

SACRED HEART GIRLS' COLLEGE

SWIMMING SPORTS 2019

PROGRAMME



<u>Est. TIME</u>	<u>SWIMMING EVENTS</u>	<u>AGE GROUP</u>	<u>DIVING/</u> <u>Biggest Splash</u>
9.10 am	Vertical Form		
9.20am	1. 200m Freestyle Championships	Junior, Int & Senior	9.30am
9.30am	2. 50m Freestyle Championships	Year 8	Juniors
	3. 50m Freestyle Championships	Year 7	
9.45am	4. 50m Freestyle Non-Champ	Senior	
	5. 50m Freestyle Non-Champ	Intermediate	
	6. 50m Freestyle Non-Champ	Junior	10.15
	7. 25m Freestyle Non-Champ	Year 8	Seniors
	8. 25m Freestyle Non-Champ	Year 7	
10.30am	9. 100m Breastroke Championships	Junior	
	10. 100m Breastroke Championships	Intermediate	
	11. 100m Breastroke Championships	Senior	
	12. 50m Breastroke Championships	Year 8	
	13. 50m Breastroke Championship	Year 7	
11.00am	14. 50m Backstroke Non-Champ	Senior	11.00am
	15. 50m Backstroke Non-Champ	Intermediate	Year 7
	16. 50m Backstroke Non-Champ	Junior	
	17. 50m Backstroke Non-Champ	Year 8	
	18. 50m Backstroke Non-Champ	Year 7	
	19. 200m Individual Medley	Junior, Int & Senior	
Remove lanes	20. House Chant		
11.50am	21. Vertical Form Relay	7 in a team (Yr 7 – 13)	
12.15	Entertainment : Year 13 Synchronised Swimming		
12.15 – 12.30	LUNCH - free swim if time permits ???		
12.45pm	22. 50m Butterfly Championships	Year 8	
	23. 50m Butterfly Championships	Year 7	1.00pm
	24. 50m Butterfly Championships	Junior	Year 8
	25. 50m Butterfly Championships	Intermediate	
	26. 50m Butterfly Championships	Senior	
1.10pm	27. 100m Backstroke Championships	Junior	
	28. 100m Backstroke Championships	Intermediate	
	29. 100m Backstroke Championships	Senior	
	30. 50m Backstroke Championships	Year 8	
	31. 50m Backstroke Championships	Year 7	1.30pm
	32. 50m Breastroke Non-Champ	Senior	Intermediate
	33. 50m Breastroke Non-Champ	Intermediate	
	34. 50m Breastroke Non-Champ	Junior	
	35. 25m Breastroke Non-Champ	Year 8	
	36. 25m Breastroke Non-Champ	Year 7	
1.55pm	37. 100m Freestyle Championships	Junior	
	38. 100m Freestyle Championships	Intermediate	
	39. 100m Freestyle Championships	Senior	
	40. House Freestyle Relay	7 in a team (Y7 - 13)	
Time permitting.....			
2.20pm	41. Staff vs Boarders vs Day Girls Relay		