

Eurobodalla

Zone

Swimming

Carnival

Hosted by Narooma High School

Together We Soar



Narooma Pool: Bluewater Drive Narooma

Thursday 26th February 2026

Warm up: 7.45am

Start: 9.00am

Meet Directors:

Claire Mathie

Dion Cafe

CARNIVAL INFORMATION

1. Pool entry is \$5.40
2. Swimmers MUST be entered via Meet Manager with names, events, birth dates to dion.cafe@det.nsw.edu.au by Friday 13th Feb 2026. 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:** 26/2/26

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 \$5.40 (spectators free)

EUROBODALLA ZONE SWIMMING CARNIVAL PROGRAM

Venue: Narooma Indoor Swimming Pool
Warm-up: 7.45am Start: 9.00am

Date: Thursday 26th of February 2026
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	<i>N/A</i>	<i>N/A</i>	<i>Mixed</i>	<i>Open</i>	<i>Central Schools Relay</i>
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
Individual medley: combined age groups									
					NB One swimmer from each of the six age groups may swim in any order.				
31	31	Girls	12-19	Medley relay 200m					
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 breaststroke	93	93	Boys	15	200m freestyle
42	42	Boys	12	100m breaststroke	94	94	Girls	16	200m freestyle
43	43	Girls	13	100m breaststroke	95	95	Boys	16	200m freestyle
44	44	Boys	13	100m breaststroke	96	96	Girls	17-19	200m freestyle
45	45	Girls	14	100m breaststroke	97	97	Boys	17-19	200m freestyle
46	46	Boys	14	100m breaststroke	98	98	Girls	12	200m freestyle relay
47	47	Girls	15	100m breaststroke	99	99	Boys	12	200m freestyle relay
48	48	Boys	15	100m breaststroke					
49	49	Girls	16	100m breaststroke					
50	50	Boys	16	100m breaststroke					
NB: Please submit times for 400f/s, 400 IM, 800f/s via your Meet Manager "forward athletes" export. Must be verified by NSW swimming or swum in the last 6 months.									

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 open Girls open

(e) Freestyle relay

Distance	Age division
4 x 50 metres	Boys 12, 13, 14, 15, 16, and 17-19 years Girls 12, 13, 14, 15, 16, and 17-19 years
6 x 50 metres	Boys all age Girls 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			



SWIMMING 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	50 Free	100 Free	200 Free	400 Free	800 Free	100 Fly	100 Breast	100 Back	200 IM	400 IM
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			