

**2024 SSACT SECONDARY
REGIONAL SWIMMING CARNIVAL
PROGRAM OF EVENTS**

Warm Up from 8.30am, Program commences at 9.15am

12 – 16 Years

Boys	Girls	Age	Event
1	2	12	50m freestyle
3	4	13	50m freestyle
5	6	14	50m freestyle
7	8	15	50m freestyle
9	10	16	50m freestyle
11	12	12 - 14	100m backstroke
13	14	15 - 16	100m backstroke
15	16	12	50m butterfly
17	18	13	50m butterfly
19	20	14	50m butterfly
21	22	15	50m butterfly
23	24	16	50m butterfly
25	26	12	100m freestyle
27	28	13	100m freestyle
29	30	14	100m freestyle
31	32	15	100m freestyle
33	34	16	100m freestyle
35	36	12	50m breaststroke
37	38	13	50m breaststroke
39	40	14	50m breaststroke
41	42	15	50m breaststroke
43	44	16	50m breaststroke
45	46	12 - 14	100m butterfly
47	48	15 - 16	100m butterfly
49	50	12	50m backstroke
51	52	13	50m backstroke
53	54	14	50m backstroke
55	56	15	50m backstroke
57	58	16	50m backstroke
59	60	12 - 14	100m breaststroke
61	62	15 - 16	100m breaststroke
	Mixed	All ages	4x50m freestyle relay

Notes:

- Generally, each school can enter four (4) swimmers in each event for the regional carnival although additional swimmers will be accepted where warranted such as in the 12-14 year events or where a school has a strong group of swimmers in a particular age group.
- 200m IM and 200m Freestyle – Not conducted at Regional level. Up to four (4) competitors in each age group (10, 11, 12 years) will be entered from direct entries received to the 12&U ACT Championship – Entry Form must be submitted by the school no later than 12 April, found in Teacher Resources section of the website.
- **Swimmers turning 12 years** who are in Year 7 are to compete in the Secondary Combined Region Carnival with their school.
- Multi-Class (MC) swimmers (swimmers with a disability) can swim in the age group events at this carnival. However, to compete in MC events at the SSACT ACT State Swimming Championships being held on Thursday 9 May 2024 at the AIS they will need to submit a Multi-Class Swimming Entry Form

by Friday 12 April 2024. This form is submitted by the school and can be found in the Teacher Resources section of the website.

- Swimmers turning 12 years in Year 7 will progress to the 12&U School Sport ACT Swimming Championships (being held on Tuesday 7 May 2024 at the AIS in accordance to the rules set down for each region for that carnival).
- For swimmers aged 13 to 16: Four (4) North swimmers and four (4) South swimmers in each event will progress to the 13&O School Sport ACT Swimming Championships provided they achieved the qualifying time set down for that event for the Championships.

Relay Event

There is a mixed relay event at the end of the program.

In order to encourage participation, teams can consist of any mix of girls and boys (from all girls to all boys and every combination in between).

A swimmer can only compete in one relay team.

Where a school is unable to complete a team they will be permitted to “borrow” a swimmer from another school.

School Point Score

A separate point score will be run at the 2024 Combined Carnival for North and South schools to determine the best performing school of each Region.

Unable to compete at the Regional Carnival: If a swimmer was unable to compete at the Regional Carnival and has an official long course personal best time faster than the **13&O ACT Championships Qualifying Time as shown on the 13&O Swimming Championship Program**, they may apply for consideration to compete in the ACT Swimming Championships. Subject to the availability of vacant lanes and the ranking of the times of other eligible swimmers, these swimmers may be granted inclusion to swim at the ACT Championships.

Request for Inclusion in the ACT 13&O Swimming Championships 2024 form is available on the School Sport ACT website and must be submitted to eo@schoolsportact.org.au by the student's school no later than 4pm Tuesday 30 April 2024.