

# MNE SC DISTANCE MEET



PYMBLE LADIES COLLEGE (AQUATIC CENTRE)

2 JULY 2023



MEET PROGRAM

## **MEET PROCEDURES**

Swimmers must present to the marshalls to marshal for all their events but no later than 45 minutes prior to the start of your event number. All heats in all events will be swum from fastest to slowest, meaning the fastest swimmers will be in the first heat and the slowest swimmers in the last heat etc.

## **MARSHALLING PROCEDURES**

Any swimmer who fails to report to the Clerk of Course or Check Starters at least ten (10) minutes prior to the start of the event in which they are entered shall be deemed to be withdrawn. It is permissible for a swimmer's representative to report to the Clerk of Course on their behalf. Where a swimmer has difficulty in reporting to the Check starters by the required time, it is recommended that their representative report to the Clerk of Course on their behalf prior to the event closing. Once reported, a swimmer is not permitted to leave the Checkstarting area unless approval is first obtained from the Check starter. All heats shall be deemed to be one event for the purpose of this rule.

Coaches or parents are not permitted to be in the Marshalling Area. Refer Swimming New South Wales Ltd. Swimming Rule SW10.16.

In the event of there being sufficient withdrawals from the heats of an event, which would enable the number of heats to be reduced, the Referee 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.

## **MEDICAL ISSUES**

By entering this event, competitors (or legal guardian) are declaring that they are fit to compete. In the event that an entrant experiences a medical issue whilst competing at, or during a SMNE Meet, the entrant will be required to provide a medical clearance from a health care professional before being allowed to resume competition at that Meet. The Technical Manager will have the sole authority to adjudicate on this rule. Please refer to SNSW Rule GR 3.3.

## **CONDITIONS OF ENTRY**

It is a condition of entry to all Swimming Metro North East conducted meets that a parent/guardian timekeeps, officiates, or assists as required to help run the meet.

All entrants in a SMNE Meet shall abide by and be subject to the Swimming New South Wales General Rules, Swimming Rules, Open Water Swimming Rules, By-Laws, Policies, and published procedures in accordance with General Rule GR3.2

## **MULTICLASS SWIMMERS**

Please note that MC swimmers MUST show their Classification Card to the Referee prior to the first session in which they will be competing. This only needs to be done once during the Meet.

This is especially necessary for those athletes competing in able-bodied events where failure to report to the Referee may result in the competitor being disqualified if no exceptions have been reported.

## **STARTING INSTRUCTIONS**

Assisted Self-marshalling will be employed at this meet.

1. When the swimmers have been placed behind the starting platforms, the Announcer 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: "Starting over the top" is used at all SMNE meets. At the Start of each race, 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 PROCEDURES**

Warm up will commence 30 minutes before the advertised commencement of the session. The main competition pool will be cleared 15 minutes prior to the advertised start time of the session. The learn to swim pool will be available for warm up and swim down until the end of the session. Coaches are asked to co-operate in giving every competitor the best opportunity possible to prepare for their events.

Please consult the following Warm up Procedure Information to determine Lane usage throughout the warm up period. Usage may be varied at the discretion of the Meet Director.

## **COMPETITION POOL**

In the interest of swimmers safety, the following general pool procedures for the MAIN COMPETITION POOL must be observed throughout the meet: All lanes in the Main Competition Pool, with the exception of lanes 1 & 8 are NO DIVING lanes, with entry to the lane "feet first, from a sitting position". Swimmers can only push start, and should observe a "keep left" rule at all times.

## **WARM UP POOL**

In the interest of swimmer safety, the following general pool procedures for the WARM UP POOL must be observed throughout the meet:

All lanes in the Learn to Swim Pool are NO DIVING lanes, with entry to the lane "feet first, from a sitting position". Swimmers can only push start, and should observe a "keep left" rule at all times.

## **FIELD OF PLAY**

Swimming Metro North East Ltd recognises that, from time to time, various people have the need to access the "field of play".

