

SMNE LC DISTANCE MEET



PYMBLE LADIES COLLEGE AQUATIC CENTRE
19 NOVEMBER 2023



MEET PROGRAM

MEET PROCEDURES

Check your name against event/s in the Program. If incorrect immediately see the Help Desk (Marshalls). 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to the Check Starters at least five (5) minutes prior to the event in which they are entered shall be deemed to be withdrawn.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.

COMPETITION RIBBONS

No ribbons or medals will be given.

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

I authorise SMNE to use and disclose to related and relevant bodies any of my personal information including publication of photographs in official programs, newsletters, on social media, websites and newspapers. **If you do not agree to this please send your written request for exemption to the Secretary, Swimming Metro North East via email (secretary@smne.org.au).**

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 60 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.

SOUTHERN END

Lanes 1 & 8 (southern end) are reserved throughout the whole of the warm up period for dive sprints and walk backs. Swimmers must clear the lane immediately, and must use caution when doing a Backstroke start. The usage of Lanes 1 & 8 will change. Up until 15 minutes before the end of Warm Up they are reserved as circle swimming lanes. For the last 15 minutes they are reserved for dive sprints and walk backs and turn practice as per the Lane 1 & 8 instructions. Lanes 2 and 7 are reserved throughout the whole of the warm up period as Race Pace Lanes. Lanes 3 to 6 are designated for the duration of the meet as circle swimming lanes.

NORTHERN END

Lanes 1 & 8 (northern end) are reserved throughout the whole of the warm up period for Turns Only. The usage of Lanes 2 & 7 are designated as Race Pace Lanes and Lanes 3 to 6 as Circle Only for the duration of the meet.

LEARN TO SWIM POOL

In the interest of swimmer safety, the following general pool procedures for the LEARN TO SWIM 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.

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 rules as listed in this program and displayed on the SMNE website.

- If you or any member of your household are feeling unwell or have any symptoms of Flu or COVID-19, please do not attend the event.
- If you or any member of your household have tested positive for Flu or COVID-19, 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.
- There will be no food available for sale, therefore, SMNE encourages spectators & 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

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)
- SNSW 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.

2023 SMNE LC DISTANCE MEET

19th Nov 2023, at Pymble Ladies College



Sun 19 Nov 2023 8.45am (warm up 8:00am)

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

*Swimmers will need to provide a person to lap count and a person to Timekeep
Main competition Pool will be available for warm up/cool down until
8:30am and then Learn to Swim Pool thereafter

✓ Entries

Individuals: \$13.50 per event (maximum 3). ENTRIES via SWIM CENTRAL. Includes SNSW Meet Levy, admission and downloadable program. Age as at 19th November 2023. **Entries close 5pm Thursday 9 November, 2023.** No late entries accepted under any circumstances. SMNE 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)

✓ 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.

✓ Rules

SNSW approved meet under SNSW Ltd rules SwimAus Safe Sport Framework & National Integrity 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 timekeepers, 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.

✓ Important Information

Admission and parking at the pool is free.
All SMNE Meets follow the SMNE Refund Policy. Refund requests must be submitted via email with a medical certificate to the Meet Director within 24 hours of the last day of the meet (ie by 5pm 20th November).

Enquiries | meetdirector@smne.org.au

2023 SMNE LC DISTANCE MEET
Held at PLC 19th November 2023
Session Report

Session: 1 ALL EVENTS

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 10 & Over 1500 Freestyle	3	1	08:45 AM	_____
Finals	2 Mixed 10 & Over 800 Freestyle	20	3	09:02 AM	_____
Finals	3 Mixed 10 & Over 400 Ind Medley	13	2	09:35 AM	_____
	Break: 25 Minutes:				
Finals	4 Mixed 9 & Over 200 Freestyle	65	9	10:12 AM	_____
Finals	5 Mixed 10 & Over 400 Freestyle	37	5	10:40 AM	_____
Finals	6 Mixed 9 & Over 200 Ind Medley	64	8	11:09 AM	_____
	Swimmers Counts for Warm-ups: 143	=====	=====		
	Entry / Heat Totals:	202	28		
	Finish Time			11:38 AM	_____

KNOW YOUR EVENT #, HEAT & LANE!

