**Eurobodalla Zone Swimming Carnival**



**Hosted by Narooma High School**

**Narooma Pool: Bluewater Drive Narooma**

 **Friday 28th February 2025**

**Warm up**: 7.45am **Start**: 9.00am

**Meet Directors:**

**Claire Mathie**

**Dion Cafe**

**CARNIVAL INFORMATION**

1. Pool entry is $5.10
2. Swimmers MUST be entered via Meet Manager with names, events, birth dates to dion.cafe@det.nsw.edu.au by Friday 21st Feb 2025 the week before. If times are not entered, then the swimmers will be allocated outside lanes or put into the slower heats.
3. Please be patient at the beginning of the carnival when the recorders are with-drawing the swimmers who have not turned up.
4. If you know that students are not going to attend the carnival, please email Dion so that he can delete them from events.
5. Schools have been given lane allocations. It is the school’s responsibility to staff these lanes for the duration of the carnival to assist with time keeping etc.
6. Parents may volunteer to time keep. Before the day of the carnival, they must complete and submit the Declaration for Volunteers and Non-Child-Related Contractors to their child’s school, as well as a Photo ID, such as a driver’s licence which features their address.
7. **If you are feeling unwell in any manner you should reconsider attending the carnival.**
8. Special thanks go to the carnival referees Carol Mead and John Petty as well as all the parents that volunteer to make the carnival a success.

**LANE ALLOCATIONS**
Lane 1 Moruya

Lane 2 Bombala/Braidwood

Lane 3 Jindabyne

Lane 4 Eden

Lane 5 Monaro

Lane 6 Narooma

**EUROBODALLA SWIMMING CARNIVAL PROGRAM**

**Venue:**  Narooma Indoor Swimming Centre **Date**: 28/2/25

 **Warm up**: 7.45am **Start**: 9.00am **Finish**: approx. 4.00pm

**Officials:**

*Marshalling* Batemans Bay

*Check Marshalling* Bega

*Starter* Narooma

*Chief time keeper* Narooma

*Announcer* Narooma

*Recorders* Narooma

*Timekeeping:* Moruya - Lane 1

Bombala/Braidwood- Lane 2

Jindabyne- Lane 3

Eden - Lane 4

Monaro - Lane 5

Narooma- Lane 6

*Referee* Narooma

*Pool entry cost* $5.10 (spectators free)

