

# Association of Heads of Independent Girls' Schools



**92<sup>nd</sup> Championship**

**Secondary Swimming & Diving Carnival**

**Sydney Olympic Park Aquatic Centre,  
Homebush**

**Thursday 9<sup>th</sup> March 2017**

**Swimming 8.30 am - 3.30 pm**

**Diving 8.00 am - 3.30 pm**

*(These times are approximate)*

# Risk Warning

(Under Section 5M of Civil Liability Act 2002)

On Behalf of AHIGS And AHIGS Member Schools Listed Below:

Abbotsleigh	Meriden School	Ravenswood
Ascham School	MLC School	Roseville College
Brigidine College	Monte Sant' Angelo	Santa Sabina College
Canberra Girls Grammar	Mount St Benedict	SCEGGS Darlinghurst
Danebank School	New England Girls School	Stella Maris College
Frensham	OLMC Parramatta	St Catherine's School
Kambala	PLC Armidale	St Patrick's College
Kincoppal-Rose Bay	PLC Sydney	St Vincent's College
Loreto Kirribilli	Pymble Ladies' College	Tangara School
Loreto Normanhurst	Queenwood	Tara
		Wenona

## Swimming & Diving Carnival 2017

AHIGS and its members' schools organises many individual and team sporting activities during the course of a year. Students participating in these sporting activities take part in practice and in competitions.

AHIGS and its members' schools expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

AHIGS and its members' schools also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the IGSSA Code of Conduct and to set a good example for the girls.

While AHIGS and its members' schools take measures to make the Swimming & Diving Carnival as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events. Parents, spectators and officials could also be injured or suffer loss.

Such injury can occur while the student is engaging in or watching the Swimming & Diving Carnival, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

In particular, injury at Swimming & Diving Carnivals may result from slipping and falling, collisions with equipment and / or other participants, exposure to water or being inadequately trained and / or prepared for the event.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, water inhalation / ingestion, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

## **AHIGS-IGSSA Standing Committee**

### **President**

Mrs Megan Krimmer, Abbotsleigh

### **Treasurer**

Ms Jenny Allum, SCEGGS

### **Committee**

Mrs Jane Curran, Brigidine

Mrs Maryanne Davis, Danebank

Mrs Anna Dickinson, Loreto Kirribilli

Ms Julie Gillick, Frensham

Mrs Susan Middlebrook, Tara

Mr Daniel Kozey, Queenwood

Mrs Ainsley Webster, Pymble Ladies' College

Mrs Sonia Berry, AHIGS Executive Officer

Mr Wayne Mitchell, AHIGS Director of Sport

### **IGSSA Swimming Convener**

Katie White, Pymble Ladies' College

### **Committee**

1 representative from each competing school

### **IGSSA Diving Convener**

Chris Lang, Pymble Ladies' College

### **Committee**

1 representative from each competing school

# IGSSA Swimming Point Score

Point Score applicable for ALL heats and finals

Individual: 13 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1

Relays: 16 - 14 - 12 - 10 - 9 - 8 - 7 - 6 - 5 - 4

6 x 50m relay points will be added to the senior point score

Open 200 individual medley points will be added to senior point score

## Trophies Presented

### Divisions

#### Taken from Heats

Division 1	Combined total of senior, intermediate and junior point score
Division 2	Combined total of senior, intermediate and junior point score
Division 3	Combined total of senior, intermediate and junior point score

### Finals Results

#### Taken from finals only

Junior	Combined total of junior point score
Intermediate	Combined total of intermediate point score
Senior	Combined total of senior point score
Multiclass Champion School	Combined total of multi-class point score
Most Improved School	The school who improves their position in the final point score by the most places. If equal, then the school who has improved by the most points.
Overall Champion School	Combined total of junior, intermediate and senior point scores (excluding multi-class points)

### Relays

Junior Freestyle Relay  
Intermediate Freestyle Relay  
Senior Freestyle Relay  
Junior Medley Relay  
Intermediate Medley Relay  
Senior Medley Relay  
6 x 50m All Age Relay

### Individual Champions

Junior	Individual girl with highest individual point score in section
Intermediate	Individual girl with highest individual point score in section
Senior	Individual girl with highest individual point score in section