Please note: due to the length of each event, it is very possible we will reseed events which will make the timeline shorter and each event may start early. It is highly recommended you arrive no later than 1 hour prior to your event **or earlier** in case we run 20 minutes ahead of schedule.



Scan QR code to scratch

There will be a Jolyn sale pop-up gazebo set up just outside the pool as well as a JVIA Nutritionist available for free consultations

KNOW YOUR EVENT #, HEAT & LANE!

Event 1 Mixed 10 & Over 1500 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1				---
2				---
3	Woods, Phoenix	M15	Manly	NT
4	Liney, Euan	M19	Knox Pymble	15:55.45
5				---
6	Lehane, Fionn	M14	Warringah	NT
7				---
8				---

Event 2 Mixed 10 & Over 800 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1	Farrington, Kai	M16	Manly	9:26.44
2	Cheng, Jonathan	M14	Lane Cove	9:18.85
3	Zhou, Dylan	M14	Knox Pymble	9:01.86
4	Higgs, Luke	M15	Warringah	8:26.53
5	Jeffrey, Will	M16	Warringah	8:56.48
6	Kelly, Oliver	M14	Shore	9:11.45
7	McLaren, Noah	M14	Warringah	9:26.39
8				---

Heat 2 of 3 Finals

1	Ayer, Harrison	M12	Wenona	10:01.48
2	Black, Harry	M14	Lane Cove	9:52.40
3	Law, Justin	M15	Manly	9:31.91
4				---
5	Jubb, Jeremy	M16	Knox Pymble	9:29.50
6	Bestic, William	M14	Shore	9:40.09
7	Corr, Olivia	W14	Warringah	9:54.42
8				---

Heat 3 of 3 Finals

1	Mimmo, Tabi	W12	Warringah	NT
2	Young, Matilda	W13	Warringah	NT
3	Pickthall, Ruby	W15	Knox Pymble	10:42.51
4	Doake, Arie	M16	Knox Pymble	10:37.19
5	Fitzsimmons, Callum	M13	Narrabeen	10:38.35
6	Cole, Mathieu	M13	Knox Pymble	11:07.22
7	Grebenshikoff, Nicholas	M15	Manly	NT
8				---

Event 3 Mixed 10 & Over 400 LC Metre Ind Medley

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1	Chen, Luke	M13	Narrabeen	4:59.89
2	Bruce, Aidan	M14	Knox Pymble	4:45.76
3	Dunn, Lukas	M14	Knox Pymble	4:38.13
4	Higgs, Samuel	M17	Warringah	4:25.41
5	Marston, Shawn	M19	Lane Cove	4:27.55
6	Johnson, Tyler	M18	Warringah	4:44.40
7	Moore, Max	M13	Knox Pymble	4:59.11
8				---

Heat 2 of 2 Finals

1				---
2	Cook, Charlie	M15	Warringah	5:35.57
3	De Souza, Caitlin	W15	Manly	5:25.34
4	Goodchild, Jensen	M17	Abbotsleigh	5:04.55
5	Cho, Ethan	M13	Knox Pymble	5:07.21
6	Ng, Chloe	W15	Warringah	5:30.51
7	Walters, Max	M13	Narrabeen	5:46.19
8				---

Event 4 Mixed 9 & Over 200 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Finals

1	Mitchell, Jack	M15	Knox Pymble	2:04.84
2	Kim, Joseph	M15	Knox Pymble	2:03.53
3	Bethell, Finn	M17	Warringah	1:59.17
4				---
5	Lilienthal, Kai	M18	Knox Pymble	1:55.71
6	Waugh, Tristen	M15	Knox Pymble	2:02.53
7	Pattman, Rory	M17	Knox Pymble	2:04.39
8	Screen, Cooper	M14	Warringah	2:05.93

Heat 2 of 9 Finals

1	Pickthall, Ruby	W15	Knox Pymble	2:16.45
2	Gillett, Lukas	M14	Knox Pymble	2:13.84
3	Barlow, Lily	W16	Knox Pymble	2:11.81
4				---
5	Lawrence, Daniel	M16	Ravenswood	2:08.04
6	Bestic, William	M14	Shore	2:11.85
7				---
8	Tian, Sarah	W15	Knox Pymble	2:17.22

