds 100 Freestyle
Finals 20	Girls 15 Year Olds 100 Freestyle
Finals 21	Boys 15 Year Olds 100 Freestyle
Finals 22	Girls 16 Year Olds 100 Freestyle
Finals 23	Boys 16 Year Olds 100 Freestyle
Finals 24	Girls 17 & Over 100 Freestyle
Finals 25	Boys 17 & Over 100 Freestyle
Finals 26	Girls 12-15 100 Freestyle Multi-Class
Finals 27	Boys 12-15 100 Freestyle Multi-Class
Finals 28	Girls 16 & Over 100 Freestyle Multi-Class
Finals 29	Boys 16 & Over 100 Freestyle Multi-Class
Finals 30	Girls 12-19 300 Freestyle Relay
Finals 31	Boys 12-19 300 Freestyle Relay
Finals 32	Girls 12-14 200 Medley Relay
Finals 33	Boys 12-14 200 Medley Relay
Finals 34	Girls 15-16 200 Medley Relay





Finals 35	Boys 15-16 200 Medley Relay
Finals 36	Girls 200 Medley Relay
Finals 37	Boys 200 Medley Relay
Finals 38	Girls 12-15 200 Freestyle Relay Multi-Class
Finals 39	Boys 12-15 200 Freestyle Relay Multi-Class
Finals 40	Girls 16 & Over 200 Freestyle Relay Multi-Class
Finals 41	Boys 16 & Over 200 Freestyle Relay Multi-Class
Finals 42	Girls 12-14 400 IM
Finals 43	Boys 12-14 400 IM
Finals 44	Girls 15-16 400 IM
Finals 45	Boys 15-16 400 IM
Finals 46	Girls 17 & Over 400 IM
Finals 47	Boys 17 & Over 400 IM



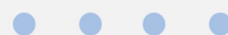
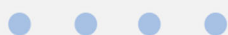


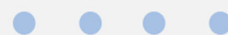
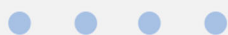
Session: 1 Friday 31st May 2024

Starts at 9:00 AM

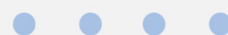
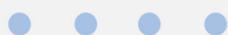
Heat Interval: 35 Seconds / Back +15 Seconds

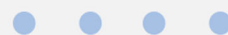
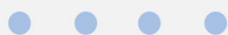
Finals 101	Mixed 800 Freestyle
Finals 102	Girls 12 Year Olds 50 Breaststroke
Finals 103	Boys 12 Year Olds 50 Breaststroke
Finals 104	Girls 13 Year Olds 50 Breaststroke
Finals 105	Boys 13 Year Olds 50 Breaststroke
Finals 106	Girls 14 Year Olds 50 Breaststroke
Finals 107	Boys 14 Year Olds 50 Breaststroke
Finals 108	Girls 15 Year Olds 50 Breaststroke
Finals 109	Boys 15 Year Olds 50 Breaststroke
Finals 110	Girls 16 Year Olds 50 Breaststroke
Finals 111	Boys 16 Year Olds 50 Breaststroke
Finals 112	Girls 17 & Over 50 Breaststroke
Finals 113	Boys 17 & Over 50 Breaststroke
Finals 114	Girls 12-15 50 Breaststroke Multi-Class
Finals 115	Boys 12-15 50 Breaststroke Multi-Class
Finals 116	Girls 16 & Over 50 Breaststroke Multi-Class
Finals 117	Boys 16 & Over 50 Breaststroke Multi-Class
Finals 118	Girls 12-14 200 Butterfly
Finals 119	Boys 12-14 200 Butterfly
Finals 120	Girls 15-16 200 Butterfly
Finals 121	Boys 15-16 200 Butterfly
Finals 122	Girls 17 & Over 200 Butterfly
Finals 123	Boys 17 & Over 200 Butterfly
Finals 124	Girls 12-13 100 Backstroke
Finals 125	Boys 12-13 100 Backstroke
Finals 126	Girls 14 Year Olds 100 Backstroke
Finals 127	Boys 14 Year Olds 100 Backstroke
Finals 128	Girls 15 Year Olds 100 Backstroke
Finals 129	Boys 15 Year Olds 100 Backstroke
Finals 130	Girls 16 Year Olds 100 Backstroke
Finals 131	Boys 16 Year Olds 100 Backstroke
Finals 132	Girls 17 & Over 100 Backstroke
Finals 133	Boys 17 & Over 100 Backstroke
Finals 134	Girls 12 Year Olds 50 Freestyle
Finals 135	Boys 12 Year Olds 50 Freestyle
Finals 136	Girls 13 Year Olds 50 Freestyle
Finals 137	Boys 13 Year Olds 50 Freestyle