## 2017 Swimming Program of Events

Event 1	Open 200m Individual Medley (Heats Only – No Final)
Event 2	Junior Medley Relay 4 x 50m
Event 3	Intermediate Medley Relay 4 x 50m
Event 4	Senior Medley Relay 4 x 50m
Event 5	12 Years & Under Freestyle 50m
Event 6	13 Years Freestyle 50m
Event 7	14 Years Freestyle 50m
Event 8	15 Years Freestyle 50m
Event 9	16 Years Freestyle 50m
Event 10	17 Years Freestyle 50m
Event 11	18 Years & Over Freestyle 50m
Event 12	<i>Open Multi-Class Freestyle 50m FINAL ONLY</i>
Event 13	12 years & Under Backstroke 50m
Event 14	13 Years Backstroke 50m
Event 15	14 Years Backstroke 50m
Event 16	15 Years Backstroke 50m
Event 17	16 Years Backstroke 50m
Event 18	17 Years Backstroke 50m
Event 19	18 Years & Over Backstroke 50m
Event 20	<i>Open Multi-Class Backstroke 50m FINAL ONLY</i>
Event 21	12 Years & Under Breaststroke 50m
Event 22	13 Years Breaststroke 50m
Event 23	14 Years Breaststroke 50m
Event 24	15 Years Breaststroke 50m
Event 25	16 Years Breaststroke 50m
Event 26	17 Years Breaststroke 50m
Event 27	18 Years & Over Breaststroke 50m
Event 28	<i>Open Multi-Class Breaststroke 50m FINAL ONLY</i>
Event 29	Junior Freestyle 100m
Event 30	Intermediate Freestyle 100m
Event 31	Senior Freestyle 100m
Event 32	12 Years & Under Butterfly 50m
Event 33	13 Years Butterfly 50m
Event 34	14 Years Butterfly 50m
Event 35	15 Years Butterfly 50m
Event 36	16 Years Butterfly 50m
Event 37	17 Years Butterfly 50m
Event 38	18 Years & Over Butterfly 50m
Event 39	<i>Open Multi-Class Butterfly 50m FINAL ONLY</i>
Event 40	Junior Freestyle Relay 4 x 50m
Event 41	Intermediate Freestyle Relay 4 x 50m
Event 42	Senior Freestyle Relay 4 x 50m
Event 43	All Age Freestyle Relay 6 x 50m

NB: All age relay is 12, 13, 14, 15, 16, 17+ years swum in that order.  
Heats are swum in division order - 3, 2, 1

A and B finals will be swum in 50m freestyle (B finals will precede A finals)

**A placing in this Carnival does not ensure selection in the IGSSA representative team.**

## Warm Up Procedure and Lane Allocation

Warm-up commences in both the main and utility pools at approximately 7.30am and concludes at 8.15am. ONLY swimmers competing in the medley relay and freestyle events should warm up at this time to avoid overcrowding in designated lanes.

At 8.15am, warm up will end in the competition pool and 'walk backs' will start in the utility pool with diving from the eastern end.

Six lanes will be available in the utility pool throughout the day for warm up and cool down. No other swimmers are to use this facility.

Only one school official, either the swim coach or member of the PDHPE / sport staff (no parents / spectators) are to be on pool deck at their designated lane BEFORE any swimmers from their school enter the water.

Officials are to remain with the swimmers until they have all exited the water as directed by the announcer. School officials must be aware of other announcements that may determine lane usage throughout the meet. This usage may vary at the discretion of the IGSSA Swimming Committee.

### Competition Pool

Lane 0:	Ravenswood
Lane 1:	Meriden / St Vincent's College
Lane 2:	St Catherine's School / Kambala
Lane 3:	Loreto Normanhurst / Tara
Lane 4:	PLC Sydney
Lane 5:	Abbotsleigh
Lane 6:	Pymble Ladies' College
Lane 7:	Kincoppal Rose Bay / Wenona School
Lane 8:	MLC School / Queenwood
Lane 9:	Monte Sant' Angelo / Ascham School

### Utility Pool

Lane 0:	Roseville College
Lane 1:	Brigidine College
Lane 2:	Loreto Kirribilli
Lane 3:	Danebank School
Lane 4:	New England Girl's School
Lane 5:	PLC Armidale
Lane 6:	SCEGGS Darlinghurst
Lane 7:	Frensham

## IGSSA Swimming Representative Team

3 girls per event will be selected into the IGSSA team for NSW CIS Championships as per the selection process outlined in the 2017 AHIGS-IGSSA Representative Policy.

