



2023 Swimming Midweek Competitions

School Term	Wk. 1	Wk. 2	Wk. 3	Wk. 4	Wk. 5	Wk. 6	Wk. 7	Wk. 8	Wk. 9
Wednesday	Feb	8 th Feb	15 th Feb	22 nd Feb	1 st Mar	8 th Mar	15 th Mar	22 nd Mar	29 th Mar
	Students Return	R1	R2	R3	BYE State Champs	R4	R5	R6	Final Top 8 @ St Peters

Round 1 Wednesday 8th February

Pool

IMMANUEL

PAC

WESTMINISTER

SCOTCH

ST PETERS

Schools Competing

IM.C, SHC

PAC, SIC, ROST

WS, CC

SC, PEM, TC

SPSC, CBC, PULT

Round 2 Wednesday 15th February

Pool

IMMANUEL

PAC

WESTMINISTER

PEMBROKE

ST PETERS

Schools Competing

IM.C, CBC, PULT

PAC, TC, SC

WS, SHC

PEM, ROST

SPSC, SIC, CC

Round 3 Wednesday 22nd February

Pool

IMMANUEL

PAC

SCOTCH

PEMBROKE

ST PETERS

Schools Competing

IM.C, CC

PAC, ROST

SC, WS, SHC

PEM, CBC, PULT

SPSC, SIC, TC

Wednesday 1st March - NO SWIMMING - SSSSA Competition

Round 4 Wednesday 8th March

Pool

IMMANUEL

PAC

WESTMINISTER

PEMBROKE

ST PETERS

Schools Competing

IM.C, SC

PAC, SHC, PULT

WS, CBC

PEM, SIC, CC

SPSC, ROST, TC

Round 5 Wednesday 15th March

Pool	Schools Competing
IMMANUEL	IM.C, SHC, CC
PAC	PAC, SIC, CBC
WESTMINISTER	WS, SC
PEMBROKE	PEM, ROST, TC
ST PETERS	SPSC, PULT

Round 6 Wednesday 22nd March

Pool	Schools Competing
SCOTCH	SC, IM.C, ROST
PAC	PAC, PULT
WESTMINISTER	WS, CBC, CC
PEMBROKE	PEM, SIC, TC
ST PETERS	SPSC, SHC

Round 7 Wednesday 29th March (Finals)

Top 8 Teams compete at St Peters' Venue – 4:15pm Start

Presentations at the end of the Swimming Final

Each School to have their Captain(s) present

School Abriviations

IC – Immanuel College	CC- Concordia College
STMC – St Michaels College	PEM – Pembroke School
SHC – Sacred Heart College	SIC – St Ignatius College
PAC – Prince Alfred College	RC – Rostrevor College
CBC – Christian Brothers College	SPSC – St Peters College
PGS – Pulteney Grammar School	TC – Trinity College
WS – Westminster School	SC – Scotch College

Pool Details

IC – Immanuel College	6 Lanes / 25 Meters (3 Schools)
PEM – Pembroke School	8 Lanes / 25 Meters (4 Schools)
PAC – Prince Alfred College	8 Lanes / 25 Meters (4 Schools)
SPSC – St Peters College	8 Lanes / 25 Meters (4 Schools)
WS – Westminster School	9 Lanes / 25 Meters (4 Schools)
SC – Scotch College	6 Lanes / 25 Meters (3 Schools)

Competitions will begin at 4:15 pm (The race meet can start earlier if all teams present and prepared)

Swimmers can only compete in a maximum of 6 events.

They should also be in the correct age group with ages as of 1st January 2023.

Example - U16 means you must be 15 - Jan 1st birthday means you're in the next age grouping.

A Swimmer must only swim in ONE event per stroke and can only compete in ONE Freestyle Relay and ONE Medley Relay.

EXAMPLE A competitor who is U15 could swim in the following
U15 Freestyle
U16 Breaststroke
U15 Backstroke
Open Butterfly
U15 Freestyle Relay
Open Medley Relay

This would mean each school must have a minimum of 16 swimmers competing.

It is expected that Schools will swim competitors in the correct order of ability.
Swimmers can swim up and age bracket but not down

EXAMPLE	U/14 50 FREESTYLE B	Poorest Swimmer
	U/14 50 FREESTYLE A	Best Swimmer

POINTS INDIVIDUAL	8, 7, 6, 5, 4, 3, 2, 1
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RELAYS	16, 12, 8, 4
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If there is a dead heat in any race, both swimmers will receive full points.

Host pools please send through final scores once the meet has finished.

Round - _____

POINTS – INDIVIDUAL

8, 7, 6, 5, 4, 3, 2, 1 / RELAYS

16, 12, 8, 4

Event	Swimmer 1	Swimmer 2
Free Style		
1. U/14 B 50 F/S		
2. U/14 A 50 F/S		
3. U/15 50 F/S		
4. U/16 50 F/S		
5. OPEN 50 F/S		
Breaststroke		
6. U/14 B 50 Breast		
7. U/14 A 50 Breast		
8. U/15 50 Breast		
9. U/16 50 Breast		
10. Open Breast		
Back Stroke		
11. U/14 B 50 Back		
12. U/14 A 50 Back		
13. U/15 50 Back		
14. U/16 50 Back		
15. Open 50 Back		
Butterfly Stroke		
16. U/14 Fly		
17. U/15 Fly		
18. U/16 Fly		
19. Open Fly		
Free Style		
20. U/14 4 x 25 F/S	1.	2.
	3.	4.
21. U/15 4 x 25 F/S	1.	2.
	3.	4.
22. U/16 4 x 25 F/S	1.	2.
	3.	4.
23. Open 4 x 25 F/S	1.	2.
	3.	4.
Medley		
24. U/14 4 x 25 Med	BK	BS
	BT	FS
25. U/15 4 x 25 Med	BK	BS
	BT	FS
26. U/16 4 x 25 Med	BK	BS
	BT	FS
27. Open 4 x 25 Med	BK	BS
	BT	FS
28. 12 x 25	Combined Free Style 12 Swimmers x 25	
U/13-14 4 x 25	1.	2.
	3.	4.
U/15-16 4 x 25	5.	6.
	7.	8.
Open 4 x 25	9.	10.
	11.	12.