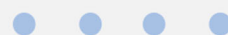
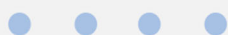


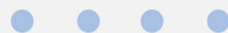
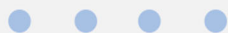
Finals 138	Girls 14 Year Olds 50 Freestyle
Finals 139	Boys 14 Year Olds 50 Freestyle
Finals 140	Girls 15 Year Olds 50 Freestyle
Finals 141	Boys 15 Year Olds 50 Freestyle
Finals 142	Girls 16 Year Olds 50 Freestyle
Finals 143	Boys 16 Year Olds 50 Freestyle
Finals 144	Girls 17 & Over 50 Freestyle
Finals 145	Boys 17 & Over 50 Freestyle
Finals 146	Girls 12-15 50 Freestyle Multi-Class
Finals 147	Boys 12-15 50 Freestyle Multi-Class
Finals 148	Girls 16 & Over 50 Freestyle Multi-Class
Finals 149	Boys 16 & Over 50 Freestyle Multi-Class
Finals 150	Girls 12-14 200 IM
Finals 151	Boys 12-14 200 IM
Finals 152	Girls 15-16 200 IM
Finals 153	Boys 15-16 200 IM
Finals 154	Girls 17 & Over 200 IM
Finals 155	Boys 17 & Over 200 IM
Finals 156	Girls 12-13 100 Butterfly
Finals 157	Boys 12-13 100 Butterfly
Finals 158	Girls 14 Year Olds 100 Butterfly
Finals 159	Boys 14 Year Olds 100 Butterfly
Finals 160	Girls 15 Year Olds 100 Butterfly
Finals 161	Boys 15 Year Olds 100 Butterfly
Finals 162	Girls 16 Year Olds 100 Butterfly
Finals 163	Boys 16 Year Olds 100 Butterfly
Finals 164	Girls 17 & Over 100 Butterfly
Finals 165	Boys 17 & Over 100 Butterfly
Finals 166	Girls 12 Year Olds 50 Backstroke
Finals 167	Boys 12 Year Olds 50 Backstroke
Finals 168	Girls 13 Year Olds 50 Backstroke
Finals 169	Boys 13 Year Olds 50 Backstroke
Finals 170	Girls 14 Year Olds 50 Backstroke
Finals 171	Boys 14 Year Olds 50 Backstroke
Finals 172	Girls 15 Year Olds 50 Backstroke
Finals 173	Boys 15 Year Olds 50 Backstroke
Finals 174	Girls 16 Year Olds 50 Backstroke
Finals 175	Boys 16 Year Olds 50 Backstroke
Finals 176	Girls 17 & Over 50 Backstroke
Finals 177	Boys 17 & Over 50 Backstroke
Finals 178	Girls 12-15 50 Backstroke Multi-Class
Finals 179	Boys 12-15 50 Backstroke Multi-Class