**A place in this carnival does not ensure selection in the IGSSA representative team.**

## IGSSA Swimming Divisions 2017

Division 1 (Heat 3)		Division 2 (Heat 2)		Division 3 (Heat 1)	
Lane	School	Lane	School	Lane	School
1	Kincoppal Rose Bay	1	Meriden	1	Brigidine
2	Ravenswood	2	Tara	2	SCEGGS Darlinghurst
3	Ascham	3	Monte Sant' Angelo	3	Frensham
4	St Catherine's School	4	Queenwood	4	Roseville
5	Loreto Normanhurst	5	St Vincent's College	5	Loreto Kirribilli
6	PLC Sydney	6	Kambala	6	Danebank
7	Abbotsleigh	7	MLC School	7	New England Girls School
8	Pymble Ladies' College	8	Wenona	8	PLC Armidale

## Trophies & Results 2016

### Finals

Champion School	PLC Sydney
Most Improved	Wenona School
Multiclass Point Score	Ravenswood
Senior	PLC Sydney
Intermediate	Abbotsleigh
Junior	PLC Sydney

### Relays

Junior Freestyle Relay	Ravenswood
Intermediate Freestyle Relay	Abbotsleigh
Senior Freestyle Relay	PLC Sydney
Junior Medley Relay	Pymble Ladies' College
Intermediate Medley Relay	PLC Sydney
Senior Medley Relay	PLC Sydney
6 x 50m All Age Relay	Ravenswood

### Heats

Division 1	PLC Sydney
Division 2	Ascham
Division 3	Roseville College

### Individual Champions

Junior	Holly Nelson	Abbotsleigh
Inter	Jaimey Yeats	Abbotsleigh
	Katie Strachan	Abbotsleigh
Senior	Natasha Ramsden	Abbotsleigh