Authorised personnel includes but is not limited to:

- Appointed Technical Officials, Team Managers & Volunteers (must have a valid Working with Children Check)
- Swimmers who are entered in events of the swim meet
- Accredited Coaches who are current members of ASCTA
- Parent or Career for Multi-Class Swimmers who has been approved by SMNE Officials (must have a valid Working with Children Check and Access Pass)
- NSW Staff
- SMNE Volunteers
- Security personnel and venue lifeguards

all of whom require physical access to pool deck and the area of competition as part of their function.

The Swimmers' change rooms/toilets are part of the "Field of Play" and are out of bounds for non-swimmers, including parents and coaches. For further clarification, please refer to the Field of Play Access Policy on the Swimming NSW website.

Under current restrictions, physical distancing does not apply on the 'field of play' where the activity is being carried out (i.e. in the pool) but should be observed to the extent possible in all other areas of the 'field of play'. At all other times, physical distancing is required by all those involved with or attending the activity, particularly in the designated seating areas.

The granting, controlling, and monitoring of the physical access to the pool deck and the area of competition is important to the safety of persons authorised.

Coaches must display their current ASCTA membership card at all times on pool deck.

Individuals that require pool access to assist swimmers in the event that their Club coach cannot attend or they do not have a Club coach, may apply to SMNE to be granted pool deck access.

## HEALTH & SAFETY INFORMATION

We ask that you please be aware of the following safety information in relation to the event. All attendees including Swimmers, spectators, technical officials and volunteers are directed to follow all the Health rules as listed in this program and displayed on the SMNE website.

- If you have tested positive for COVID-19 or Flu within the last 5 days or are symptomatic, please do not attend the event. If you are unwell please do not attend the event.
- Please practice proper hygiene whilst present at the event and if you do begin to feel unwell during the day, please leave the venue.
- SMNE encourages competitors to bring any food or drink they require with them and do not share this with others.
- Please bring with you, all of your own equipment that you need to compete and please do not share this with others.
- Adopt good hand hygiene practices at all times

## WARM UP PROCEDURES (DURING WARM UP PERIOD)

### COMPETITION POOL (8.00am–8.30am)

START END							
1	2	3	4	5	6	7	8
Dive Sprints Walk Back	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Dive Sprints Walk Back
	No Diving at all.	No Diving at all.	No Diving at all.	No Diving at all.	No Diving at all.	No Diving at all.	
Walk Back	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Walk Back
1	2	3	4	5	6	7	8
TURN END							

## WARM UP PROCEDURES (DURING COMPETITION PERIOD)

START END							
1	2	3	4	5	6	7	8
Dive Sprints Walk Back	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Circle Only (keep left)	Dive Sprints Walk Back
1	2	3	4	5	6	7	8
TURN END							

# 2023 SMNE SC DISTANCE MEET

2nd July 2023, at PLC Aquatic



## Sun 2 July 2023 8.45am (warm up 8:00am)

Mixed	Ages	Event	QT
1	10/Over	Freestyle 1500m*	20:00.00
2	10/Over	Freestyle 800m*	11:50.00
3	10/Over	Ind Medley 400m	6:50.00
4	9/Over	Freestyle 200m	3:00.00
5	10/Over	Freestyle 400m	5:50.00
6	9/Over	Ind Medley 200m	3:35.00

\*Swimmers will need to provide a person to lap count and a person to Timekeep  
Diving end of Pool will be available for warm up/cool down throughout

### ✓ Entries

Individuals: \$11.00 per event (maximum 3). ENTRIES via SWIM CENTRAL. Includes admission and downloadable program. Age as at 2nd July 2023.