Finals 180	Girls 16 & Over 50 Backstroke Multi-Class
Finals 181	Boys 16 & Over 50 Backstroke Multi-Class
Finals 182	Girls 12-14 400 Freestyle
Finals 183	Boys 12-14 400 Freestyle
Finals 184	Girls 15-16 400 Freestyle
Finals 185	Boys 15-16 400 Freestyle
Finals 186	Girls 17 & Over 400 Freestyle
Finals 187	Boys 17 & Over 400 Freestyle
Finals 188	Girls 12-14 200 Backstroke
Finals 189	Boys 12-14 200 Backstroke
Finals 190	Girls 15-16 200 Backstroke
Finals 191	Boys 15-16 200 Backstroke
Finals 192	Girls 17 & Over 200 Backstroke
Finals 193	Boys 17 & Over 200 Backstroke
Finals 194	Girls 12-15 100 Backstroke Multi-Class
Finals 195	Boys 12-15 100 Backstroke Multi-Class
Finals 196	Girls 16-19 100 Backstroke Multi-Class
Finals 197	Boys 16-19 100 Backstroke Multi-Class
Finals 198	Girls 12 Year Olds 50 Butterfly
Finals 199	Boys 12 Year Olds 50 Butterfly
Finals 200	Girls 13 Year Olds 50 Butterfly
Finals 201	Boys 13 Year Olds 50 Butterfly
Finals 202	Girls 14 Year Olds 50 Butterfly
Finals 203	Boys 14 Year Olds 50 Butterfly
Finals 204	Girls 15 Year Olds 50 Butterfly
Finals 205	Boys 15 Year Olds 50 Butterfly
Finals 206	Girls 16 Year Olds 50 Butterfly
Finals 207	Boys 16 Year Olds 50 Butterfly
Finals 208	Girls 17 & Over 50 Butterfly
Finals 209	Boys 17 & Over 50 Butterfly
Finals 210	Girls 12-15 50 Butterfly Multi-Class
Finals 211	Boys 12-15 50 Butterfly Multi-Class
Finals 212	Girls 16 & Over 50 Butterfly Multi-Class
Finals 213	Boys 16 & Over 50 Butterfly Multi-Class
Finals 214	Girls 12-13 100 Breaststroke
Finals 215	Boys 12-13 100 Breaststroke
Finals 216	Girls 14 Year Olds 100 Breaststroke
Finals 217	Boys 14 Year Olds 100 Breaststroke
Finals 218	Girls 15 Year Olds 100 Breaststroke
Finals 219	Boys 15 Year Olds 100 Breaststroke
Finals 220	Girls 16 Year Olds 100 Breaststroke
Finals 221	Boys 16 Year Olds 100 Breaststroke





Finals 222	Girls 17 & Over 100 Breaststroke
Finals 223	Boys 17 & Over 100 Breaststroke
Finals 224	Girls 12-14 200 Freestyle
Finals 225	Boys 12-14 200 Freestyle
Finals 226	Girls 15-16 200 Freestyle
Finals 227	Boys 15-16 200 Freestyle
Finals 228	Girls 17 & Over 200 Freestyle
Finals 229	Boys 17 & Over 200 Freestyle

Heat Sheets

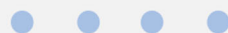
Heat sheets will be available on MeetMobile on the morning of each day of competition.

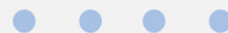
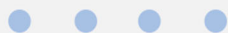
Results

Live results will be available on MeetMobile.

Complete results, including records and selected teams, will be posted on the NSW All Schools Swimming event page:

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





Clear Pool Deck

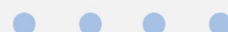
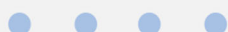
To assist with the effective management of this event, we will be enforcing a STRICT CLEAR POOL DECK policy.

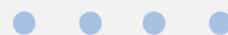
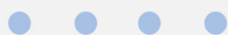
No coaches, parents or non-competing swimmers will be allowed on pool deck. The only non-Swimmers allowed on the competition pool deck will be carers of swimmers in Multi Class events, who will be provided with seating in the alcove on the Western side of the pool.

Marshalling

Due to the Western Grandstand being closed to all spectators and competitors, marshalling will now occur in the Murray Rose/Dawn Fraser rooms at the Northern end of the competition pool concourse

Boys and Relays will marshal in the Murray Rose room and Girls and Multi Class events will marshal in the Dawn Fraser room.





Warm-up Procedures

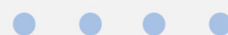
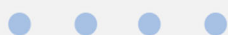
Please note that the competition pool will be available for warm-ups from 12:00-12:50pm on Thursday 30 May and from 8:00-8:50am on Friday 31 May.

The 25m utility pool will be available for warm-ups throughout the championship, but swimmers are asked to be mindful of the NSW All Schools Diving Championships, which are occurring at the same time.

Please see diagram listing warm-up procedures.


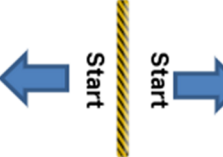
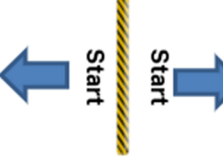




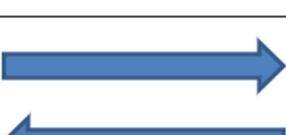
Competition Pool

Start end					
Lane 0	Lane 1 & 2	Lane 3 & 4	Lane 5 & 6	Lane 7 & 8	Lane 9
All ages	12-14 years	12-14 years	15-19 years	15-19 years	Multi Class
Dive start sprints	Dive start 25's	Lap swimming (no diving)	Lap swimming (no diving)	Dive start 25's	Dive start 25's
Dive start sprints	Turning practice (no diving)	Lap swimming (no diving)	Lap swimming (no diving)	Turning practice (no diving)	Turning practice (no diving)
Turning end					

