

# TUGGERAH LAKES ZONE SECONDARY SCHOOL SPORTS ASSOCIATION



**41st ANNUAL SWIMMING CARNIVAL  
THURSDAY 6 MARCH 2025  
MINGARA AQUATIC CENTRE**

<b>COMPETING SCHOOLS</b>	<b>SWIM CAP COLOUR</b>
Gorokan	Blue
Northlakes	White
Terrigal	Navy and Blue
TLSC A	Black
TLSC B	Black
Wadalba	Navy
Wyong	Red

# TUGGERAH LAKES SWIMMING CARNIVAL

## CARNIVAL RULES

### COMPETITORS:

- Must swim in own age division – exception; they may swim in an age division above their own provided they remain in that division for the whole carnival. If no event is available in a competitor's age, swimmers may compete in an event above their own age.
- Must report to the marshals immediately when called.
- Must remain in their lane until asked to leave by officials.

### TURNING AND FINISHING:

<b>BUTTERFLY / BREASTSTROKE:</b>	both hands must touch in full view of judges.
<b>BACKSTROKE:</b>	a swimmer must finish on his back and touch with his hand.
<b>FREESTYLE:</b>	a swimmer must make physical contact with the wall of the pool during his turn and must touch with the hand in full view of judges.

### STARTING

#### ONE START RULE APPLIES

1. Whistle – competitors move onto blocks and stand erect.
2. "Take your mark" – competitors must remain stationary.
3. Hooter to start the race.

### STYLE EVENTS

All Events will be 100m with the exception of the 50m Freestyle.

### OUT OF BOUNDS

The Wading pool and concrete areas at each end of the pool.

### ADULT SPECTATORS

Spectators will need to sit on the grass on the western side of the pool

### MARSHALLING AREA

Outside on grass – western side.

### ENTRY

Competitors and Spectators use main entry doors.  
Competitors are to pay their respective schools their entry fee.

### TIME

Event 1 will commence at 9am sharp.  
Event times are a guide only

### COVID-SMART CONSIDERATIONS

Students are to sit in designated areas for each school with their team manager

### APPAREL

Apparel is available for purchase on the day. Alternatively, you can pre-order to reserve your size by following the link to the zone's online store -  
<https://tlzssa-shop.square.site/>

# TUGGERAH LAKES ZONE SWIMMING CARNIVAL

## PROGRAM OF EVENTS

9am	1	Girls	12 Years	200m	Freestyle	
		Girls	12 Years	200m	Freestyle	
	2	Girls	13 Years	200m	Freestyle	
		Girls	13 Years	200m	Freestyle	
	3	Girls	14 Years	200m	Freestyle	
		Girls	14 Years	200m	Freestyle	
	4	Girls	15 Years	200m	Freestyle	
		Girls	15 Years	200m	Freestyle	
	5	Girls	16 Years	200m	Freestyle	
		Girls	16 Years	200m	Freestyle	
	6	Girls	17-19 Years	200m	Freestyle	
		Girls	17-19 Years	200m	Freestyle	
	7	Boys	12 Years	200m	Freestyle	
		Boys	12 Years	200m	Freestyle	
	8	Boys	13 Years	200m	Freestyle	
		Boys	13 Years	200m	Freestyle	
	9	Boys	14 Years	200m	Freestyle	
		Boys	14 Years	200m	Freestyle	
	10	Boys	15 Years	200m	Freestyle	
		Boys	15 Years	200m	Freestyle	
	11	Boys	16 Years	200m	Freestyle	
		Boys	16 Years	200m	Freestyle	
	12	Boys	17-19 Years	200m	Freestyle	
		Boys	17-19 Years	200m	Freestyle	
9.45am	13	Girls	12 Years	100m	Freestyle	
		Girls	12 Years	100m	Freestyle	
	14	Girls	13 Years	100m	Freestyle	
		Girls	13 Years	100m	Freestyle	
	15	Girls	14 Years	100m	Freestyle	
		Girls	14 Years	100m	Freestyle	
	16	Girls	15 Years	100m	Freestyle	
		Girls	15 Years	100m	Freestyle	
	17	Girls	16 Years	100m	Freestyle	
		Girls	16 Years	100m	Freestyle	
	18	Girls	17-19 Years	100m	Freestyle	
		Girls	17-19 Years	100m	Freestyle	
	19	Boys	12 Years	100m	Freestyle	
		Boys	12 Years	100m	Freestyle	
	20	Boys	13 Years	100m	Freestyle	
		Boys	13 Years	100m	Freestyle	
	21	Boys	14 Years	100m	Freestyle	
		Boys	14 Years	100m	Freestyle	
	22	Boys	15 Years	100m	Freestyle	
		Boys	15 Years	100m	Freestyle	
	23	Boys	16 Years	100m	Freestyle	
		Boys	16 Years	100m	Freestyle	
	24	Boys	17-19 Years	100m	Freestyle	
		Boys	17-19 Years	100m	Freestyle	
	25	Girls	All Age	6 X 50m	Relay	
	26	Boys	All Age	6 X 50m	Relay	