**EUROBODALLA ZONE SWIMMING CARNIVAL PROGRAM**

**Venue**: Narooma Indoor Swimming Pool **Date: Friday** 28th of February 2025

**Warm-up**: 7.45am **Start**: 9.00am **Finish**: 4.00pm approx.

| **Event****No.** | **MM ID** | **Boy/Girl** | **Age** | **Distance/Stroke** | **Event****No.** | **MM ID** | **Boy/Girl** | **Age** | **Distance/Stroke** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **NB Swimmers can swim up an age but swim in one relay only** |  |  |  |  |
| 1 | 1 | Girls | 17-19 | 200m freestyle relay | 56 | 56 | Girls | 12 | 50m freestyle |
| 2 | 2 | Boys | 17-19 | 200m freestyle relay | 57 | 57 | Boys | 12 | 50m freestyle |
| 3 | 3 | Girls | 12 | 100m Butterfly | 58 | 58 | Girls | 13 | 50m freestyle |
| 4 | 4 | Boys | 12 | 100m Butterfly | 59 | 59 | Boys | 13 | 50m freestyle |
| 5 | 5 | Girls | 13 | 100m Butterfly | 60 | 60 | Girls | 14 | 50m freestyle |
| 6 | 6 | Boys | 13 | 100m Butterfly | 61 | 61 | Boys | 14 | 50m freestyle |
| 7 | 7 | Girls | 14 | 100m Butterfly | 62 | 62 | Girls | 15 | 50m freestyle |
| 8 | 8 | Boys | 14 | 100m Butterfly | 63 | 63 | Boys | 15 | 50m freestyle |
| 9 | 9 | Girls | 15 | 100m Butterfly | 64 | 64 | Girls | 16 | 50m freestyle |
| 10 | 10 | Boys | 15 | 100m Butterfly | 65 | 65 | Boys | 16 | 50m freestyle |
| 11 | 11 | Girls | 16 | 100m Butterfly | 66 | 66 | Girls | 17+ | 50m freestyle |
| 12 | 12 | Boys | 16 | 100m Butterfly | 67 | 67 | Boys | 17+ | 50m freestyle |
| 13 | 13 | Girls | 17-19 | 100m Butterfly | 68 | 68 | Mixed | 12-19 | 50m freestyle MC |
| 14 | 14 | Boys | 17-19 | 100m Butterfly | 69 | 69 | Girls | 13 | 200m freestyle relay |
| 15 | 15 | Mixed | 12-19 | 50m Butterfly MC | 70 | 70 | Boys | 13 | 200m freestyle relay |
| 16 | 16 | Girls | 15 | 200m freestyle relay | 71 | 71 | Girls | 16 | 200m freestyle relay |
| 17 | 17 | Boys | 15 | 200m freestyle relay | 72 | 72 | Boys | 16 | 200m freestyle relay |
| 18 | 18 | Girls | 12 | 100m freestyle | ***N/A*** | ***N/A*** | ***Mixed*** | ***Open*** | ***Central Schools Relay*** |
| 19 | 19 | Boys | 12 | 100m freestyle | 73 | 73 | Girls | 12 | 100m Backstroke |
| 20 | 20 | Girls | 13 | 100m freestyle | 74 | 74 | Boys | 12 | 100m Backstroke |
| 21 | 21 | Boys | 13 | 100m freestyle | 75 | 75 | Girls | 13 | 100m Backstroke |
| 22 | 22 | Girls | 14 | 100m freestyle | 76 | 76 | Boys | 13 | 100m Backstroke |
| 23 | 23 | Boys | 14 | 100m freestyle | 77 | 77 | Girls | 14 | 100m Backstroke |
| 24 | 24 | Girls | 15 | 100m freestyle | 78 | 78 | Boys | 14 | 100m Backstroke |
| 25 | 25 | Boys | 15 | 100m freestyle | 79 | 79 | Girls | 15 | 100m Backstroke |
| 26 | 26 | Girls | 16 | 100m freestyle | 80 | 80 | Boys | 15 | 100m Backstroke |
| 27 | 27 | Boys | 16 | 100m freestyle | 81 | 81 | Girls | 16 | 100m Backstroke |
| 28 | 28 | Girls | 17-19 | 100m freestyle | 82 | 82 | Boys | 16 | 100m Backstroke |
| 29 | 29 | Boys | 17-19 | 100m freestyle | 83 | 83 | Girls | 17-19 | 100m Backstroke |
| 30 | 30 | Mixed | 12-19 | 50m B’tstroke MC | 84 | 84 | Boys | 17-19 | 100m Backstroke |
| 31 | 31 | Girls | 12-19 | Medley relay 200m | **NB One swimmer from each of the six age groups may swim in any order.** |
| 32 | 32 | Boys | 12-19 | Medley relay 200m | 85 | 85 | Mixed | 12-19 | 600m freestyle relay |
| 33 | 33 | Girls | 12-14 | 200m IM |  |
| 34 | 34 | Boys | 12-14 | 200m IM | 86 | 86 | Girls | 12 | 200m freestyle |
| 35 | 35 | Girls | 15-16 | 200m IM | 87 | 87 | Boys | 12 | 200m freestyle |
| 36 | 36 | Boys | 15-16 | 200m IM | 88 | 88 | Girls | 13 | 200m freestyle |
| 37 | 37 | Girls | 17-19 | 200m IM | 89 | 89 | Boys | 13 | 200m freestyle |
| 38 | 38 | Boys | 17-19 | 200m IM | 90 | 90 | Girls | 14 | 200m freestyle |
| 39 | 39 | Girls | 14 | 200m freestyle relay | 91 | 91 | Boys | 14 | 200m freestyle |
| 40 | 40 | Boys | 14 | 200m freestyle relay | 92 | 92 | Girls | 15 | 200m freestyle |
| 41 | 41 | Girls | 12 | 100m breastroke | 93 | 93 | Boys | 15 | 200m freestyle |
| 42 | 42 | Boys | 12 | 100m breastroke | 94 | 94 | Girls | 16 | 200m freestyle |
| 43 | 43 | Girls | 13 | 100m breastroke | 95 | 95 | Boys | 16 | 200m freestyle |
| 44 | 44 | Boys | 13 | 100m breastroke | 96 | 96 | Girls | 17-19 | 200m freestyle |
| 45 | 45 | Girls | 14 | 100m breastroke | 97 | 97 | Boys | 17-19 | 200m freestyle |
| 46 | 46 | Boys | 14 | 100m breastroke | 98 | 98 | Girls | 12 | 200m freestyle relay |
| 47 | 47 | Girls | 15 | 100m breastroke | 99 | 99 | Boys | 12 | 200m freestyle relay |
| 48 | 48 | Boys | 15 | 100m breastroke |  |  |  |  |  |
| 49 | 49 | Girls | 16 | 100m breastroke |  |  |  |  |  |
| 50 | 50 | Boys | 16 | 100m breastroke |  |  |  |  |  |
| 51 | 51 | Girls | 17+ | 100m breastroke |  |  |  |  |  |
| 52 | 52 | Boys | 17+ | 100m breastroke |  |  |  |  |  |
| 53 | 53 | Girls | all age | relay 300m f/s |  |  |  |  |  |
| 54 | 54 | Boys | all age | relay 300m f/s |  |  |  |  |  |
| 55 | 55 | Mixed | 12-19 | 50m Backstroke MC |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