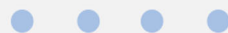
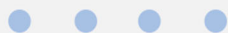




25m Utility Pool

Lane 7 No Diving Feet First Swimming Lap Keep left	Lane 6 Relay Change Mode	Lane 5 Relay Change Mode	Lane 4 No Diving Feet First Swimming Lap Keep left	Lane 3 No Diving Feet First Swimming Lap Keep left	Lane 2 Dive Start No lap swimming	Lane 1 No Entry	Lane 0 Multi Class No Diving Feet First Circle Swimming
	 Change	 Change					
Lane 7 No Diving Feet First Swimming Lap Keep left	Lane 6 Relay Change Mode	Lane 5 Relay Change Mode	Lane 4 No Diving Feet First Swimming Lap Keep left	Lane 3 No Diving Feet First Swimming Lap Keep left	Lane 2 No Entry	Lane 1 Dive Start No lap swimming	Lane 0 Multi Class No Diving Feet First Circle Swimming





Approved Swimwear

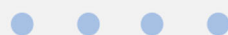
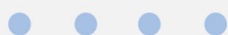
All swimwear must be on FINA's list of approved swimwear and meet CBL 24 "General Swimsuit Guidelines" listed in Swimming Australia competition rules.

Swim Caps

Sector representative swim caps (NSWCCC / NSWCHS / NSWCIS) must be worn for all individual events. School or sector representative swim caps (NSWCCC / NSWCHS / NSWCIS) may be worn for relays. All team members must wear the identical cap.

Protests

All protests must be lodged in writing by the team manager to the referee within twenty minutes of the conclusion of the event.





