



2022 Lightning Swimming Midweek Competition Group 1 (North)

School Term	Wk 5	WK 6	Wk 7	Wk 8	Wk 9
Wednesday	2-March	9-March	16-March	23-March	30-March
	R-1	R-2	R-3	R-4	R-5

Group 1 (Pools – PAC / Pembroke / St Peters)

Christian Brothers	PAC	Pembroke	Pulteney
Rostrevor	St Ignatius	St Peters	Trinity

Round 1 Wednesday 2nd March

Pool	Schools Competing
PAC	PAC, ROST
PEMBROKE	PEM, CBC, PULT
ST PETERS	SPSC, SIC, TC

Round 2 Wednesday 9th March

Pool	Schools Competing
PAC	PAC, CBC, PULT
PEMBROKE	PEM, SIC
ST PETERS	SPSC, ROST, TC

Round 3 Wednesday 16th March

Pool	Schools Competing
PAC	PAC, SIC, CBC
PEMBROKE	PEM, ROST
ST PETERS	SPSC, PULT, TC

Round 4 Wednesday 23rd March

Pool	Schools Competing
PAC	PAC, PULT
PEMBROKE	PEM, SIC, TC
ST PETERS	SPSC, ROST, CBC

Round 5 Wednesday 30th March

Pool	Schools Competing
PEMBROKE	PEM, SIC, CBC, PULT
ST PETERS (Intercol)	SPSC, PAC, TC, ROST



2022 Lightning Swimming Midweek Competition Group 2 (South)

School Term	Wk 4	Wk 5	WK 6	Wk 7	Wk 8	Wk 9
Wednesday	23-Feb	2-March	9-March	16-March	23-March	30-March
	R-1	BYE	R-2	R-3	R-4	R-5

Group 2 (Pools - Immanuel / Westminster)

Concordia	Immanuel	Sacred Heart
Scotch	St Michael	Westminster

Round 1 Wednesday 2nd March

Pool	Schools Competing
IMMANUEL	IM.C, STMC, CC
WESTMINISTER	WS, SHC, SC

Round 2 Wednesday 9th March

Pool	Schools Competing
IMMANUEL	IM.C, SC, SHC
WESTMINISTER	WS, STMC, CC

Round 3 Wednesday 16th March

Pool	Schools Competing
IMMANUEL	IM.C, SHC, CC
WESTMINISTER	WS, STMC, SC

Round 4 Wednesday 23rd March

Pool	Schools Competing
IMMANUEL	IM.C, SC, STMC
WESTMINISTER	WS, CC, SHC

Round 5 Wednesday 30th March

Pool	Schools Competing
IMMANUEL	IM.C, SHC, STMC
WESTMINISTER	WS, CC, SC



SPORTS ASSOCIATION FOR ADELAIDE SCHOOLS

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

Pools

IC – Immanuel College	6 Lanes / 25 Meters
PEM – Pembroke School	8 Lanes / 25 Meters
PAC – Prince Alfred College	8 Lanes / 25 Meters
SPSC – St Peters College	8 Lanes / 25 Meters
WS – Westminster School	9 Lanes / 25 Meters

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 2022.

Example - U16 means you have to 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**

RELAYS **16, 12, 8, 4**

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 –
leo.panzarino@saas.asn.au**

Round - _____

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		
Breast Stroke		
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.