## IGSSA Swimming Records

Open 200m IM	Abbey Harkin	Pymble Ladies' College	2014	2:18.07
11 - 14 200m Medley Junior Relay		Abbotsleigh	2015	2:04.72
15 - 16 200m Medley Intermediate Relay		PLC Sydney	2016	2:01.23
17 - 19 200m Medley Senior Relay		PLC Sydney	2016	2:01.22
12 & Under 50m Freestyle	Nicole Chen	PLC Sydney	2009	28.48
13 Year Olds 50m Freestyle	Natasha Ramsden	Abbotsleigh	2014	26.89
14 Year Olds 50m Freestyle	Natasha Ramsden	Abbotsleigh	2015	26.60
15 Year Olds 50m Freestyle	Paris Zhang	Pymble Ladies' College	2012	26.60
16 Year Olds 50m Freestyle	Jaimey Yeats	Abbotsleigh	2016	26.61
17 Year Olds 50m Freestyle	Ellen O'Rourke	Abbotsleigh	2012	25.95
18 & Over 50m Freestyle	Ellen O'Rourke	Abbotsleigh	2013	26.13
11 - 19 50m Freestyle Multiclass	Tiffany Thomas Kane (S6)**	Ravenswood School		
12 & Under 50m Backstroke	Madeleine Fairlie	St Catherine's School	2014	33.30
13 Year Olds 50m Backstroke	Lilli Harris	PLC Sydney	2014	31.98
14 Year Olds 50m Backstroke	Monique Rae	Kambala	2012	30.78
15 Year Olds 50m Backstroke	Zoe Lysaght	Abbotsleigh	2013	30.51
16 Year Olds 50m Backstroke	Caitlin Sinclair	MLC School	2008	30.09
17 Year Olds 50m Backstroke	Zoe Lysaght	Abbotsleigh	2015	30.41
18 & Over 50m Backstroke	Rebecca Booth	Abbotsleigh	2014	29.97
11 - 19 50m Backstroke Multiclass	Tiffany Thomas Kane (S6)**	Ravenswood School		
12 & Under 50m Breaststroke	Tess Tsoi	Meriden School	2014	39.08
13 Year Olds 50m Breaststroke	Jana Bowden	Pymble Ladies' College	1995	34.48
14 Year Olds 50m Breaststroke	Lucy Wild	Loreto Normanhurst	2005	34.45
15 Year Olds 50m Breaststroke	Mariah Moshovis	PLC Sydney	2016	33.42
16 Year Olds 50m Breaststroke	Samantha Marshall	SCEGGS	2008	33.42
17 Year Olds 50m Breaststroke	Samantha Marshall	SCEGGS	2009	32.77
18 & Over 50m Breaststroke	Samantha Marshall	SCEGGS	2010	31.68
11 - 19 50m Breaststroke Multiclass	Tiffany Thomas Kane (SB6)**	Ravenswood School		
11 - 14 100m Freestyle Junior	Kailah Elliott-Koloamatangi	PLC Sydney	2006	58.47
15 - 16 100m Free Intermediate	Zoe Johnson	PLC Sydney	2009	57.96
17 & Over 100m Freestyle Senior	Clare Robertson	Pymble Ladies' College	2016	57.15
12 & Under 50m Butterfly	Chloe Small	Ravenswood	2016	30.82
13 Year Olds 50m Butterfly	Natasha Ramsden	Abbotsleigh	2014	29.10
14 Year Olds 50m Butterfly	Natasha Ramsden	Abbotsleigh	2015	27.81
15 Year Olds 50m Butterfly	Emily Ong	Abbotsleigh	2016	28.30
16 Year Olds 50m Butterfly	Zoe Johnson	PLC Sydney	2009	27.57
17 Year Olds 50m Butterfly	Emily Waddington	Ravenswood School	2014	28.53
18 & Over 50m Butterfly	Natasha Ramsden	Abbotsleigh	2016	27.95
11 - 19 50m Butterfly Multiclass	Tiffany Thomas Kane (S6)**	Ravenswood School		
11 - 14 200m Freestyle Junior Relay		PLC Sydney	2015	1:52.34
15 - 16 200m Freestyle Intermediate Relay		PLC Sydney	2014	1:48.10
17 - 19 200m Freestyle Senior Relay		PLC Sydney	2016	1:47.39
Open 300m Freestyle All Age Relay		Abbotsleigh	2015	2:49.71

\*\* Multiclass results indicate title holder, not a record for that event



# Champion Schools 1990 – 2016

## IGSSA Swimming

From 1923 - 1967 cups were awarded to the winning schools in the Senior & Junior Sections and to the winners of the three sections after the Intermediate Section was introduced in 1968.

No IGSSA (formerly GSSSU) Swimming Carnivals were held in 1938 (Polio Epidemic) or 1942 - 43 (World War II)

The first presentation of a Shield for the overall point score was made in 1990.

1990	Pymble Ladies' College
1991	Pymble Ladies' College
1992	Pymble Ladies' College
1993	Pymble Ladies' College
1994	Pymble Ladies' College
1995	Pymble Ladies' College
1996	Pymble Ladies' College
1997	PLC Sydney
1998	Pymble Ladies' College
1999	Pymble Ladies' College
2000	Pymble Ladies' College
2001	Pymble Ladies' College
2002	Abbotsleigh
2003	Abbotsleigh
2004	Abbotsleigh
2005	Abbotsleigh
2006	Abbotsleigh
2007	PLC Sydney
2008	PLC Sydney
2009	PLC Sydney
2010	Abbotsleigh
2011	PLC Sydney
2012	PLC Sydney
2013	PLC Sydney
2014	PLC Sydney
2015	Abbotsleigh
2016	PLC Sydney

## Events

### Event 1: Girls 11-19 200 LC Meter IM

Record: 2:18.07 2014 Abbey Harkin Pymble  
 Titleholder: 2:23.60 11/03/2016 Katie Strachan Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

### Event 2: Girls 11-14 4x50 LC Meter Medley Junior Relay

Record: 2:04.72 13/03/2015 Abbotsleigh K Allsop, N Ramsden, B St Vincent, W Lu  
 Titleholder: 2:06.18 2016 Pymble I Riley, K Gibson, C Dean, O Mangholi