Spectators

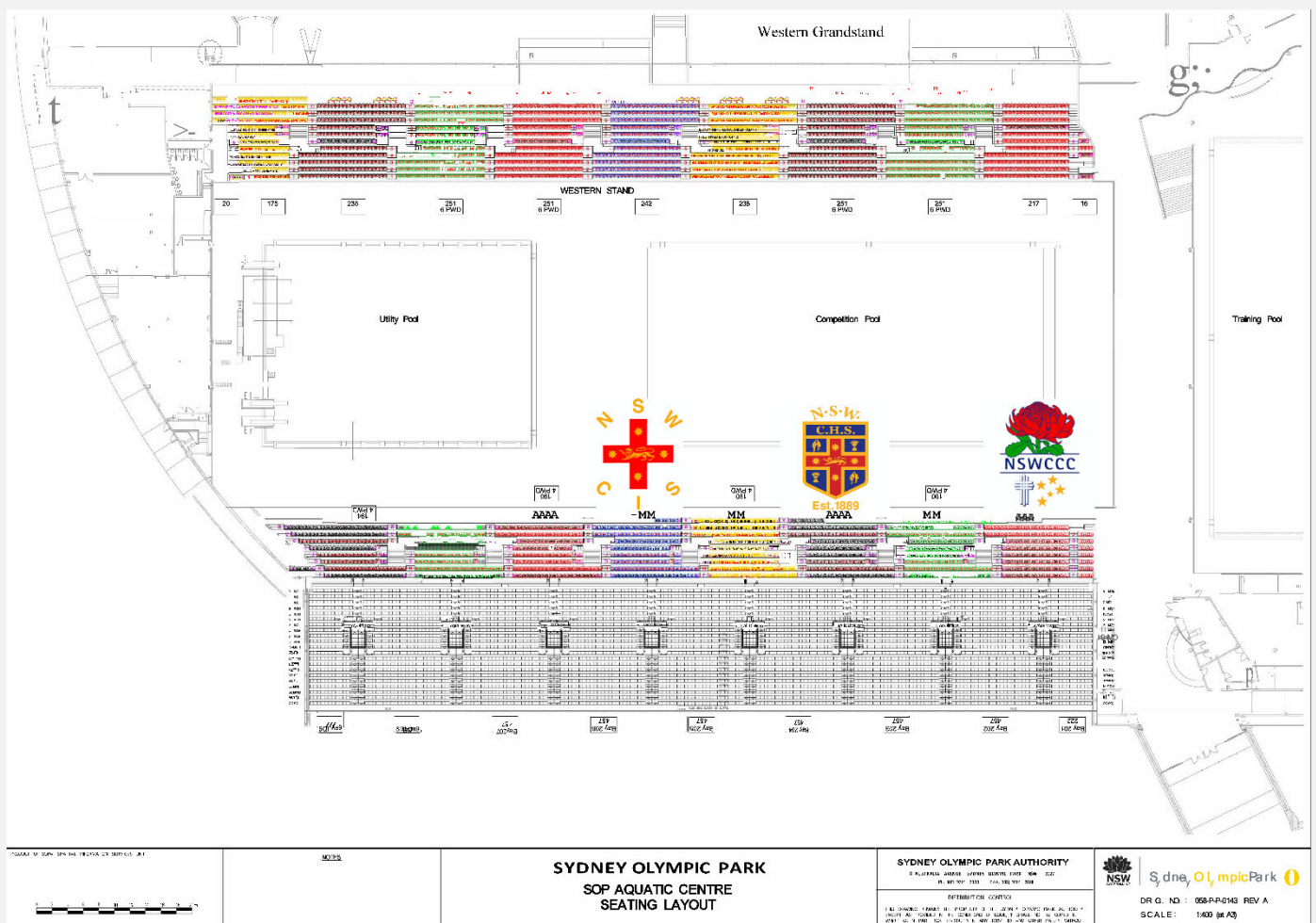
Spectator Entry

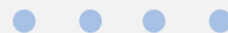
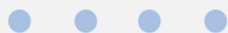
Gates will open at 11:30am on Thursday 30 May and 7:30am on Friday 31 May and the cost of entry is included in your entry.

Grandstand Seating

Please note that the western grandstand will be closed to all competitors and spectators for the duration of the NSW All Schools Swimming Championship.

As a result, please see updated grandstand seating allocation





- CCC swimmers are asked to sit in the Northern end of the Eastern grandstand (closest to the bridge), commencing in the RED bay.
- CHS swimmers are asked to sit in the middle of the Eastern grandstand, commencing in the BLACK bay.
- CIS swimmers are asked to sit in the Southern end of the Eastern grandstand (closest to the warm-up pool), commencing in the BLUE bay.

We are requesting that competitors sit in the bottom half of the bay to allow for easy access to team management and parents and coaches sit in the top half of the bay. Please follow signage in each stand.

Parking

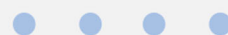
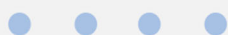
Carnival attendees will receive four hours free parking in P2 & P3, with an hourly rate of \$7 per hour thereafter.

Parking tickets need to be validated at SOPAC reception before returning to the car park pay station.

Food and Drink

Spectators are reminded that no commercial food and drink (including coffee) is allowed to be brought into the venue.

Concession stands will be in operation.



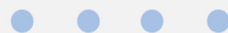
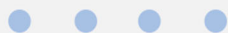
Officials Appointments

Role	Name	School / Organisation	Sector
Meet Director	Chris Anschau	Diocese of Parramatta	CCC
Assistant Meet Director	Jean Duma	Tooleybuc Central School	CHS
Assistant Meet Director	Jason Cooper	Barker College	CIS
Assistant Meet Director	Mekayla Everingham	Corowa High School	CHS
Championship Coordinator	Kieran Donohue	School Sport Unit	n/a
Chief Referee	Gwen Willmet	Swimming NSW	n/a
Referee / Judge of Strokes	Alan Lowther	Swimming NSW	n/a
	Tom Murphy	Swimming NSW	n/a
	Heidi Roche	Swimming NSW	n/a
	Dean Vance	Swimming NSW	n/a
	John Williams	Swimming NSW	n/a
Starter	Chris Meehan	Swimming NSW	n/a
	John Owen	Swimming NSW	n/a
Announcer	Peter Moore	NSW Combined High Schools Sports Association	CHS
Results Coordinator	Helen Wood	Sports Data Services (SDS)	n/a
Results	Kayleen Murphy	Sports Data Services (SDS)	n/a
	Jenny Warren	Sports Data Services (SDS)	n/a
Results Distribution	Peter George	Sports Data Services (SDS)	n/a
Results - Website	Mandy Datt	School Sport Unit	n/a
Marshall / Check Starter	Hayley Anschau	Catholic Schools NSW	CCC
	Katie Edwards	Pymble Ladies' College	CIS
	Kylie Hill	Muswellbrook High School	CHS
	Bill Lewis	Catholic Schools NSW	CCC
	Joelle Maguire	Catholic Schools NSW	CCC
	Melissa Pulsford	Callaghan College	CHS
	Connor Reilly	PLC Sydney	CIS
	Dave Von Kotze	NSW Combined High Schools Sports Association	CHS