**Entries close 5pm Friday 23 June, 2023.** No late entries accepted under any circumstances. SNSW refund policy applies to SMNE Meets. SAL rules apply for Multi Class (MC) swimmers. MC swimmers to enter on QT or actual times (email [meetdirector@smne.org.au](mailto:meetdirector@smne.org.au))

### ✓ Rules

SNSW approved meet under SNSW Ltd rules  
SAL Safe Sport Framework applies to all meet attendees.  
SNSW Spectator/Parent Behaviour Etiquette applicable.  
Swimmers' entries are limited to Primary Swimmers of SMNE Clubs only. No spectators or parents permitted on pool deck. Swimmers entries are accepted on the basis that a parent/guardian timekeeps, officiates, or assists as requested to help run the meet. Both SC and LC times from approved meets accepted. Clubs will be asked to assist with timekeeping & other duties. All events are timed finals swum fastest to slowest.

### ✓ Pool Admission

Pool entry details will be provided in the Meet program published after the Meet closes.

We ask for your support in our efforts to prevent COVID-19 and be vigilant in your personal hygiene, social distancing and avoid attending our meet if unwell.

### ✓ Conditions of Entry

Only PRIMARY Club members from an SMNE Club are eligible to enter this meet. Swimmers who do not meet the criteria will be removed without refund.  
Swimmers who do not have the relevant QTs can apply to their coach for special entry providing their coach thinks they can make the QT. Meet Director reserves the right to scratch any swimmer they believe has entered incorrectly.

Enquiries | [meetdirector@smne.org.au](mailto:meetdirector@smne.org.au)

**2023 SMNE SC DISTANCE MEET**  
**Held at Pymble Ladies College 2nd July 2023**  
**Timeline**

Day of Meet: 1 Starts at 08:45 AM Heat Interval: 37 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Mixed 10 & Over 1500 Freestyle	3	1	08:45 AM	_____
Finals	2 Mixed 10 & Over 800 Freestyle	17	3	09:04 AM	_____
Finals	3 Mixed 10 & Over 400 Ind Medley	15	2	09:36 AM	_____
Finals	4 Mixed 9 & Over 200 Freestyle	85	11	09:49 AM	_____
	Break: 20 Minutes:				
Finals	5 Mixed 10 & Over 400 Freestyle	52	7	10:44 AM	_____
Finals	6 Mixed 9 & Over 200 Ind Medley	91	12	11:25 AM	_____
	Swimmers Counts for Warm-ups: 169	=====	=====		
	Entry / Heat Totals:	263	36		
	Finish Time			12:08 PM	_____

# 2023 SMNE SC DISTANCE MEET

Held at Pymble Ladies College 2nd July 2023 Meet  
Program

## Event 1 Mixed 10 & Over 1500 SC Metre Freestyle

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
3 Bestic, William	M14	Shore	NT
4 Higgs, Luke	M15	Warringah	16:14.82
5 Beuzeville, Macy	W15	Warringah	17:29.71

## Event 2 Mixed 10 & Over 800 SC Metre Freestyle

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 3 Finals</b>			
2 Zhou, Dylan	M14	Knox Pymble	9:09.83
3 Jeffrey, Will	M15	Warringah	8:56.48
4 Kerr, Joshua	M17	Manly	8:25.24
5 Woods, Phoenix	M14	Narrabeen	8:55.67
6 Lehane, Liam	M16	Warringah	8:59.13
7 Farrington, Kai	M15	Manly	9:26.44

### Heat 2 of 3 Finals

2 Corr, Olivia	W14	Warringah	9:54.42
3 Cummins, Jack	M17	Knox Pymble	9:29.04
4 Shrivell, Thomas	M13	Manly	9:43.19
5 Stewart, Jack	M14	Warringah	9:48.93
6 Barbour, Charli	W14	Manly	9:29.32
7 Lehane, Fionn	M14	Warringah	10:15.53

### Heat 3 of 3 Finals

2 Ayer, Harrison	M11	Wenona	NT
3 Fitzsimmons, Callum	M13	Narrabeen	10:38.35
4 Cuthbert, Elisha	W15	Warringah	10:15.95
5 Vale, Indianna	W13	Narrabeen	10:30.61
6 Bourne, Jude	M13	Lane Cove	11:04.43