10.45am	26A	Girls	12-15 Years	50m	Breaststroke	Multi Class	
	26B	Girls	16-19 Years	50m	Breaststroke	Multi Class	
	26C	Boys	12-15Years	50m	Breaststroke	Multi Class	
	26D	Boys	16-19 Years	50m	Breaststroke	Multi Class	
	27	Girls	12 Years	100m	Breaststroke		
		Girls	12 Years	100m	Breaststroke		
	28	Girls	13 Years	100m	Breaststroke		
		Girls	13 Years	100m	Breaststroke		
	29	Girls	14 Years	100m	Breaststroke		
		Girls	14 Years	100m	Breaststroke		
	30	Girls	15 Years	100m	Breaststroke		
		Girls	15 Years	100m	Breaststroke		
	31	Girls	16 Years	100m	Breaststroke		
		Girls	16 Years	100m	Breaststroke		
	32	Girls	17-19 Years	100m	Breaststroke		
		Girls	17-19 Years	100m	Breaststroke		
	33	Boys	12 Years	100m	Breaststroke		
		Boys	12 Years	100m	Breaststroke		
	34	Boys	13 Years	100m	Breaststroke		
		Boys	13 Years	100m	Breaststroke		
	35	Boys	14 Years	100m	Breaststroke		
		Boys	14 Years	100m	Breaststroke		
	36	Boys	15 Years	100m	Breaststroke		
		Boys	15 Years	100m	Breaststroke		
	37	Boys	16 Years	100m	Breaststroke		
		Boys	16 Years	100m	Breaststroke		
	38	Boys	17-19 Years	100m	Breaststroke		
		Boys	17-19 Years	100m	Breaststroke		
	11.30am	39	Girls	12-14 Years	200m	Individual Medley	
			Girls	12-14 Years	200m	Individual Medley	
		40	Boys	12-14 Years	200m	Individual Medley	
			Boys	12-14 Years	200m	Individual Medley	
		41	Girls	15- 16 Years	200m	Individual Medley	
			Girls	15- 16 Years	200m	Individual Medley	
		42	Boys	15-16 Years	200m	Individual Medley	
			Boys	15-16 Years	200m	Individual Medley	
		43	Girls	17-19 Years	200m	Individual Medley	
			Girls	17-19 Years	200m	Individual Medley	
44		Boys	17-19 Years	200m	Individual Medley		
		Boys	17-19 Years	200m	Individual Medley		
45		Girls	12 Years	50m	Freestyle		
		Girls	12 Years	50m	Freestyle		
46		Girls	13 Years	50m	Freestyle		
		Girls	13Years	50m	Freestyle		
47		Girls	14 Years	50m	Freestyle		
		Girls	14 Years	50m	Freestyle		
48		Girls	15 years	50m	Freestyle		
		Girls	15 years	50m	Freestyle		
48A	Girls	12-15 years	50m	Freestyle	Multi Class		
49	Girls	16 Years	50m	Freestyle			
	Girls	16 Years	50m	Freestyle			
50	Girls	17-19 Years	50m	Freestyle			
	Girls	17-19 Years	50m	Freestyle			
50A	Girls	16-19 Years	50m	Freestyle	Multi Class		