Heat 3 of 9 Finals

1	Chia, Megan	W12	Knox Pymble	2:21.00
2	Sainsbury, Naomi	W17	Knox Pymble	2:18.74
3	Tian, Kevin	M13	Knox Pymble	2:18.21
4	Lawry, Archie	M13	Shore	2:17.40
5				---
6	Gaudry, Chloe	W13	Wenona	2:18.44
7	Goulston, Stella	W14	Knox Pymble	2:19.01
8	Durkin, Zara	W15	Manly	2:21.86

Heat 4 of 9 Finals

1	Senden-White, Emmant	W13	Lane Cove	2:27.50
2	Clark, Beatrix	W14	Warringah	2:25.59
3	Tan, Solomon	M15	Knox Pymble	2:23.99
4	Lawrence, Cameron	M14	Ravenswood	2:22.56
5	Hill, Lulu	W13	Warringah	2:23.65
6	Fisher, Oliver	M13	Ravenswood	2:24.26
7	Smith, Keira	W16	Knox Pymble	2:26.42
8	Mitchell, Hugh	M13	Knox Pymble	2:29.06

KNOW YOUR EVENT #, HEAT & LANE!

Heat 5 Finals (#4 Mixed 9 & Over 200 LC Metre Freestyle)

1	Paradine, Benji	M12	Manly	2:33.01	_____
2	Maguire, Ciara	W12	Warringah	2:31.47	_____
3	Cai, Aaron	M13	Knox Pymble	2:30.35	_____
4	Martin, Thomas	M14	Ravenswood	2:29.12	_____
5	Zhang, Ao Ran	M12	Knox Pymble	2:29.61	_____
6	Dunn, Adam	M12	Knox Pymble	2:31.01	_____
7	Wang, Aaron	M12	Seahorses	2:32.76	_____
8	Bourne, Jude	M13	Lane Cove	2:33.56	_____

Heat 6 of 9 Finals

1	Jones, Imogen	W13	Knox Pymble	2:40.15	_____
2	Huh, Joshua	M13	Knox Pymble	2:39.55	_____
3	Sainsbury, Jessica	W13	Knox Pymble	2:36.84	_____
4	Cho, Leena	W10	Knox Pymble	2:35.78	_____
5	Horii, Hana	W11	Warringah	2:36.24	_____
6	Farrington, Zara	W14	Manly	2:39.29	_____
7	Liu, Ethan	M12	Knox Pymble	2:39.97	_____
8	Waugh, Ryan	M12	Knox Pymble	2:42.12	_____

Heat 7 of 9 Finals

1	Yu, Chenxuan	W11	Knox Pymble	2:47.98	_____
2	Pickthall, Gwen	W12	Knox Pymble	2:45.86	_____
3	Fisher, Claire	W11	Ravenswood	2:44.07	_____
4	Patterson-Roberts, Cam	M14	Warringah	2:42.72	_____
5	Liu, Anne	W12	Knox Pymble	2:43.25	_____
6					_____
7	Liu, Henry	M11	Knox Pymble	2:46.63	_____
8	Walters, Finn	M11	Narrabeen	2:48.17	_____

Heat 8 of 9 Finals

1	Linssen, Rebecca	W13	Lane Cove	2:51.91	_____
2	Li, Sophia	W11	Ravenswood	2:50.81	_____
3	Jones, Emily	W12	Warringah	2:49.26	_____
4	Chen, Zachary	M11	Knox Pymble	2:48.65	_____
5	Collins, Oliver	M12	Knox Pymble	2:48.84	_____
6	Wu, Sophia	W10	Knox Pymble	2:50.44	_____
7					_____
8	Strahorn, Zoe	W12	Wenona	2:53.60	_____

Heat 9 of 9 Finals

1	Oxenford, Noah	M12	Knox Pymble	NT	_____
2	Sunderland, Poppy	W12	Knox Pymble	2:58.78	_____
3	Gleeson, Carys	W12	Seahorses	2:57.68	_____
4	Eibach, Kuno	M10	Knox Pymble	2:56.79	_____
5	Williams, Emma	W12	Knox Pymble	2:56.98	_____
6	Nelson, Jack	M11	Shore	2:58.02	_____
7	Cole, Zoe	W11	Knox Pymble	2:59.18	_____
8					_____