## Event 3 Mixed 10 & Over 400 SC Metre Ind Medley

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
2 Haegebaert, Ethan	M13	Knox Pymble	4:57.35
3 Johnson, Tyler	M18	Warringah	4:35.31
4 Gorgas, Gabriel	M21	Knox Pymble	4:13.57
5 Higgs, Samuel	M16	Warringah	4:25.41
6 Dunn, Lukas	M14	Knox Pymble	4:47.31
7 Mitchell, Jack	M15	Knox Pymble	5:06.89
8 De Souza, Caitlin	W15	Manly	5:18.76

### Heat 2 of 2 Finals

1 Moore, Max	M13	Knox Pymble	NT
2 Hardie, Ella	W15	Manly	5:49.06
3 Becker, Daniel	M15	Shore	5:29.91
4 Cho, Ethan	M13	Knox Pymble	5:20.36
5 Woolnough, Tobias	M13	Warringah	5:28.06
6 Cook, Charlie	M15	Warringah	5:35.57
7 Luke, Rani	M14	Lane Cove	5:54.53
8 Young, Matilda	W12	Warringah	NT

## Event 4 Mixed 9 & Over 200 SC Metre Freestyle

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 11 Finals</b>			
1 Bruce, Aidan	M14	Knox Pymble	2:01.50
2 Pattman, Rory	M17	Knox Pymble	2:00.34
3 Cummins, Jack	M17	Knox Pymble	1:56.37
4 Upton, Tyson	M20	Knox Pymble	1:48.61
5 Lilienthal, Kai	M17	Knox Pymble	1:55.71
6 Smith, Ashton	M21	Knox Pymble	1:59.45
7 Kim, Joseph	M15	Knox Pymble	2:00.88
8 Waugh, Tristen	M15	Knox Pymble	2:02.68

### Heat 2 of 11 Finals

1 Primdal, Marcus	M14	Abbotsleigh	2:11.46
2 Pollitt, Jack	M16	Shore	2:09.74
3 Fenech, Jordan	M15	Knox Pymble	2:06.57
4 Farrington, Kai	M15	Manly	2:04.10
5 Screen, Cooper	M14	Warringah	2:04.12
6 Thomson, Kai	M16	Manly	2:07.93
7 Guo, Zhiming	M14	Ravenswood	2:10.56
8 Stockley, Jack	M15	Narrabeen	2:11.61

### Heat 3 of 11 Finals

1 Bazouni, Leonardo	M13	Ravenswood	2:18.56
2 Sa'aga, Salani	W15	Knox Pymble	2:15.35
3 Christou, Nicholas	M15	Narrabeen	2:13.41
4 Bestic, James	M15	Shore	2:11.64
5 Clancy, Ryan	M14	Lane Cove	2:13.25
6 Philp, Alex	M16	Manly	2:14.31
7 Liu, Oliver	M13	Abbotsleigh	2:17.84
8 De Souza, Caitlin	W15	Manly	2:18.88

### Heat 4 of 11 Finals

1 Ruff, Anthony	M13	Warringah	2:22.61
2 Chow, Annalise	W13	Knox Pymble	2:20.63
3 Smith, Keira	W15	Knox Pymble	2:20.05
4 Deere, Jacob	M11	Knox Pymble	2:19.67
5 McCullough, Pippa	W14	Warringah	2:19.72
6 Carmichael, Hannah	W15	Knox Pymble	2:20.11
7 Doake, Arie	M15	Knox Pymble	2:21.51
8 Symonds, Emily	W15	Narrabeen	2:22.92

### Heat 5 of 11 Finals

1 Paradine, Benji	M12	Manly	2:28.84
2 Holm, Willow	W12	Ravenswood	2:27.26
3 Trang, Rhiannon	W15	Lane Cove	2:27.08
4 Sainsbury, Naomi	W16	Knox Pymble	2:24.07
5 Anthony, Syesha	W14	Abbotsleigh	2:24.69
6 Marinas, Piper	W15	Abbotsleigh	2:27.14
7 Gilbert, Byron	M12	Narrabeen	2:27.87
8 Hardie, Ella	W15	Manly	2:29.71



