

Norwood
swim school
LEARNING & NURTURING FOR LIFE



Saturday 9th September 2017

Start Time 4:15pm



Welcome to the March Super Sprints!! We really hope that everyone enjoys themselves today and supports each other throughout the day!!

All swimmers will be required to report to the marshal before their race.

DIVING is from the edge of the pool for those swimmers in Langman or below. Swimmers in Bastian to Hill may use the blocks.

Tumble turns are expected from all those in Junior Squads and above. If you are a Bronze or below and are not confident with turns they are not required of you.

WARM UP

Lane 1 –LTS, Bronze

Lane 2 – Langman,

Lane 3 – Bastian, Cowdrey, Hill

Lane 4 – Gold

Lane 5 – Silver, Gold

Lane 6 – Silver

TEAM STATS ONLINE

Check out all your times from Super Sprints, Red & Blue Day and the Mega Swim at:
<http://www.sports-tek.com/TMOnline/>

Select Norwood Swim School from the drop down list and search for your name!

Results are generally uploaded within a week of the meet.

EVENT POINT SYSTEM

All swimmers will receive 1 point for participating in an event (Super Sprints, Mega Swim or Red and Blue Carnival), and for every Personal Best time achieved a further 2 points will be awarded. The points will be tallied and culminate in an overall championship series winner which will be announced and presented with a perpetual trophy at the annual Christmas Super Sprints. The winners in each of the four age categories will receive a trophy, 8&U, 9/10, 11/12, 13 & over. Age groups are decided by age at the end of the year

SUPER SPRINTS SERIES

This event is held 4 times per year and aims to encourage and develop personal best times in sprint work under race conditions. This event is open to swimmers in the Hammer Head Shark level through to Hill Squad. Entrants will have the opportunity of being an annual trophy winner for achieving the greatest percentage of Personal Bests over the course of the year based on age categories (8&U, 9/10, 11/12/ 13 & over). These trophies will be awarded at the Christmas Super Sprints as outlined above.

MEGA SWIM

This event is held 4 times per year and aims to encourage and develop endurance in distance swimming. This event is open to Mako/Tiger/Hammer Head/White Pointer Shark through to our National swimmers. Swimmers can elect to swim 50 m, 100 m, 200 m and 400 m, once per year 800 m will also be offered. Entrants attempting a distance for the first time will be awarded a medal. An annual presentation of the fastest 400m times will be awarded in age categories (8&U, 9/10, 11/12, 13 & over) will also be awarded at the Christmas Super Sprints.

RED AND BLUE CARNIVAL

This event is held 3 times per year in conjunction with the Norwood Swimming Club and aims to encourage team and relay participation. This event is open to Hammer Head Shark level through to National/High Performance Squads. Entrants are divided into two teams for the year (Red and Blue) and race to win points for their team. The Personal Best point system applies and contributes to the Championship Series Winner Trophy. .

ENTERING EVENTS

Swimmers participating in any of the above events must lodge an entry form and pay the required fee at reception. Closing dates for event registration close 3 days prior to the event (see the Calendar of Events), unless booked out prior.

Event 1 Mixed 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 11 Timed Finals				
1	Clayton, Nicholas	M11	Norwood Swim School-SA	35.64
2	Braunack, Tom	M10	Norwood Swim School-SA	35.28
3	Kollberg, Max	M13	Norwood Swim School-SA	34.40
4	Cooke, Oliver	M14	Norwood Swim School-SA	34.87
5	Aftab, Syme	M14	Norwood Swim School-SA	35.44
6	Newman, Hamish	M13	Norwood Swim School-SA	35.84
Heat 2 of 11 Timed Finals				
1	Kashani, Kiarash	M12	Norwood Swim School-SA	36.66
2	Zhao, ChiChi	W13	Norwood Swim School-SA	36.19
3	Langman, Aidan	M12	Norwood Swim School-SA	35.84
4	Bruno, Ariane	W13	Norwood Swim School-SA	36.12
5	Bahr, Arabella	W11	Norwood	36.62
6	Santos, Kennedy	W9	Norwood Swim School-SA	36.88
Heat 3 of 11 Timed Finals				
1	Burdett, Charlotte	W13	Norwood Swim School-SA	38.78
2	McLeod, Malaika	W10	Norwood Swim School-SA	38.10
3	Woolford, David	M14	Norwood Swim School-SA	37.22
4	Langman, Hamish	M11	Norwood Swim School-SA	37.66
5	Dry, Alexander	M13	Norwood Swim School-SA	38.68
6	Lowry, Isabella	W11	Norwood Swim School-SA	39.16
Heat 4 of 11 Timed Finals				
1	Newman, Fraser	M11	Norwood Swim School-SA	40.65
2	Donnelly, William	M10	Norwood Swim School-SA	40.07
3	Fotheringham, Thomas	M10	Norwood Swim School-SA	39.29
4	Yatawara, Kavinthi	W14	Norwood Swim School-SA	39.37
5	Perkins, Angus	M17	Norwood Swim School-SA	40.09
6	Morton, Grace	W9	Norwood Swim School-SA	41.28
Heat 5 of 11 Timed Finals				
1	Goldsworthy, Zoe	W10	Norwood Swim School-SA	42.93
2	Fay, Bethany	W10	Norwood Swim School-SA	42.71
3	Sincock, Claire	W14	Norwood Swim School-SA	41.88
4	Polyak, Sophie	W12	Norwood Swim School-SA	41.94
5	Tatarelli, Damon	M9	Norwood Swim School-SA	42.72
6	Slade, Luca	M12	Norwood Swim School-SA	44.00
Heat 6 of 11 Timed Finals				
1	Koerber, Zoe	W10	Norwood Swim School-SA	45.75
2	Wildman, Emily	W9	Norwood Swim School-SA	45.06
3	Overton, Elsie	W12	Norwood Swim School-SA	44.18
4	Dineen, Siobhan	W13	Norwood Swim School-SA	44.28
5	Kollberg, Bianca	W10	Norwood Swim School-SA	45.53
6	Lowry, Lucy	W8	Norwood Swim School-SA	47.56