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

### Event 3: Girls 15-16 4x50 LC Meter Medley Intermediate Relay

Record.: 2:01.23 11/03/2016 PLC Sydney K Musarra, M Moshovis, O Morris, M McConnell  
 Titleholder: 2:01.23 2016 PLC Sydney K Musarra, M Moshovis, O Morris, M McConnell

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 4: Girls 17-19 4x50 LC Meter Medley Senior Relay**

Record: 2:01.22 11/03/2016 PLC Sydney E Racki, S Kemp, C Yoo, D To  
 Titleholder: 2:01.22 2016 PLC Sydney E Racki, S Kemp, C Yoo, D To

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 5: Girls 12 & Under 50 LC Meter Freestyle**

Record: 28.43 13/03/2009 Nicole Chen PLC Sydney  
 Titleholder: 28.97 2016 Victoria Lin Danebank

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 6: Girls 13 Year Olds 50 LC Meter Freestyle**

Record: 26.89 14/03/2014 Natasha Ramsden Abbotsleigh  
 Titleholder: 27.47 2016 Holly Nelson Abbotsleigh

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 7: Girls 14 Year Olds 50 LC Meter Freestyle**

Record: 26.60 13/03/2015 Natasha Ramsden Abbotsleigh  
 Titleholder: 27.58 2016 Olivia Carter Ascham

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 8: Girls 15 Year Olds 50 LC Meter Freestyle**

Record: 26.60 2012 Paris Zhang Pymble  
 Titleholder: 26.79 2016 Mariah Moshovis PLC Sydney

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 9: Girls 16 Year Olds 50 LC Meter Freestyle**

Record: 26.61 11/03/2016 Jaimey Yeats Abbotsleigh  
 Titleholder: 26.61 2016 Jaimey Yeats Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 10: 10 Girls 17 Year Olds 50 LC Meter Freestyle**

Record: 25.95 2012 Ellen O'Rourke Abbotsleigh  
 Titleholder: 26.85 2016 Deborah To PLC Sydney

<b>PLC</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 11: Girls 18 & Over 50 LC Meter Freestyle**

Record: 26.13 8/03/2013 Ellen O'Rourke Abbotsleigh  
 Titleholder: 26.93 2016 Amy Van Dongen Pymble

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 12: Girls 11-19 50 LC Meter Freestyle Multi-Class**

Record:  
 Titleholder: 2016 Tiffany Thomas Kane Ravenswood

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 13: Girls 12 & Under 50 LC Meter Backstroke**

Record: 33.30 14/03/2014 Madeleine Fairlie St Catherine's School  
 Titleholder: 33.88 2016 Chloe Small Ravenswood

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 14: Girls 13 Year Olds 50 LC Meter Backstroke**

Record: 31.98 14/03/2014 Lilli Harris PLC Sydney:  
 Titleholder: 32.02 2016 Donna Choi PLC Sydney

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 15: Girls 14 Year Olds 50 LC Meter Backstroke**

Record: 30.78 2012 Monique Rae Kambala:  
 Titleholder: 31.30 2016 Isabella Riley Pymble

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 16: Girls 15 Year Olds 50 LC Meter Backstroke**

Record: 30.51 8/03/2013 Zoe Lysaght Abbotsleigh  
 Titleholder: 31.30 2016 Keely Allsop Abbotsleigh:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 17: Girls 16 Year Olds 50 LC Meter Backstroke**

Record: 30.09 14/03/2008 Caitlin Sinclair MLC:  
 Titleholder: 31.25 2016 Jaimey Yeats Abbotsleigh

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 18: Girls 17 Year Olds 50 LC Meter Backstroke**

Record: 30.41 13/03/2015 Zoe Lysaght Abbotsleigh:  
 Titleholder: 30.90 2016 Annabelle Druce Abbotsleigh :

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 19: Girls 18 & Over 50 LC Meter Backstroke**

Record: 29.97 14/03/2014 Rebecca Booth Abbotsleigh:  
 Titleholder: 31.07 2016 Monique Rae PLC Sydney:

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 20: Girls 11-19 50 LC Meter Backstroke Multi-Class**

Record:  
 Titleholder: 2016 Tiffany Thomas Kane Ravenswood

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 21: Girls 12 & Under 50 LC Meter Breaststroke**