**Heat 6 Finals (#4 Mixed 9 & Over 200 SC Metre Freestyle)**

1	Perry, Jacinta	W13	Manly	2:33.25	_____
2	Sandham, Zara	W12	Knox Pymble	2:32.57	_____
3	Aldons, Jessica	W14	Lane Cove	2:30.81	_____
4	Jackson, Audrey	W15	Abbotsleigh	2:29.85	_____
5	Senden-White, Emman	W12	Lane Cove	2:30.31	_____
6	Patterson-Roberts, Cam	M14	Warringah	2:31.20	_____
7	Hawkins, Kate	W12	Lane Cove	2:32.80	_____
8	Ng, Emma	W12	Knox Pymble	2:33.87	_____

**Heat 7 of 11 Finals**

1	Lin, Emily	W13	Abbotsleigh	2:38.15	_____
2	Sainsbury, Jessica	W13	Knox Pymble	2:36.84	_____
3	Dunn, Adam	M11	Knox Pymble	2:36.32	_____
4	Chen, Tinglan	W13	Abbotsleigh	2:34.84	_____
5	Ludgate, Hayley	W14	Manly	2:35.78	_____
6	Kim, Ria	W12	Abbotsleigh	2:36.64	_____
7	Cho, Leena	W10	Knox Pymble	2:38.09	_____
8	Reid, Harrison	M14	Lane Cove	2:39.65	_____

**Heat 8 of 11 Finals**

1	Pagano, Joel	M11	Abbotsleigh	2:45.64	_____
2	Watt, Cooper	M13	Narrabeen	2:43.41	_____
3	Eibach, Carla Mikkeline	W11	Knox Pymble	2:42.32	_____
4	Wyke, Rebecca	W12	Mosman	2:40.24	_____
5	Hendriks, Kieran	M12	Narrabeen	2:42.17	_____
6	Chung, Alicia	W11	Abbotsleigh	2:42.74	_____
7	Hallock, Grace	W11	Ravenswood	2:44.66	_____
8	Walters, Finn	M11	Narrabeen	2:46.36	_____

**Heat 9 of 11 Finals**

1	Fisher, Claire	W11	Ravenswood	2:51.30	_____
2	Gilbert, Poppy	W10	Narrabeen	2:48.89	_____
3	Shires, Chloe	W11	Knox Pymble	2:47.04	_____
4	Bao, Emma	W12	Abbotsleigh	2:46.86	_____
5	Sunderland, Poppy	W11	Knox Pymble	2:46.93	_____
6	Waugh, Ryan	M12	Knox Pymble	2:48.74	_____
7	Chen, Zachary	M11	Knox Pymble	2:50.14	_____
8	Butler, Bailey	W12	Abbotsleigh	2:51.52	_____

**Heat 10 of 11 Finals**

1	Avery, April	W12	Abbotsleigh	2:53.69	_____
2	Liu, Alice Liti	W10	Abbotsleigh	2:52.86	_____
3	Pickthall, Gwen	W12	Knox Pymble	2:51.77	_____
4	Dunk, Jack	M12	Lane Cove	2:51.60	_____
5	Swann, Amelie	W13	Narrabeen	2:51.76	_____
6	Boulwood-Ho, Chiara	W13	Ravenswood	2:52.05	_____
7	Durbidge, Zoe	W11	Abbotsleigh	2:53.26	_____
8	Dearden, Oscar	M10	Knox Pymble	2:53.90	_____

**Heat 11 of 11 Finals**

2	Fenton, Oriana	W11	Knox Pymble	NT	_____
3	Potega, Daniel	M15	Manly	NT	_____
4	Tan, William	M13	Lane Cove	2:58.26	_____
5	Zhang, Yuqi	W11	Abbotsleigh	2:59.31	_____
6	Lynas, Benji	M12	Knox Pymble	NT	_____