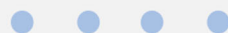


Quantum Electronics	Brett Patrick	Swimming NSW	n/a
	Gloria Wiegmann	Swimming NSW	n/a
Chief Timekeeper	Lindy White	Terrigal High School	CHS
Timekeeper	Ava Chessari	Trinity Grammar School	CIS
	Nikki Kundrus	Association of Independent Co-Educational Schools (AICES)	CIS
	Kylie Mulcare	Association of Independent Co-Educational Schools (AICES)	CIS
	Mirella Mulligan	Swimming NSW	n/a
	John Newman	NSW Combined High Schools Sports Association	CHS
	Cooper Phillips	Christian Schools Sports Association (CSSA)	CIS
	Ruby Tonelli Smith	Kincoppal-Rose Bay School	CIS
	Neve Trainor	Catholic Schools NSW	CCC
	Suzanne Wakefield	Swimming NSW	n/a
	Mikaela White	Trinity Grammar School	CIS
Multiclass Event Coordinator	Trish Furey	St John Paul College, Coffs Harbour	CCC
Multiclass Event Assistant Coordinator	Sharyn Gill-Andrews	Trinity Catholic College, Lismore	CCC
Multiclass Event Mentor	Margaret Gregson	School Sport Unit	n/a
Multiclass Event Support	Connor Piipari	The Lakes Secondary College, Tumbi Umbi	CHS
	Carolyn Sparks		CIS
	Shelley Smith	Brisbane Water Secondary College, Umina Campus	CHS
	Les Trist	Oak Flats HS	CHS
	Kelli Warren	Terrigal High School	CHS
Presentations	Anita Beattie	Catholic Schools NSW	CCC
	Cassie Hanrahan	NSW Combined High Schools Sports Association	CHS
	Leanne Munk	Catholic Schools NSW	CCC
	Leeann Simpson	Catholic Schools NSW	CCC
Photography	Chelsea Trainor	Catholic Schools NSW	CCC





Student Helper Coordinator	Kerrie Barton	Greystanes High School	CHS
General Duties	Derek Hulme	NSW Combined High Schools Sports Association	CHS
Student Helpers		Greystanes High School	CHS