Event 5 Mixed 10 & Over 400 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 5 Finals

1					_____
2	Jubb, Jeremy	M16	Knox Pymble	4:30.02	_____
3	Bruce, Aidan	M14	Knox Pymble	4:15.79	_____
4	Higgs, Luke	M15	Warringah	4:06.17	_____
5	Bujak-Upton, Koby	M17	Knox Pymble	4:10.71	_____
6	Kelly, Oliver	M14	Shore	4:21.60	_____
7	Pattman, Rory	M17	Knox Pymble	4:30.13	_____
8	Budd, Declan	M15	Knox Pymble	4:32.62	_____

Heat 2 of 5 Finals

1	Cho, Ethan	M13	Knox Pymble	4:45.10	_____
2	Wall, Oliver	M13	Knox Pymble	4:40.05	_____
3	Barlow, Lily	W16	Knox Pymble	4:37.87	_____
4	Vale, Indianna	W14	Knox Pymble	4:36.35	_____
5	Jagger, Jonty	M14	Shore	4:37.69	_____
6	Schindler, Hugo	M15	Lane Cove	4:38.43	_____
7	Lilienthal, Jaya	W15	Knox Pymble	4:44.31	_____
8	Boss, Natasha	W14	Narrabeen	4:45.34	_____

Heat 3 of 5 Finals

1	Rigby, Daniel	M16	Knox Pymble	5:07.00	_____
2	Burton, Josie	W19	Lane Cove	5:00.78	_____
3	Thompson, Hudson	M15	Warringah	4:51.41	_____
4	Ng, Chloe	W15	Warringah	4:49.44	_____
5	Hewish, Antoinette	W17	Manly	4:49.81	_____
6					_____
7					_____
8	Young, Molly	W11	Narrabeen	5:10.93	_____

Heat 4 of 5 Finals

1	Reid, Harrison	M14	Lane Cove	5:21.69	_____
2	Trang, Rhiannon	W15	Lane Cove	5:16.22	_____
3	Sainsbury, Naomi	W17	Knox Pymble	5:14.33	_____
4	Doake, Arie	M16	Knox Pymble	5:11.61	_____
5	Goulston, Hunter	M16	Knox Pymble	5:11.89	_____
6	Linssen, Amy	W16	Lane Cove	5:15.26	_____
7	Wyke, Rebecca	W12	Mosman	5:21.26	_____
8	Kim, Philip	M13	Knox Pymble	5:28.50	_____

Heat 5 of 5 Finals

1	Gillett, Lukas	M14	Knox Pymble	NT	_____
2	Spitzerova, Katherine	W15	Narrabeen	5:39.58	_____
3	Sandham, Zara	W13	Knox Pymble	5:36.09	_____
4	Senden-White, Emmant	W13	Lane Cove	5:32.97	_____
5	Horder, Jack	M14	Narrabeen	5:35.43	_____
6	Togher, Liam	M14	Knox Pymble	5:37.98	_____
7	Eibach, Carla Mikkeline	W11	Knox Pymble	5:42.04	_____
8	Fenton, Oriana	W11	Knox Pymble	NT	_____

KNOW YOUR EVENT #, HEAT & LANE!

Event 6 Mixed 9 & Over 200 LC Metre Ind Medley

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Finals

1	Lilienthal, Jaya	W15	Knox Pymble	2:25.89	___
2	Chen, Luke	M13	Narrabeen	2:21.09	___
3	Waugh, Tristen	M15	Knox Pymble	2:19.23	___
4	Lilienthal, Kai	M18	Knox Pymble	2:09.65	___
5	Kim, Joseph	M15	Knox Pymble	2:13.69	___
6	Hendry, Jack	M17	Warringah	2:20.52	___
7	Mitchell, Jack	M15	Knox Pymble	2:24.98	___
8	Lawrence, Daniel	M16	Ravenswood	2:26.72	___

