

2023 SWIMMING SPORTS



Sacred Heart
Girls' College

HAMILTON

ARRIVAL/DEPARTURE OPTIONS:

- 8.30am For those making their own way to the pools please be there for the roll, 8.30am.
- 8.30am Catching a bus from school (please fill out form below), assemble outside school on Firth st for the permission check.
- 9.00am The last Bus leaves for Water World
- 9.30am Last bus users move into the pool area down by the grandstand. Find your CCM house areas for a roll check.
- 9.45am 10am Start

<https://forms.gle/R223jPGAdw3TbSkh7>

**CANTEEN IS NOT AVAILABLE FOR STUDENTS, SNACK AS YOU NEED THROUGHOUT THE DAY.
PROVIDE YOURSELF ENOUGH FOOD AND DRINK**

10.00am	10min	1. Sienna Obstacle Course
10.00am	10min	1. Barbier Dolphin Diving
10.00am	10min	1. MacKillop Piggy Back
10.15am		2. Junior Freestyle 50m
10.20am		3. Intermediate Freestyle 50m
10.25am		4. Senior Freestyle 50m
10.30am	10min	5. Aubert Obstacle Course
10.30am	10min	5. Avila Dolphin Diving
10.30am	10min	5. Lisieux Piggy Back
10.45am		6. Senior Backstroke 50m
10.50am		7. Intermediate Backstroke 50m
10.55am		8. Junior Backstroke 50m
11.05am	10min	9. Barbier Obstacle Course
11.05am	10min	9. MacKillop Dolphin Diving
11.05am	10min	9. Sienna Piggy Back
11.20am		10. Intermediate Breaststroke 50m
11.25am		11. Senior Breaststroke 50m
11.30am		12. Junior Breaststroke 50m
11.30am	10min	13. Avila Obstacle Course
11.30am	10min	13. Lisieux Dolphin Diving
11.30am	10min	13. Aubert Piggy Back
11.45am		14. Junior Butterfly 50m
11.50am		15. Senior Butterfly 50m
12.00pm		16. Intermediate Butterfly 50m
LUNCH 12.05PM		

12.20pm	10min	17. MacKillop Obstacle Course
12.20pm	10min	17. Sienna Dolphin Diving
12.20pm	10min	17. Barbier Piggy Back
12.35pm		18. Junior Medley 50m
12.40pm		19. Intermediate Medley 50m
12.45pm		20. Senior Medley 50m
12.50pm	10min	21. Lisieux Obstacle Course
12.50pm	10min	21. Aubert Dolphin Diving
12.50pm	10min	21. Avila Piggy Back
1.05pm		22. Sienna, MacKillop, Barbier Make a floating shape - Summer Theme
1.15 pm		23. Aubert, Avila, Lisieux Make a floating shape - Summer Theme
1.20 pm		RING DIVING House vs House Competition The fastest house to bring up the most rings wins MacKillop vs Barbier Sienna vs Avila Aubert vs Lisieux
1.35 pm		22. House Freestyle Relay x1 from each yr 9-13 x1 length each, timed finals Aubert, Avila, Lisieux
1.40 pm		23. House Freestyle Relay x from each yr 9-13 x1 length each, timed finals MacKillop, Barbier, Sienna

FINISH 1.45PM CCM role check.
2.00PM Exit for the bus back to school or private arrangement home.