Record: 39.08 14/03/2014 Tess Tsoi Meriden:  
 Titleholder: 42.14 2016 Milla Karam PLC Sydney:

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College



**Event 22: Girls 13 Year Olds 50 LC Meter Breaststroke**

Record: 34.48 1995 Jana Bowden Pymble:  
 Titleholder: 35.24 11/03/2016 Holly Nelson Abbotsleigh:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 23: Girls 14 Year Olds 50 LC Meter Breaststroke**

Record: 34.45 2005 Lucy Wild Loreto Normanhurst:  
 Titleholder: 36.47 2016 Bianca Traplin PLC Sydney:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 24: Girls 15 Year Olds 50 LC Meter Breaststroke**

Record: 33.42 11/03/2016 Mariah Moshovis PLC Sydney:  
 Titleholder: 33.42 2016 Mariah Moshovis PLC Sydney:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 25: Girls 16 Year Olds 50 LC Meter Breaststroke**

Record: 33.42 14/03/2008 Samantha Marshall SCEGGS:  
 Titleholder: 34.52 11/03/2016 Katie Strachan Abbotsleigh:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 26: Girls 17 Year Olds 50 LC Meter Breaststroke**

Record: 32.77 13/03/2009 Samantha Marshall SCEGGS:  
 Titleholder: 34.05 2016 Sarah Kemp PLC Sydney:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 27: Girls 18 & Over 50 LC Meter Breaststroke**

Record: 31.68 12/03/2010 Samantha Marshall SCEGGS:  
 Titleholder: 34.86 2016 Natasha Ramsden Abbotsleigh:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 28: Girls 11-19 50 LC Meter Breaststroke Multi-Class**

Record:

Titleholder: 2016 Tiffany Thomas Kane Ravenswood:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 29: Girls 11-14 100 LC Meter Freestyle Junior**

Record: 58.47 2006 Kailah Elliott-Koloamatangi PLC Sydney:

Titleholder: 1:00.33 2016 Olivia Carter Ascham

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 30: Girls 15-16 100 LC Meter Freestyle Intermediate**

Record: 57.96 13/03/2009 Zoe Johnson PLC Sydney

Titleholder: 58.36 2016 Katie Strachan Abbotsleigh:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 31: Girls 17 & Over 100 LC Meter Freestyle Senior**

Record: 57.15 11/03/2016 Clare Robertson Pymble:  
 Titleholder: 57.15 2016 Clare Robertson Pymble

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 32: Girls 12 & Under 50 LC Meter Butterfly**

Record: 30.82 11/03/2016 Chloe Small Ravenswood:  
 Titleholder: 30.82 2016 Chloe Small Ravenswood:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 33: Girls 13 Year Olds 50 LC Meter Butterfly**

Record: 29.10 14/03/2014 Natasha Ramsden Abbotsleigh:  
 Titleholder: 29.87 2016 Holly Nelson Abbotsleigh:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 34: Girls 14 Year Olds 50 LC Meter Butterfly**

Record: 27.81 13/03/2015 Natasha Ramsden Abbotsleigh:  
 Titleholder: 29.39 2016 Charlotte Dean Pymble:

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 35: Girls 15 Year Olds 50 LC Meter Butterfly**

Record: 28.30 11/03/2016 Emily Ong Abbotsleigh:  
 Titleholder: 28.30 2016 Emily Ong Abbotsleigh:

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 36: Girls 16 Year Olds 50 LC Meter Butterfly**

Record: 27.57 13/03/2009 Zoe Johnson PLC Sydney:  
 Titleholder: 28.44 2016 Jaimey Yeats Abbotsleigh:

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 37: Girls 17 Year Olds 50 LC Meter Butterfly**

Record: 28.53 14/03/2014 Emily Waddington Ravenswood:  
 Titleholder: 28.54 2016 Chloe Yoo PLC Sydney:

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 38: Girls 18 & Over 50 LC Meter Butterfly**

Record: 27.95 11/03/2016 Natasha Ramsden Abbotsleigh:  
 Titleholder: 27.95 2016 Natasha Ramsden Abbotsleigh:

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 39: Girls 11-19 50 LC Meter Butterfly Multi-Class**

Record:  
 Titleholder: 2016 Tiffany Thomas Kane Ravenswood:

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 40: Girls 11-14 4x50 LC Meter Freestyle Junior Relay**

Record: 1:52.34 13/03/2015 P L C Sydney M Moshovis, L Harris, S Melia, O Morris  
 Titleholder: 1:55.18 2016 Ravenswood R Oldham, G Oldham, S Donnelley, J Eyre, A Halfpenny

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 41: Girls 15-16 4x50 LC Meter Freestyle Intermediate Relay**

Record: 1:48.10 14/03/2014 P L C Sydney D To, V Zhu, C Yoo, E Racki  
 Titleholder: 1:50.47 2016 Abbotsleigh K Allsop, S de Salis, J Yeats, E Ong:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 42: Girls 17-19 4x50 LC Meter Freestyle Senior Relay**

Record: 1:47.39 11/03/2016 PLC Sydney D To, V Zhu, E Racki, S Kemp  
 Titleholder: 1:47.39 11/03/2016 PLC Sydney D To, V Zhu, E Racki, S Kemp:

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 43: 43 Girls Open 6x50 LC Meter Freestyle All Age Relay**

Record: 2:49.71 13/03/2015 Abbotsleigh H Nelson, G O'Connor, K Allsop, A Nelson:  
 Titleholder: 2:50.99 2016 Ravenswood C Small, S Donnelley, G Oldham, A Spittle

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College

**Event 44: Girls 11-19 50 LC Meter Freestyle Multi-Class**

Record:  
 Titleholder: 2016 Tiffany Thomas Kane Ravenswood:

<b>Lane</b>	<b>Heat 1</b>	<b>Lane</b>	<b>Heat 2</b>	<b>Lane</b>	<b>Heat 3</b>
1	Brigidine	1	Meriden	1	Kincoppal Rose Bay
2	SCEGGS Darlinghurst	2	Tara	2	Ravenswood
3	Frensham	3	Monte Sant' Angelo	3	Ascham
4	Roseville	4	Queenwood	4	St Catherine's School
5	Loreto Kirribilli	5	St Vincent's College	5	Loreto Normanhurst
6	Danebank	6	Kambala	6	PLC Sydney
7	New England Girls School	7	MLC School	7	Abbotsleigh
8	PLC Armidale	8	Wenona	8	Pymble Ladies' College



## Diving Order of Events

Session 1 Warmup 7.30 am

Competition Start – 8.00 am

<b>Session 1 Warm-up - Session 1 divers only</b>	<b>Session 2 Warm-up – Session 2 divers only</b>	<b>Session 3 Warm-up - Session 3 divers only</b>
Event 1 – 17 + years	Event 5– Open Platform and CIS Trial	Event 8 – Team Event
Event 2 – 16 years	Event 6 – 12 years	
Event 3 – 15 years	Event 7 - 13 years	
Event 4 - 14 years		
Individual presentations held immediately after each event	Individual presentations held immediately after each event	Individual presentations held after each event

**Clashes:** Girls competing in both swimming and diving must complete their list of dives prior to the conclusion of their age group. Referees must be informed.

### IGSSA Diving Representative Team

5 girls per event will be selected into the IGSSA Team for NSW CIS Championships.

### Trophies & Point Score

#### Age Group Champions

The diver with the highest individual point score in the following age divisions will receive a trophy:

Junior – 12 & 13 Years

Intermediate – 14 & 15 Years

Senior – 16 & 17+ Years

#### Division 1 and Division 2 Champions

Schools will compete in either Division 1 or Division 2. Both divisions will have the same point scoring system and the winning school from each division will be presented with a shield.

#### Most Improved School

This is awarded to the school who improves their position in the final point score by the most places from the previous year. If multiple schools are drawn, the school with the largest points increase is most improved.

#### Champion School

The highest total point score is deemed to be the Champion School.