**CONDITIONS OF ENTRY**

1. Meet is approved by the N.S.W C.H.S Eurobodalla Zone School Sports Committee.

2. Meet will be conducted under the rules of Swimming NSW.

3. Results will be provided to all participating Zone Sports Co-ordinators post event.

4. Events will be conducted as timed finals. Events may be conducted as mixed-gender.

5. Entries close on the last Friday prior to the event.

6. **Individual events**: entries by MM. **Relay events**: entries by MM.

7. The Meet director reserves the right to amend the program and conditions of entry as required.

 8. Swimmers will compete in the age group that they will be turning in the year of competition. (E.g. if you are turning 13 you will compete in the under 13’s)

**The Championships will be conducted in six (6) age groups per sex for Able-** **bodied athletes:**
 **17-19 years, 16 years, 15 years, 14 years, 13 years, 12 years.**
 Open events are open to competitors from any of the age groups.

9. **Individual events:**

**Eligibility:** Swimmers may compete in an event if they have met the qualifying criteria of participation in their annual school swimming carnival (top two swimmers per event).

**Awards:** No awards or medals will be presented at the carnival. The Age Champion medals will be organised and sent to schools once organised.

**Points and Age Champions:** Points will be awarded to swimmers as per The Regional Swimming Meet Manager Shell Structure*.* Age Champions will be decided by points accrued in Age events and any Open events that have not been duplicated in Age events.

Age groups consist of the under 12’s to 17 and over age groups and Open Multi Class, and will be awarded to both male and female winners.

**School Premiership:** Awarded to the Zone School that accumulates the highest number of points from individual and relay events.

10. **Relay events:**

**Eligibility:** Relay competitors must have met the qualifying criteria of participation in their annual school swimming carnival (top four swimmers per relay event.)

**Teams:** Teams must meet the rules in C.H.S By-Law *Relay Events* which permit

(i) a maximum of one swimmer from a younger age group may participate in a team and

(ii) a swimmer may only appear in one relay team list.

**Awards:** Medals will not be presented to First, Second and Third place teams.

**Relay Team Entries:** Must be submitted to the Marshall prior to the commencement of the session in which the relay is to be swum REGARDLESS of whether the school submitted entries by the closing date. For the 200m or over Relay events, there is a ‘no dive’ rule in place for the shallow end changeovers with team members 2 and 4 starting in the water.

11. **Qualification for the South Coast Regional Carnival**: The first three placegetters in each individual event and all relays (except the Central Schools Relay) will progress to the South Coast carnival in Dapto. The top 2 central schools in the Central Schools Relay at the Eurobodalla Zone Carnival will progress directly to the NSW CHS Swimming Championships.

 **MEET PROCEDURE**

**Marshalling Procedures**

All swimmers must report to the marshalling area 10 mins (approx. three events) prior to their race. This ensures their name is recorded and lane given. Once reported, a swimmer is not permitted to leave the marshalling area unless approval is first obtained from the Marshal. All heats shall be deemed to be one event for the purpose of this rule. **For example:** If entered in Event 9, the swimmer must have personally reported to the Marshal **before the start of** the first heat of Event 7.

**Note**: Once swimmers have reported to the Marshal, they must remain in the Marshalling Area until directed to their starting positions by the Check Starter. Failure to remain in the marshalling area may result in the swimmer being withdrawn from that event.

**Coaches or parents are not permitted to be in the Marshalling Area.**

Refer Swimming New South Wales Ltd. Swimming Rule SW10.17.

In the event of there being sufficient withdrawal from the heats of an event, which would enable the number of heats to be reduced, the Marshal and Check starter may at their discretion either amalgamate heats by filling vacant lanes in a heat or heats with those swimmers whose heat has been cancelled or reseed the whole event.

All entrants in meets conducted by the Eurobodalla Zone must abide by, and be subject to all the rules, policies and procedures of the meet as decided from time to time by Swimming New South Wales Ltd.