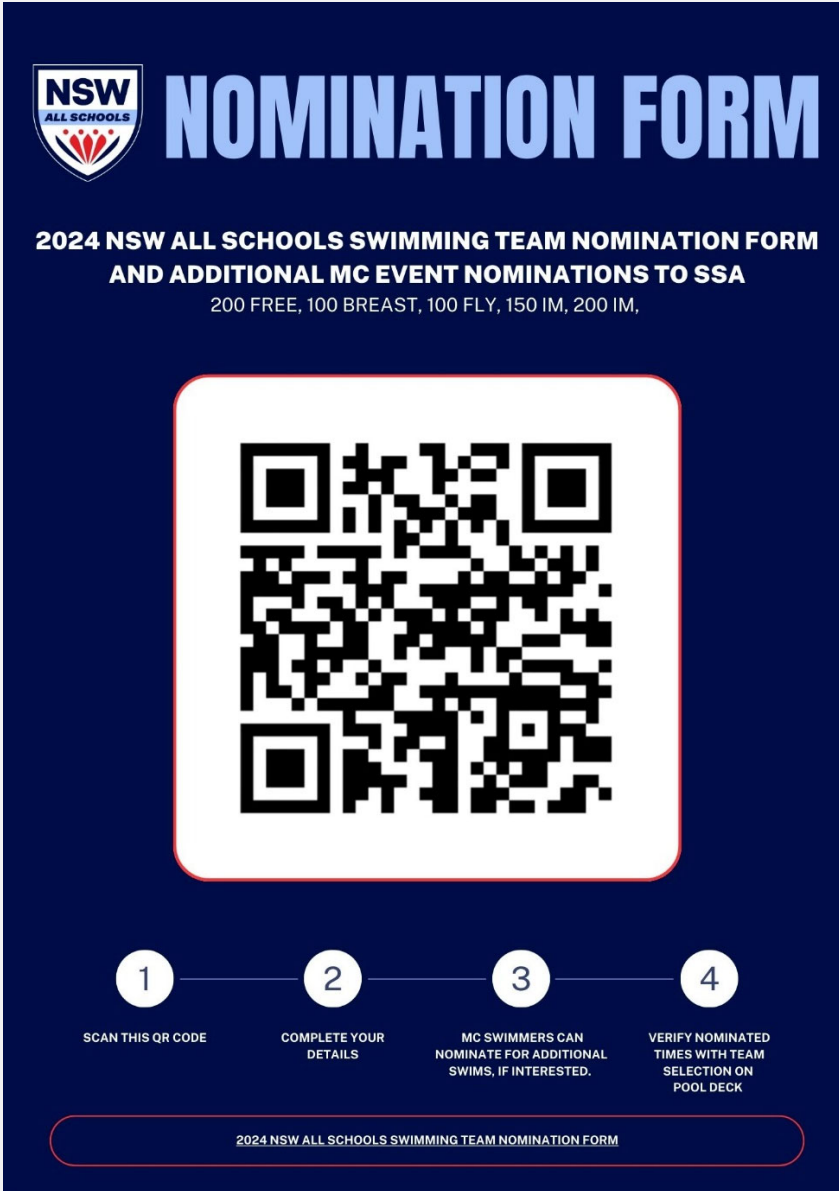


Team Management

Role	Name	School / Organisation	Sector
Manager-in-charge - NSW All Schools	Shelley Smith	Brisbane Water Secondary College, Umina Campus	CHS
Manager - NSW All Schools	Alicia Burns	Endeavour Sports High School	CHS
	Paul Creighton	Dapto High School	CHS
	Jean Duma	Tooleybuc Central School	CHS
	Patricia (Trish) Furey	St John Paul College, Coffs Harbour	CCC
	Sharyn Gill-Andrews	Trinity Catholic College, Lismore	CCC
	Les Trist	Oak Flats HS	CHS
	Rebecca Wheatley	East Hills Boys High School	CHS
Manager - NSWCCC	Wendy Breen	Sydney Catholic Schools	CCC
	Patricia (Trish) Furey	St John Paul College, Coffs Harbour	CCC
	Sharyn Gill-Andrews	Trinity Catholic College, Lismore	CCC
	Rebecca Hanrahan	Mater Dei School, Camden	CCC
Manager - NSWCHS	Alicia Burns	Endeavour Sports High School	CHS
	Paul Creighton	Dapto High School	CHS
	Shelley Smith	Brisbane Water Secondary College, Umina Campus	CHS
	Les Trist	Oak Flats HS	CHS
	Kelli Warren	Terrigal High School	CHS
Manager - NSW CIS	Jason Cooper	Barker College	CIS
	Heidi Craig	Emmanuel Anglican College Ballina	CIS
	Samuel Dick	Lindisfarne Anglican Grammar School	CIS
	Lee-Anne Dobson	North Coast Independent Schools Sports Association (NCIS)	CIS
	Nicola Silsby	Waverley College	CIS
	Carolyn Sparkes	Christian Schools Sports Association (CSSA)	CIS

NSW All Schools Swimming Team

All swimmers wishing to be considered for the 2024 NSW All Schools Swimming team, must complete the below form prior to the completion of competition to notify team management of their intent to attend.



The graphic is a dark blue rectangular poster for the NSW All Schools Swimming Team Nomination Form. At the top left is the NSW All Schools logo, which features a shield with a red and white design and the text 'NSW ALL SCHOOLS'. To the right of the logo, the words 'NOMINATION FORM' are written in large, bold, white capital letters. Below this, in smaller white capital letters, is the text '2024 NSW ALL SCHOOLS SWIMMING TEAM NOMINATION FORM AND ADDITIONAL MC EVENT NOMINATIONS TO SSA'. Underneath that, in even smaller white capital letters, is the text '200 FREE, 100 BREAST, 100 FLY, 150 IM, 200 IM,'. In the center of the poster is a large QR code with a red border. Below the QR code is a horizontal line with four numbered circles (1, 2, 3, 4) above it. Below each circle is a step description in white capital letters: '1 SCAN THIS QR CODE', '2 COMPLETE YOUR DETAILS', '3 MC SWIMMERS CAN NOMINATE FOR ADDITIONAL SWIMS, IF INTERESTED.', and '4 VERIFY NOMINATED TIMES WITH TEAM SELECTION ON POOL DECK'. At the bottom of the poster is a red-bordered rounded rectangle containing the text '2024 NSW ALL SCHOOLS SWIMMING TEAM NOMINATION FORM' in small white capital letters.

