

SACRED HEART GIRLS' COLLEGE

SWIMMING SPORTS 2025



PROGRAMME

<u>Est. TIME</u>	<u>SWIMMING EVENTS</u>	<u>AGE GROUP</u>	<u>DIVING WELL</u>
9.10 am	Manaaki roll call.		
9.20am	1. 200m Freestyle Championships	Junior, Int & Senior	
9.30am	2. 50m Freestyle Championships	Year 8	9.30am: Barbier
	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	
	7. 25m Freestyle Non-Champ	Year 8	10.15: Chanel
	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: Lourdes
	15. 50m Backstroke Non-Champ	Intermediate	
	16. 50m Backstroke Non-Champ	Junior	
	17. 25m Backstroke Non-Champ	Year 8	
	18. 25m Backstroke Non-Champ	Year 7	
	19. 200m Individual Medley	Junior, Int & Senior	
Remove lanes	20. House Chant & Best Dressed Competition		
11.50am	21. Manaaki Relay (1 width each)	7 in a team (Yr 7 – 13)	
12.15	Entertainment: Year 13 Synchronised Swimming		
12.30 – 12.45	LUNCH - free swim if time permits ???		
12.45pm	22. 25m Butterfly Championships	Year 8	
	23. 25m Butterfly Championships	Year 7	1.15pm: Vianney
	24. 50m Butterfly Championships	Junior	
	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	
	32. 50m Breastroke Non-Champ	Senior	
	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 (1 length each)	7 in a team (Y7 - 13)	
Time permitting.....			
2.20pm	41. Staff vs Boarders vs Day Girls Relay		

ROCK POOL CAFÉ – To ease congestion on the stairs each house will have an allocated they are allowed to go to the Shop

Barbier: 10:15am – 11am Chanel: 11am – 11:45am Lourdes: 11:45am – 12:30pm Vianney: 12:30pm – 1:15pm