**Withdrawals**

Swimmers who fail to report to the Marshal by the specified time shall be a withdrawal.

**Multi Class Events (MC)**

All MC events at this meet will be conducted as per Swimming NSW Rules for a swimmer with a disability in competitive swimming.

 **STARTING INSTRUCTIONS**

1. When the swimmers have been placed behind the starting platforms, the Starter will announce the Event and Heat number, e.g. Event 4 Heat 3.

2. On the long whistle from the Referee, the swimmers shall step onto the starting platform and remain there. For Backstroke and Medley Relay events they shall immediately enter the water and a second long whistle shall bring them back to the starting position.

3. On the command **“Take your marks”**, the swimmers will immediately take up their starting positions with at least one foot at the front of the starting platform, or in the case of a Backstroke or Medley Relay event, their starting position in the water and remain stationary.

4. When all swimmers are stationary the Starter shall give the starting signal.

5. Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.

6. Swimmers must finish in the lane in which they start, and will remain in the water in their lanes at the finish of the event. On the signal from the Referee swimmers are to leave the water by the side of the pool.

7. **In an Individual Medley event, the sequence of strokes is Butterfly, Backstroke, Breaststroke, Freestyle. In a Medley Relay event, the sequence of stroke is Backstroke, Breaststroke, Butterfly, Freestyle.**

**NOTE:** If, because of the length of the program, “starting over the top” is used, swimmers from the preceding heat are to move to the side of the lane, against the finishing wall, and remain still. **Where the next race will be backstroke the swimmers are to move down the lane rope towards the backstroke flags and remain still.** When the next heat has started they should leave the pool by the sides as quickly as possible.

**WARM UP/COOL DOWN PROCEDURES**

In the interest of safety, the following procedures must be adhered to at all times.

**COMPETITION POOL**

Warm up: 7:45am – 8:45am

1. All lanes in the Competition pool with the exception of lanes 6 are no diving lanes.

Entry to the lane must be feet first from a sitting position. Swimmers can only push start

and should observe a **KEEP LEFT AT ALL TIMES**.

2. Lanes 1 and 2 are reserved throughout the whole of the warm up period as 50m pace lanes.

3. Lanes 3, 4 and 5 are reserved throughout the warm up period as circle swimming lanes.

4. Lanes 6 at the start end are reserved throughout the whole of the warm up period for 15m and 25m dive sprint and backstroke start sprint walk backs. Swimmers must clear the lane immediately and use caution when doing a backstroke start.

5. Lane 6 at the 50m turning end is reserved throughout the whole of the warm up

period for turn practice. Swimmers must start and finish their turn at the 10m mark.

**Team List**

| **Team** |
| --- |
| BB | Batemans Bay |
| BG | Bega |
| BL | Bombala |
| BR | Braidwood |
| ED | Eden |
| JD | Jindabyne |
| MR | Moruya |
| MN |  Monaro |
| NR | Narooma |

#### **CHAMPIONSHIP RULES**

These will be as stated in the Official Program and section 6.21.4 of the Combined High Schools Handbook. Schools should also note that two relay teams as per rule 6.21.4b(v) are permitted. Schools should also note the following rules: -

 The ONE START RULE will apply for all events.

#### **RELAYS**

School Relay Teams (4x50metres) shall consist of up to six (6) competitors whose names shall be listed and submitted with the Area Team. Any four (4) of the six (6) nominated may compete in either heats or finals.

Central Schools 4x50 Freestyle Relay shall consist of six (6) competitors (including 2 reserves), and MUST comprise two boys and two girls of any age from 12 to 19 years. Competitors MUST be enrolled at the Central School of nomination.

School Relay Teams All Age (6x50metres) shall consist of six (6) competitors, and MUST be one swimmer from each of the six age sections, and can swim in any order. Six (6) reserves, one from each age section, may be listed and submitted with the Regional Team. Only ONE competitor of the two nominated in each age section may compete in either heat or final.

Medley relay

| **Distance** | **Age division** |
| --- | --- |
| 4 x 50 metres | Boys openGirls open |

(e) Freestyle relay

| **Distance** | **Age division** |
| --- | --- |
| 4 x 50 metres | Boys 12, 13, 14, 15, 16, and 17-19 yearsGirls 12, 13, 14, 15, 16, and 17-19 years |
| 6 x 50 metres | Boys all ageGirls all age |
|  12 x 50 metres | Mixed "any age" 6 boys and 6 girls  |
| 4 x 50 metres | Central Schools 2 boys/2 girls 17-19 years |

**Note:**

1. All relays are school based only.
2. 6 x 50 metres boys and girls “All Age” relays are to contain ONE swimmer only from each of the six age groups and can swim in any order.
3. A swimmer may compete in only ONE 4 x 50 metre Freestyle Relay at their own or at a higher age group.