**Event 5 Mixed 10 & Over 400 SC Metre Freestyle**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 7 Finals**

1	Pattman, Rory	M17	Knox Pymble	4:19.21	_____
2	Lilienthal, Kai	M17	Knox Pymble	4:06.29	_____
3	Zhou, Dylan	M14	Knox Pymble	4:02.53	_____
4	Ivory, Joel	M24	Knox Pymble	3:51.83	_____
5	Liney, Euan	M19	Knox Pymble	4:01.86	_____
6	Lennon, Remy	M17	Warringah	4:02.65	_____
7	Cummins, Jack	M17	Knox Pymble	4:11.50	_____
8	Lehane, Liam	M16	Warringah	4:23.24	_____

**Heat 2 of 7 Finals**

1	Fenech, Jordan	M15	Knox Pymble	4:40.74	_____
2	Kasprowicz, Zara	W15	Warringah	4:34.09	_____
3	Law, Justin	M14	Manly	4:27.45	_____
4	Kim, Joseph	M15	Knox Pymble	4:26.85	_____
5	Waugh, Tristen	M15	Knox Pymble	4:27.05	_____
6	Lilienthal, Jaya	W15	Knox Pymble	4:31.76	_____
7	Haegebaert, Ethan	M13	Knox Pymble	4:34.19	_____
8	Hewish, Antoinette	W16	Manly	4:40.88	_____

**Heat 3 of 7 Finals**

1	Stewart, Jack	M14	Warringah	4:51.41	_____
2	Wall, Oliver	M13	Knox Pymble	4:47.63	_____
3	Guo, Zhiming	M14	Ravenswood	4:47.08	_____
4	Cox, Arabella	W16	Knox Pymble	4:41.37	_____
5	Shrivell, Thomas	M13	Manly	4:43.19	_____
6	Cho, Ethan	M13	Knox Pymble	4:47.11	_____
7	Hegarty, Hudson	M13	Narrabeen	4:48.93	_____
8	Ng, Chloe	W14	Warringah	4:51.87	_____

**Heat 4 of 7 Finals**

1	Sainsbury, Naomi	W16	Knox Pymble	5:11.07	_____
2	Doake, Arie	M15	Knox Pymble	5:02.95	_____
3	Pollitt, Harry	M14	Shore	4:58.28	_____
4	Sa'aga, Salani	W15	Knox Pymble	4:52.40	_____
5	Young, Molly	W10	Narrabeen	4:57.76	_____
6	Clancy, Ryan	M14	Lane Cove	5:02.41	_____
7	Keegan Ward, Rory	M13	Knox Pymble	5:03.21	_____
8	Symonds, Emily	W15	Narrabeen	5:11.52	_____

**Heat 5 of 7 Finals**

1	Perry, Jacinta	W13	Manly	5:23.01	_____
2	Fisher, Oliver	M13	Ravenswood	5:19.96	_____
3	Dudley, Kai	M13	Warringah	5:14.90	_____
4	McCullough, Pippa	W14	Warringah	5:11.76	_____
5	Holm, Willow	W12	Ravenswood	5:14.13	_____
6	Pickthall, Ruby	W14	Knox Pymble	5:15.74	_____
7	Aldons, Jessica	W14	Lane Cove	5:22.33	_____
8	Trang, Rhiannon	W15	Lane Cove	5:23.21	_____

**Heat 6 Finals (#5 Mixed 10 & Over 400 SC Metre Freestyle)**

1	Jan, Kester	M13	Warringah	NT	___
2	Boss, Natasha	W14	Narrabeen	NT	___
3	Huh, Joshua	M13	Knox Pymble	5:38.36	___
4	Ruff, Emily	W13	Warringah	5:27.70	___
5	Kim, Philip	M12	Knox Pymble	5:28.50	___
6	Grebenshikoff, Nicholas	M15	Manly	NT	___
7	Bruce, Aidan	M14	Knox Pymble	NT	___
8	Walters, Max	M13	Narrabeen	NT	___

