

**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 x25** | **5.** | **6.** |
|  | **7.** | **8.** |
| **Open 4 x 25** | **9.** | **10.** |
|  | **11.** | **12.** |