Heat 7 of 11 Timed Finals

1	Santos, Zoe	W7	Norwood Swim School-SA	51.10
2	McLeod, Elsa	W8	Norwood Swim School-SA	50.62
3	Bak, Theeda	W11	Norwood Swim School-SA	47.73
4	Martin, Dillon	M14	Norwood Swim School-SA	49.21
5	Deng, Rachel	W11	Norwood Swim School-SA	51.01
6	Fotheringham, Miles	M8	Norwood Swim School-SA	52.62

Heat 8 Timed Finals... (Event 1 Mixed 50 SC Meter Freestyle)

1	Lawson, Hugo	M8	Norwood Swim School-SA	59.98
2	Slade, Naite	M9	Norwood Swim School-SA	57.00
3	McLachlan, Dougal	M8	Norwood Swim School-SA	52.97
4	Clayton, Thomas	M8	Norwood Swim School-SA	54.69
5	Rakocevic, Damien	M13	Norwood Swim School-SA	59.75
6	Painter, Josie	W9	Norwood Swim School-SA	1:01.40

Heat 9 of 11 Timed Finals

1	Painter, Abby	W7	Norwood Swim School-SA	NT
2	Nguyen, Chloe	W10	Norwood Swim School-SA	NT
3	Meaney, Anakin	M10	Norwood Swim School-SA	1:02.09
4	Aftab, Nathan	M9	Norwood Swim School-SA	NT
5	Smith, Phoebe	W10	Norwood Swim School-SA	NT
6	Smith, Fraser	M8	Norwood Swim School-SA	NT

Heat 10 of 11 Timed Finals

1	Oldfield, Harry	M10	Norwood Swim School-SA	NT
2	Smith, Imogen	W11	Norwood Swim School-SA	NT
3	Reynolds, Olivia	W9	Norwood Swim School-SA	NT
4	Choi, Jiho	M13	Norwood Swim School-SA	NT
5	Ma, Thomas	M12	Norwood Swim School-SA	NT

Heat 11 of 11 Timed Finals

2	Philips, Jela	W13	Norwood Swim School-SA	NT
3	Bui, Annie	W12	Norwood Swim School-SA	NT
4	Healy, Sophie J	W9	Norwood Swim School-SA	NT

Better Movement Studio

Better Movement Studio offer a range of yoga, Pilates and stretch therapy classes for all ages and abilities plus massage and wellness consultations. Check out their website to learn more about their classes and timetables.

<http://www.bettermovementstudio.com.au/>



Event 2 Mixed 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Timed Finals				
1	Bruno, Ariane	W13	Norwood Swim School-SA	42.71
2	Kashani, Kiarash	M12	Norwood Swim School-SA	42.47
3	Cooke, Oliver	M14	Norwood Swim School-SA	36.62
4	Clayton, Nicholas	M11	Norwood Swim School-SA	40.41
5	Bahr, Arabella	W11	Norwood	42.52
6	Santos, Kennedy	W9	Norwood Swim School-SA	45.02
Heat 2 of 3 Timed Finals				
1	Braunack, Tom	M10	Norwood Swim School-SA	52.90
2	Donnelly, William	M10	Norwood Swim School-SA	49.75
3	Dry, Alexander	M13	Norwood Swim School-SA	45.63
4	Langman, Aidan	M12	Norwood Swim School-SA	46.31
5	Choi, Jiho	M13	Norwood Swim School-SA	51.12
Heat 3 of 3 Timed Finals				
2	Lawson, Hugo	M8	Norwood Swim School-SA	1:00.57
3	Santos, Zoe	W7	Norwood Swim School-SA	59.78
4	Fotheringham, Thomas	M10	Norwood Swim School-SA	1:00.28