**Heat 7 of 7 Finals**

3	Woods, Emma	W11	Mosman	NT	___
4	Jones, Emily	W12	Warringah	NT	___
5	Mimmo, Tabi	W12	Warringah	NT	___
6	Deere, Jacob	M11	Knox Pymble	NT	___

**Event 6 Mixed 9 & Over 200 SC Metre Ind Medley****Lane Name      Age      Team      Seed Time****Heat 1 of 12 Finals**

1	Stockley, Jack	M15	Narrabeen	2:18.57	___
2	Hendry, Jack	M16	Warringah	2:13.81	___
3	Dunn, Lukas	M14	Knox Pymble	2:09.81	___
4	Upton, Tyson	M20	Knox Pymble	2:08.54	___
5	Lilienthal, Kai	M17	Knox Pymble	2:09.65	___
6	Johnson, Tyler	M18	Warringah	2:11.83	___
7	Li, Timothy	M19	Knox Pymble	2:17.03	___
8	Cook, Charlie	M15	Warringah	2:18.76	___

**Heat 2 of 12 Finals**

1	Potega, Daniel	M15	Manly	2:28.30	___
2	Thomson, Kai	M16	Manly	2:24.92	___
3	Lilienthal, Jaya	W15	Knox Pymble	2:21.50	___
4	Bruce, Aidan	M14	Knox Pymble	2:18.87	___
5	Waugh, Tristen	M15	Knox Pymble	2:19.04	___
6	Moore, Max	M13	Knox Pymble	2:22.86	___
7	Gregory-Reid, Piper	W16	Knox Pymble	2:26.66	___
8	Tian, Sarah	W15	Knox Pymble	2:28.85	___

**Heat 3 of 12 Finals**

1	Woolnough, Tobias	M13	Warringah	2:33.73	___
2	Baker, Joshua	M39	Lane Cove	2:33.58	___
3	Tian, Kevin	M13	Knox Pymble	2:31.07	___
4	Wall, Oliver	M13	Knox Pymble	2:29.56	___
5	Becker, Daniel	M15	Shore	2:30.35	___
6	Philp, Alex	M16	Manly	2:32.48	___
7	Pattman, Rory	M17	Knox Pymble	2:33.63	___
8	Deere, Jacob	M11	Knox Pymble	2:34.76	___

**Heat 4 of 12 Finals**

1	Gaudry, Chloe	W13	Manly	2:36.26	___
2	Symonds, Emily	W15	Narrabeen	2:35.44	___
3	Christou, Nicholas	M15	Narrabeen	2:35.31	___
4	Liu, Oliver	M13	Abbotsleigh	2:35.02	___
5	Luke, Rani	M14	Lane Cove	2:35.14	___
6	Keegan Ward, Rory	M13	Knox Pymble	2:35.34	___
7	Smith, Keira	W15	Knox Pymble	2:35.77	___
8	Wu, Racquel Dai-ying	W14	Warringah	2:36.80	___

**Heat 5 of 12 Finals**

1	Kim, Philip	M12	Knox Pymble	2:44.76	___
2	Erickson, Liam	M12	Knox Pymble	2:43.72	___
3	Donald, Marta	W16	Warringah	2:40.32	___
4	Carmichael, Hannah	W15	Knox Pymble	2:39.14	___
5	Bazouni, Leonardo	M13	Ravenswood	2:39.64	___
6	Lynas, Benji	M12	Knox Pymble	2:41.86	___
7	Ng, Emma	W12	Knox Pymble	2:44.75	___
8	Walton, Alex	M25	Ku-ring-gai	2:45.20	___