NSW ALL SCHOOLS **NOMINATION FORM**

2024 NSW ALL SCHOOLS SWIMMING TEAM NOMINATION FORM
AND ADDITIONAL MC EVENT NOMINATIONS TO SSA
200 FREE, 100 BREAST, 100 FLY, 150 IM, 200 IM,

1 SCAN THIS QR CODE

2 COMPLETE YOUR DETAILS

3 MC SWIMMERS CAN NOMINATE FOR ADDITIONAL SWIMS, IF INTERESTED.

4 VERIFY NOMINATED TIMES WITH TEAM SELECTION ON POOL DECK

2024 NSW ALL SCHOOLS SWIMMING TEAM NOMINATION FORM

Further information, including results and selected teams, can be found at the NSW All Schools Swimming page: <https://app.education.nsw.gov.au/sport/nsw-all-schools>

Multi Class Event Nomination Process

Any swimmers who wish to nominate for Multi Class events at School Sports Australia Swimming Championships must complete the nomination form and then report to the selection team on pool deck with official evidence to have their time/s verified.

Multi Class classifications will be confirmed according to the Swimming Australia master list. Multi Class nomination times will be entered into the Multi Class Point Score and the top three results for each event will be confirmed.

NSW All Schools Selection Eligibility

To be eligible for selection in the NSW All Schools swimming team, students must:

1. Be enrolled at a NSW school
2. Compete at the NSW All Schools Championship

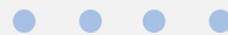
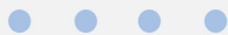
NSW All Schools Team Announcement

The NSW All Schools team to compete at the School Sport Australia Swimming championship will be posted on the NSW All Schools Swimming event page by 5pm on Monday 3 June 2024.

School Sport Australia Championship Information

All swimmers selected and accepting a position in the NSW All Schools team are expected to attend the duration of the School Sport Australia Swimming Championship being held on the Gold Coast (QLD) from Saturday 27-Wednesday 31 July 2024.

 <p>The logo for the School Sport Australia Games 101 GC 2024. It features a circular emblem with a sun, a palm tree, and a building. The text 'School Sport Australia Games 101' is curved around the top, and 'GC 2024' is at the bottom.</p>	<h3>Gold Coast</h3> <p>Swimming 10 - 12 years: 24 - 27 July Swimming 13- 19 years: 27 - 31 July Australian Football 15 years and under: 27 July - 3 August Basketball (combined age groups): 27 July - 1 August Hockey 15 years and under: 27 July - 3 August Netball 15 years and under: 27 July - 2 August Softball 18 years and under: 27 July - 1 August</p> <p>Day 1 for all the above championships is a travel day</p>
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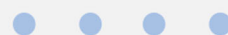
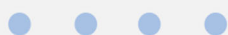
School Sport – for Parents

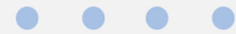
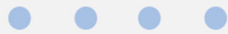
Welcome and thank you for attending these championships and supporting your child. Parents, caregivers, coaches, teachers and volunteers play a significant role in the motivation and development of young people.

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.

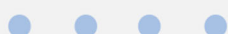
- Enjoy the journey.
- Sport is a journey that provides physical, social and emotional benefits for children. Enjoyment and having fun with friends is their greatest reward. You also share in this enjoyment.
- It's better if the first question you ask your child is "did you enjoy it?" rather than "did 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.
- 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.
- 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.
- 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.
- 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.
- Avoid going over the top about your child's talent.

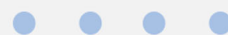
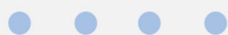




- Every sport has talented athletes, but for various reasons they do not always reach the pinnacle.
- Encourage good attitudes.
- Good attitudes carry over into all aspects of life.
- Support the coach, especially in public and in front of your child.
- If there is a disagreement, settle it privately.
- 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.
- Build good relationships with other parents.
- Parents of your children's friends will often become your friends.
- 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.
- 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.
- Recognise your child's results don't define you.
- Your child's success or disappointment does not change other parents' views of you.
- Develop your child's strengths.

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





Further Information

Full results and selected team will be posted on the NSW All Schools Diving page: <https://app.education.nsw.gov.au/sport/nsw-all-schools>



Please see NSW All Schools Facebook page for photos and updates throughout the championships: <https://www.facebook.com/nswallschoolssport>