Relay events – Each event below is offered for both Boys and Girls with the exception of those stated as mixed teams. All teams are School Based Teams.

12 x 50m Knockout Freestyle Relay (6 boys and 6 girls, any age, swim in any order, one team per Area)

6x 50m All Age Freestyle Relay (MUST contain 1 swimmer from each age group 12, 13, 14, 15, 16, 17- 19, swim in any order). This event is offered as a separate girls and boys event.

Central schools 4 x 50m freestyle relay shall consist of six (6) competitors (includes 2 reserves) and must comprise two boys and two girls of any age from 12 - 19 years. Competitors must be enrolled at the central school of nomination.

| **Age group/events** | **4 x 50m freestyle relay** | **4 x 50m medley relay** | **6 x 50m freestyle relay** | **12 x 50m freestyle relay** |
| --- | --- | --- | --- | --- |
| 12 years | x |   |   |   |
| 13 years | x |   |   |   |
| 14 years | x |   |   |   |
| 15 years | x |   |   |   |
| 16 years | x |   |   |   |
| 17-19 years | x |   |   |   |
| Open |   | x | One swimmer from each age group | 6 boys and 6 girls of any age |
| Central Schools | 2 boys/2 girls |   |   |   |

New South Wales Combined High Schools 

**SWIMMINING COMPETITION STRUCTURE**

Events - age divisions - strokes - distances for boys & girls
**MC – Multi Class
✔ – represent event is available for both boys and girls in that age group
Individual events – each event below is offered for both boys and girls**

| Age group/Events | 50Free | 100Free | 200Free | 400Free | 800Free | 100Fly | 100Breast | 100Back | 200IM | 400IM |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 12 yrs | ✔ | ✔ | ✔ |  |  | ✔ | ✔ | ✔ |  |  |
| 13 yrs | ✔ | ✔ | ✔ |  |  | ✔ | ✔ | ✔ |  |  |
| 14 yrs | ✔ | ✔ | ✔ |  |  | ✔ | ✔ | ✔ |  |  |
| Junior 12 – 14 yrs |  |  |  | ✔ |  |  |  |  | ✔ | ✔ |
| 15 yrs | ✔ | ✔ |  |  |  | ✔ | ✔ | ✔ |  |  |
| 16 yrs | ✔ | ✔ |  |  |  | ✔ | ✔ | ✔ |  |  |
| Inter 15 – 16 yrs |  |  | ✔ | ✔ |  |  |  |  | ✔ | ✔ |
| 17- 19 yrs | ✔ | ✔ | ✔ | ✔ |  | ✔ | ✔ | ✔ | ✔ | ✔ |
| Open |  |  |  |  | ✔ |  |  |  |  |  |

MC – MULTI-CLASS – TIMED FINALS - Each event below is offered for both Boys and Girls

| **AGE GROUP/****EVENTS** | **50****Free** | **100****Free** | **50****Fly** | **50****Breast** | **50****Back** | **100****Back** | **200****IM** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **12-15 yrs MD** | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ |
| **16- 19 yrs MD** | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ | ✔ |

Relay events – Each event below is offered for both boys and girls with the exception of those stated as mixed teams. All teams are school based teams.

* **12 x 50m Knockout freestyle relay (6 boys and 6 girls, any age, swim in any order, one team per area)**
* **6x 50m All age freestyle relay (MUST contain 1 swimmer from each age group 12, 13, 14, 15, 16, 17- 19, swim in any order) This event is offered as a separate girls and boys event.**
* **Central Schools 4x50 freestyle relay must comprise two boys and two girls of any age from 12 to 19 years. Competitors MUST be enrolled at the central school of nomination.**

| **Age groups/events** | **4x50m freestyle relay** | **4x50m medley relay** | **6x50m****freestyle relay** | **12x50m****freestyle relay** |
| --- | --- | --- | --- | --- |
| 12 yrs | ✔ |  |  |  |
| 13 yrs | ✔ |  |  |  |
| 14 yrs | ✔ |  |  |  |
| 15 yrs | ✔ |  |  |  |
| 16 yrs | ✔ |  |  |  |
| 17- 19 yrs | ✔ |  |  |  |
| Open |  | ✔ | One swimmer from each age group | 6 boys and 6 girls of any age. |
| Central schools | 2 girls and 2 boys aged from 12-19 years |  |  |  |