Heat 2 of 8 Finals

1	Tian, Sarah	W15	Knox Pymble	2:36.46	___
2	Burton, Josie	W19	Lane Cove	2:34.37	___
3	Tian, Kevin	M13	Knox Pymble	2:32.78	___
4	Gregory-Reid, Piper	W17	Knox Pymble	2:26.74	___
5	Lawrence, Cameron	M14	Ravenswood	2:30.57	___
6	De Souza, Caitlin	W15	Manly	2:33.21	___
7	Lawry, Archie	M13	Shore	2:36.29	___
8	Chia, Megan	W12	Knox Pymble	2:36.54	___

Heat 3 of 8 Finals

1	Walton, Alex	M26	Ku-ring-gai	2:45.20	___
2	Huh, Joshua	M13	Knox Pymble	2:42.32	___
3	Clark, Beatrix	W14	Warringah	2:39.12	___
4	Smith, Keira	W16	Knox Pymble	2:36.66	___
5	Ng, Emily	W16	Warringah	2:38.33	___
6	Lynas, Benji	M12	Knox Pymble	2:41.51	___
7	Erickson, Liam	M13	Knox Pymble	2:43.18	___
8	Durkin, Zara	W15	Manly	2:45.40	___

Heat 4 of 8 Finals

1	Liu, Ethan	M12	Knox Pymble	2:52.50	___
2	Wong, Naomi	W19	Lane Cove	2:49.73	___
3	Ward, Emma	W13	Lane Cove	2:47.74	___
4	McCullough, Pippa	W14	Warringah	2:45.53	___
5	Kim, Philip	M13	Knox Pymble	2:47.29	___
6	Cai, Aaron	M13	Knox Pymble	2:47.82	___
7	Jones, Imogen	W13	Knox Pymble	2:52.24	___
8	Patterson-Roberts, Cam	M14	Warringah	2:52.66	___

Heat 5 of 8 Finals

1	Cho, Leena	W10	Knox Pymble	2:55.60	___
2	Bourne, Jude	M13	Lane Cove	2:55.15	___
3	Hill, Lulu	W13	Warringah	2:53.91	___
4	Tan, Samuel	M14	Knox Pymble	2:53.57	___
5	Zhang, Ao Ran	M12	Knox Pymble	2:53.74	___
6	Horii, Hana	W11	Warringah	2:55.15	___
7	Yung, Rachael	W12	Knox Pymble	2:55.30	___
8	Clark, Minnie	W12	Warringah	2:56.11	___

Heat 6 of 8 Finals

1	Dunn, Adam	M12	Knox Pymble	3:04.74	___
2	Sadler, Charlotte	W12	Knox Pymble	3:01.92	___
3	Liu, Anne	W12	Knox Pymble	3:00.21	___
4	Heo, Claire Yuna	W12	Knox Pymble	2:56.95	___
5	Mitchell, Hugh	M13	Knox Pymble	2:58.22	___
6	Lynas, Beau	M10	Knox Pymble	3:01.14	___
7	Liu, Henry	M11	Knox Pymble	3:04.68	___
8	Fisher, Oliver	M13	Ravenswood	3:05.36	___

Heat 7 of 8 Finals

1	Strahorn, Zoe	W12	Wenona	3:13.94	___
2	Wu, Sophia	W10	Knox Pymble	3:12.78	___
3	Walters, Finn	M11	Narrabeen	3:07.82	___
4	Chen, Zachary	M11	Knox Pymble	3:07.10	___
5	Chin, Ingrid	W12	Lane Cove	3:07.74	___
6	Sunderland, Poppy	W12	Knox Pymble	3:10.71	___
7	Pickthall, Gwen	W12	Knox Pymble	3:13.60	___
8	Williams, Emma	W12	Knox Pymble	3:17.53	___

Heat 8 of 8 Finals

1	Fisher, Claire	W11	Ravenswood	3:28.31	___
2	Thompson, Olivia	W13	Warringah	3:25.44	___
3	Soylu, Ruya	W11	Narrabeen	3:21.63	___
4	Oxenford, Noah	M12	Knox Pymble	3:18.37	___
5	Waugh, Ryan	M12	Knox Pymble	3:20.60	___
6	Yu, Chenxuan	W11	Knox Pymble	3:22.98	___
7	Chan, Lok Hin	M12	Seahorses	3:26.55	___
8	Nelson, Jack	M11	Shore	3:28.97	___