



THE FOREST HIGH SCHOOL

SWIMMING CARNIVAL PROGRAM

Friday, March 8, 2024

8:30am	12-14yrs, 15-16 yrs., 17+ yrs. Individual Medley Boys and Girls 12-14yrs, 15-16, 17+ yrs. 400M Freestyle Boys and Girls All students wanting to compete in these events should arrive at the pool at 8.00am so we can start as soon as the WAC staff will allow us to.
9.15am	School arrives at Aquatic Centre accompanied by roll call Teachers
9.30am	Students will be admitted to the Aquatic Centre. Starting time 9.35am

ORDER OF EVENTS

Girls/Boys	Age Groups	Distance	Stroke
Girls	12, 13,14,15,16,17+	100m	Backstroke
Boys	12, 13,14,15,16,17+	100m	Backstroke
Girls	12, 13,14,15,16,17+	50m	Backstroke
Boys	12, 13,14,15,16,17+	50m	Backstroke
Girls	12, 13,14,15,16,17+	100m	Butterfly
Boys	12, 13,14,15,16,17+	100m	Butterfly
Girls	12, 13,14,15,16,17+	200m	Freestyle
Boys	12, 13,14,15,16,17+	200m	Freestyle
House Points Relay			
Girls	12, 13,14,15,16,17+	100m	Freestyle
Boys	12, 13,14,15,16,17+	100m	Freestyle
Girls	12, 13,14,15,16,17+	50m	Freestyle
Boys	12, 13,14,15,16,17+	50m	Freestyle
Girls	12, 13,14,15,16,17+	100m	Breaststroke
Boys	12, 13,14,15,16,17+	100m	Breaststroke
Girls	12, 13,14,15,16,17+	50m	Breaststroke
Boys	12, 13,14,15,16,17+	50m	Breaststroke
Girls	12, 13,14,15,16,17+	50m	Butterfly
Boys	12, 13,14,15,16,17+	50m	Butterfly
House Points Relay			

House Relays

House Captains to select swimmers for this event	Junior – Years 7 and 8	2 boys, 2 girls from each
	Intermediate – Years 9 and 10	2 boys, 2 girls from each
	Senior – Years 11 and 12	2 boys, 2 girls from each

ADDITIONAL INFORMATION

- Competitors must swim in the age they turn this year
- You may only swim up in age divisions in events where there is not a race for your age group
- In all events, placings will be taken on heat times. There are no finals.
- You may enter events by reporting to the marshalling area when the event is called by the announcer
- You must swim in the lane allocated by the marshals.
- Order of Medley Events – Butterfly, Backstroke, Breaststroke and Freestyle

SEATING AREAS – WARRINGAH AQUATIC CENTRE