**Heat 6 of 12 Finals**

1	Fisher, Oliver	M13	Ravenswood	2:51.06	___
2	Liu, Ethan	M11	Knox Pymble	2:50.46	___
3	Swann, Amelie	W13	Narrabeen	2:49.18	___
4	McCullough, Pippa	W14	Warringah	2:46.87	___
5	Dunn, Adam	M11	Knox Pymble	2:47.54	___
6	Reid, Harrison	M14	Lane Cove	2:49.39	___
7	Chen, Tinglan	W13	Abbotsleigh	2:50.69	___
8	Hawkins, Kate	W12	Lane Cove	2:51.58	___

**Heat 7 of 12 Finals**

1	Heo, Claire Yuna	W12	Knox Pymble	2:58.53	___
2	Hargraves, Penelope	W11	Knox Pymble	2:57.13	___
3	Perry, Jacinta	W13	Manly	2:54.33	___
4	Ludgate, Hayley	W14	Manly	2:52.02	___
5	Gilbert, Byron	M12	Narrabeen	2:52.59	___
6	Aldons, Jessica	W14	Lane Cove	2:56.85	___
7	Darbin, Chase	M13	Terrey Hills	2:57.23	___
8	Cho, Leena	W10	Knox Pymble	2:59.00	___

**Heat 8 of 12 Finals**

1	Yung, Rachael	W12	Knox P mble	3:01.42	___
2	Fenton, Oriana	W11	Knox P mble	3:01.10	___
3	Huh, Joshua	M13	Knox P mble	3:00.60	___
4	Chung, Alicia	W11	Abbotsleigh	2:59.13	___
5	Pagano, Joel	M11	Abbotsleigh	2:59.28	___
6	Hallock, Grace	W11	Ravenswood	3:01.08	___
7	Sadler, Charlotte	W11	Knox Pymble	3:01.16	___
8	Bao, Emma	W12	Abbotsleigh	3:02.38	___

**Heat 9 of 12 Finals**

1	Gaudry, Millie	W10	Warringah	3:07.51	___
2	Lin, Emily	W13	Abbotsleigh	3:06.55	___
3	Patterson-Roberts, Cam	M14	Warringah	3:06.03	___
4	Rajeev, Maran	M12	Knox Pymble	3:02.66	___
5	Chen, Zachary	M11	Knox Pymble	3:05.46	___
6	Kim, Ria	W12	Abbotsleigh	3:06.29	___
7	Baker, Evelyn	W12	Lane Cove	3:07.40	___
8	Durbidge, Zoe	W11	Abbotsleigh	3:08.54	___

**Heat 10 of 12 Finals**

1	Ward, Emma	W12	Lane Cove	3:15.35	___
2	Philpot, Abby	W12	Abbotsleigh	3:12.52	___
3	Sunderland, Poppy	W11	Knox Pymble	3:10.93	___
4	Pickthall, Gwen	W12	Knox Pymble	3:09.65	___
5	Dearden, Oscar	M10	Knox Pymble	3:10.74	___
6	Sandham, Zara	W12	Knox Pymble	3:11.14	___
7	Lynas, Beau	M10	Knox Pymble	3:13.32	___
8	Deere, Emma	W10	Knox Pymble	3:15.47	___

**Heat 11 Finals (#6 Mixed 9 & Over 200 SC Metre Ind Medley)**

1	Green, Cameron	M11	Abbotsleigh	3:29.61	___
2	Shires, Chloe	W11	Knox Pymble	3:28.11	___
3	Zhang, Yuqi	W11	Abbotsleigh	3:24.71	___
4	Walters, Finn	M11	Narrabeen	3:16.69	___
5	Waugh, Ryan	M12	Knox Pymble	3:20.60	___
6	Eibach, Carla Mikkeline	W11	Knox Pymble	3:26.56	___
7	Fisher, Claire	W11	Ravenswood	3:28.31	___
8	Liu, Alice Liti	W10	Abbotsleigh	3:32.15	___

**Heat 12 of 12 Finals**

3	Gilbert, Poppy	W10	Narrabeen	NT	___
4	Sneary, Amelia	W11	Manly	3:32.96	___
5	Boulwood-Ho, Chiara	W13	Ravenswood	3:34.92	___