The point score for all age groups and the team event is allocated as follows:-

<b>Springboard Point Score</b>	
1 <sup>st</sup> Place	10 Points
2 <sup>nd</sup> Place	8 Points
3 <sup>rd</sup> Place	6 Points
4 <sup>th</sup> Place	5 Points
5 <sup>th</sup> Place	4 Points
6 <sup>th</sup> Place	3 Points
7 <sup>th</sup> Place	2 Points
8 <sup>th</sup> Place	1 Point

<b>Team and Platform Point Score</b>	
1 <sup>st</sup> Place	5 Points
2 <sup>nd</sup> Place	4 Points
3 <sup>rd</sup> Place	3 Points
4 <sup>th</sup> Place	2 Points
Remaining Places	1 Point

## IGSSA & CIS Dive Requirements

Dives to be performed in each section as follows:

Age		IGSSA		CIS	
Springboard		Limited Dives	Unlimited Dives	Limited Dives	Unlimited Dives
12	1M and 3M	2 dives from different groups @ 3.6	plus 2 dives from 2 groups unrestricted	2 dives from different groups @ 3.6	plus 2 dives from different groups unlimited DD
13	1M and 3M	2 dives from different groups @ 3.6	plus 2 dives from 2 groups unrestricted	2 dives from different groups @ 3.6	plus 2 dives from different groups unlimited DD
14	1M and 3M	3 dives from different groups @ 5.4	plus 2 dives from 2 groups unrestricted	3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
15	1M and 3M	3 dives from different groups @ 5.4	plus 2 dives from 2 groups unrestricted	3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
16	1M and 3M	3 dives from different groups @ 5.4	plus 3 dives from 2 groups unrestricted	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD
17 +	1M and 3M	3 dives from different groups @ 5.4	plus 3 dives from 2 groups unrestricted	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD
<b>Team</b>	Min 3 divers maximum 6; Maximum 2 dives per diver		6 dives from 3 groups unrestricted		
Age		IGSSA		CIS	
Platform		Limited Dives	Unlimited Dives	Limited Dives	Unlimited Dives
<b>Open Platform</b>	5M / 7.5M / 10M	2 dives from different groups @ 3.6*	plus 2 dives from different groups unlimited DD		
12 / 13 / 14	5M / 7.5M			3 dives from different groups @ 5.4	plus 2 dives from different groups unlimited DD
15 / 16	5M / 7.5M / 10M			3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
17 / 19	5M / 7.5M / 10M			3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD

## **Trophies to be Presented in 2017**

Junior Springboard Champion – 12 & 13 years  
Intermediate Springboard Champion – 14 & 15 years  
Senior Springboard Champion – 16 & 17+ years  
Open Platform Champion  
Most Improved School (Donated by Tara)  
Division 2 Point Score  
Division 1 Point Score  
Champion School

## **IGSSA Diving 2016 Winners**

### **Junior Springboard**

Kennedy Cooper – Pymble Ladies' College

### **Intermediate Springboard**

Eloise Cain – PLC Sydney

### **Senior Springboard**

Brittany O'Brien - Pymble Ladies' College

### **Open Platform**

Brittany O'Brien – Pymble Ladies' College

### **Team**

Pymble Ladies' College

### **Most Improved School**

Tara

### **Division Point Score**

Division 1 – Pymble Ladies' College  
Division 2 – Ravenswood

### **Champion School**

1. Pymble Ladies' College
2. PLC Sydney
3. Abbotsleigh

# Champion Schools 1993-2016

## IGSSA Diving

The Diving point score was combined with the Swimming point score from 1923 - 1992.

The first presentation of a Shield for the overall point score for Diving was made in 1993.

1993	Pymble Ladies' College & Tara
1994	Pymble Ladies' College
1995	Pymble Ladies' College
1996	Pymble Ladies' College
1997	Pymble Ladies' College
1998	Pymble Ladies' College
1999	PLC Sydney
2000	PLC Sydney
2001	PLC Sydney
2002	PLC Sydney
2003	PLC Sydney
2004	PLC Sydney
2005	PLC Sydney
2006	PLC Sydney
2007	PLC Sydney
2008	Abbotsleigh
2009	Abbotsleigh
2010	Abbotsleigh
2011	Abbotsleigh & MLC School
2012	Pymble Ladies' College
2013	Pymble Ladies' College
2014	Pymble Ladies' College
2015	Pymble Ladies' College
2016	Pymble Ladies' College

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**Association of Heads of Independent Girls' Schools**