Event 3 Mixed 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Timed Finals				
1	Slade, Luca	M12	Norwood Swim School-SA	53.75
2	Rakocevic, Damien	M13	Norwood Swim School-SA	50.88
3	Zhao, ChiChi	W13	Norwood Swim School-SA	45.63
4	Kollberg, Max	M13	Norwood Swim School-SA	45.81
5	Aftab, Syme	M14	Norwood Swim School-SA	53.19
6	Sincock, Claire	W14	Norwood Swim School-SA	58.05
Heat 2 Timed Finals... (Event 3 Mixed 50 SC Meter Breaststroke)				
1	Lowry, Isabella	W11	Norwood Swim School-SA	1:01.13
2	Perkins, Angus	M17	Norwood Swim School-SA	1:00.00
3	Wildman, Emily	W9	Norwood Swim School-SA	58.22
4	Fay, Bethany	W10	Norwood Swim School-SA	59.50
5	Overton, Elsie	W12	Norwood Swim School-SA	1:00.91
6	Goldsworthy, Zoe	W10	Norwood Swim School-SA	1:02.06
Heat 3 of 6 Timed Finals				
1	Healy, Sophie J	W9	Norwood Swim School-SA	1:12.63
2	Deng, Rachel	W11	Norwood Swim School-SA	1:10.18
3	Martin, Dillon	M14	Norwood Swim School-SA	1:04.57
4	Kollberg, Bianca	W10	Norwood Swim School-SA	1:07.53
5	Woolford, David	M14	Norwood Swim School-SA	1:12.37
6	Aftab, Nathan	M9	Norwood Swim School-SA	1:19.56

Heat 4 of 6 Timed Finals

1	Nguyen, Chloe	W10	Norwood Swim School-SA	NT
2	Smith, Fraser	M8	Norwood Swim School-SA	NT
3	Newman, Fraser	M11	Norwood Swim School-SA	1:23.69
4	McLachlan, Dougal	M8	Norwood Swim School-SA	1:24.97
5	Slade, Naite	M9	Norwood Swim School-SA	NT
6	Philips, Jela	W13	Norwood Swim School-SA	NT

Heat 5 of 6 Timed Finals

1	Reynolds, Olivia	W9	Norwood Swim School-SA	NT
2	McLeod, Elsa	W8	Norwood Swim School-SA	NT
3	Ma, Thomas	M12	Norwood Swim School-SA	NT
4	Clayton, Thomas	M8	Norwood Swim School-SA	NT
5	Painter, Josie	W9	Norwood Swim School-SA	NT
6	Bui, Annie	W12	Norwood Swim School-SA	NT

Heat 6 of 6 Timed Finals

1	Yatawara, Kavinthi	W14	Norwood Swim School-SA	NT
2	Smith, Phoebe	W10	Norwood Swim School-SA	NT
3	Smith, Imogen	W11	Norwood Swim School-SA	NT
4	Burdett, Charlotte	W13	Norwood Swim School-SA	NT
5	Painter, Abby	W7	Norwood Swim School-SA	NT

Event 4 Mixed 50 SC Meter Backstroke

Lane Name Age Team Seed Time

Heat 1 of 3 Timed Finals

1	Morton, Grace	W9	Norwood Swim School-SA	49.53
2	Polyak, Sophie	W12	Norwood Swim School-SA	48.03
3	Newman, Hamish	M13	Norwood Swim School-SA	46.44
4	McLeod, Malaika	W10	Norwood Swim School-SA	47.14
5	Langman, Hamish	M11	Norwood Swim School-SA	48.44
6	Bak, Theeda	W11	Norwood Swim School-SA	50.25

Heat 2 of 3 Timed Finals

2	Lowry, Lucy	W8	Norwood Swim School-SA	58.53
3	Tatarelli, Damon	M9	Norwood Swim School-SA	52.56
4	Koerber, Zoe	W10	Norwood Swim School-SA	54.71
5	Fotheringham, Miles	M8	Norwood Swim School-SA	1:02.24

Heat 3 of 3 Timed Finals

2	Oldfield, Harry	M10	Norwood Swim School-SA	NT
3	Dineen, Siobhan	W13	Norwood Swim School-SA	NT
4	Meaney, Anakin	M10	Norwood Swim School-SA	NT

UPCOMING EVENTS



RED & BLUE DAY

Saturday 21st October

Events: 200 FS, 100 IM, 50 FS, 50 BK, 25 FS and 25 BRS

Have a chat to our friendly Customer Service Team to book your spot now!

Entries Close: Wednesday 18th October