



## School Sport ACT

### 12&U ACT Swimming Championships – Monday 7 May 2018

To parents and carers,

Congratulations. Your child \_\_\_\_\_ has been selected to represent the Belconnen Region at the ACT 12&U Swimming Championships at the Australian Institute of Sport (AIS) in Bruce.

Date: Monday, 7 May 2018

Cost: \$8.00 payable to the school front office with the permission and medical note by Monday 30, April 2018.

Time: 8:00am Arrive at the AIS and meet Mrs Martin from Evatt School at the front entrance of the AIS pool before moving into the aquatic centre.

8:15 – 8:45am Warm up

9:00am Carnival begins

2:15pm approx Carnival concludes

Transport: Parents/carers need to organise transport for their child to and from the AIS.

Bring: Each child will need their swim suit, swim cap, packed lunch and plenty of water to drink throughout the day.  
Please ensure all items are clearly labelled to avoid lost property. There will be canteen facilities, however these should not be relied upon as the only source of food.

Assistance:

Your child will be participating in the following event(s):

100m Butterfly	100m Backstroke
100m Breaststroke	100m Freestyle
200m Individual Medley	50m Butterfly
50m Freestyle	50m Breaststroke
50m Backstroke	200m Freestyle

Staff accompanying students on excursions will take all reasonable care while supervising students to protect them from injury and to control and supervise their behaviour and activities. Parents should be aware that staff are not responsible for injuries or damage to property which may occur on an excursion where in all circumstances staff have not been negligent. Parents should warn children of the risk to themselves, to others and to property of impulsive, wilful or disobedient behaviour. Congratulations on this wonderful achievement!

*Gina Mapley*

## Program of Events - School Sport ACT

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Boys	Girls	Age	Event	Qualifying Times	
				Boys	Girls
1	2	10	200 IM	4:05.00	4:07.00
3	4	11	200 IM	3:53.00	3:53.00
5	6	12	200 IM	3:41.00	3:41.00
7	8	10-12	100m Freestyle MC		
9	10	8	50m Freestyle	1:00.00	1:00.00
11	12	9	50m Freestyle	55.00	55.00
13	14	10	50m Freestyle	46.00	47.00
15	16	11	50m Freestyle	44.00	44.00
17	18	12	50m Freestyle	42.00	42.00
19	20	10-12	50m Freestyle MC		
21	22	10-12	100m Freestyle	1:40.00	1:40.00
<b>15-Minute Break</b>					
23	24	10-12	100m Breaststroke	2:00.00	2:00.00
25	26	10 & under	50m Butterfly	1:00.00	1:00.00
27	38	11	50m Butterfly	55.00	55.00
29	30	12	50m Butterfly	50.00	50.00
31	32	10-12	50m Backstroke MC		
33	34	10-12	100m Backstroke	1:50.00	1:50.00
35	36	10 & under	50m Breaststroke	1:03.00	1:03.00
37	38	11	50m Breaststroke	1:00.00	1:00.00
39	40	12 50m	Breaststroke	57.00	57.00
41	42	10-12 50m	Breaststroke MC		
43	44	10-12	100m Butterfly	1:50.00	1:50.00
45	46	10 & under	50m Backstroke	54.00	53.00
47	48	11	50m Backstroke	52.00	51.00
49	50	12	50m Backstroke	50.00	49.00
51	52	10-12 200m	Freestyle	3:13.00	3:16.00

#### Notes:

- Each swimmer may compete in a maximum of seven (7) events.
- 200 IM - up to four (4) competitors from each regional carnival in each age group (10, 11, 12 years).
- 100 Freestyle and Form Strokes: up to four (4) competitors from each regional carnival in each age group, 10, 11, 12 years, i.e. a maximum of 12 swimmers from combined 10-12 years events.
- Five (5) swimmers from each regional carnival for the 50 metre Freestyle events and four (4) in the Form 50 metre events.
- Swimmers must achieve the qualifying time in order to swim at the ACT School Swimming Championships.

If a swimmer was unable to compete at the Regional Carnival and has an official long course personal best time faster than the **Championships Qualifying Time** they may apply for consideration to compete in these Championships. Subject to the availability of vacant lanes and the ranking of the times of other eligible swimmers, these swimmers may be invited to swim at the ACT School Swimming Championships.

Applications are to be made on the **Request for Inclusion in the ACT School Swimming Championships 2018** which is available on the School Sport ACT website, and must be submitted to [eo@schoolsportact.org.au](mailto:eo@schoolsportact.org.au) no later than **Thursday 12 April 2018**.