	51	Boys	12 Years	50m	Freestyle		
		Boys	12 Years	50m	Freestyle		
	52	Boys	13 Years	50m	Freestyle		
		Boys	13 Years	50m	Freestyle		
	53	Boys	14 Years	50m	Freestyle		
		Boys	14 Years	50m	Freestyle		
	54	Boys	15 Years	50m	Freestyle		
		Boys	15 Years	50m	Freestyle		
	54A	Boys	12-15 Years	50m	Freestyle	Multi Class	
	55	Boys	16 Years	50m	Freestyle		
		Boys	16 Years	50m	Freestyle		
	56	Boys	17-19 Years	50m	Freestyle		
		Boys	17-19 Years	50m	Freestyle		
	56A	Boys	16-19 Years	50m	Freestyle	Multi Class	
	57	Girls	12-19 Years	4 X 50m	Medley Relay		
	58	Boys	12-19 Years	4 X 50m	Medley Relay		
	12.30pm	59	Girls	12 Years	100m	Backstroke	
			Girls	12 Years	100m	Backstroke	
60		Girls	13 Years	100m	Backstroke		
		Girls	13 Years	100m	Backstroke		
61		Girls	14 Years	100m	Backstroke		
		Girls	14 Years	100m	Backstroke		
62		Girls	15 Years	100m	Backstroke		
		Girls	15 Years	100m	Backstroke		
63		Girls	16 Years	100m	Backstroke		
		Girls	16 Years	100m	Backstroke		
64		Girls	17-19 Years	100m	Backstroke		
		Girls	17-19 Years	100m	Backstroke		
65		Boys	12 Years	100m	Backstroke		
		Boys	12 Years	100m	Backstroke		
66		Boys	13 Years	100m	Backstroke		
		Boys	13 Years	100m	Backstroke		
67		Boys	14 Years	100m	Backstroke		
		Boys	14 Years	100m	Backstroke		
68		Boys	15 Years	100m	Backstroke		
		Boys	15 Years	100m	Backstroke		
69		Boys	16 Years	100m	Backstroke		
		Boys	16 Years	100m	Backstroke		
70		Boys	17-19 Years	100m	Backstroke		
		Boys	17-19 Years	100m	Backstroke		
71			12-19 Years	12 X 50M	Relay		
71A		Girls	12-15 Years	50m	Backstroke	Multi Class	
71B		Girls	16-19 Years	50m	Backstroke	Multi Class	
71C		Boys	12-15 Years	50m	Backstroke	Multi Class	
71D		Boys	16-19 Years	50m	Backstroke	Multi Class	
1.15pm		72	Girls	12 Years	100m	Butterfly	
		Girls	12 Years	100m	Butterfly		
	73	Girls	13 Years	100m	Butterfly		
		Girls	13 Years	100m	Butterfly		
	74	Girls	14 Years	100m	Butterfly		
		Girls	14 Years	100m	Butterfly		

	75	Girls	15 Years	100m	Butterfly	
		Girls	15 Years	100m	Butterfly	
	76	Girls	16 Years	100m	Butterfly	
		Girls	16 Years	100m	Butterfly	
	77	Girls	17-19 Years	100m	Butterfly	
		Girls	17-19 Years	100m	Butterfly	
	78	Boys	12 Years	100m	Butterfly	
		Boys	12 Years	100m	Butterfly	
	79	Boys	13 Years	100m	Butterfly	
		Boys	13 Years	100m	Butterfly	
	80	Boys	14 Years	100m	Butterfly	
		Boys	14 Years	100m	Butterfly	
	81	Boys	15 Years	100m	Butterfly	
		Boys	15 Years	100m	Butterfly	
	82	Boys	16 Years	100m	Butterfly	
		Boys	16 Years	100m	Butterfly	
	83	Boys	17-19 Years	100m	Butterfly	
		Boys	17-19 Years	100m	Butterfly	
	83A	Girls	12-15 Years	50m	Butterfly	Multi Class
	83B	Girls	16-19 Years	50m	Butterfly	Multi Class
	83C	Boys	12-15 Years	50m	Butterfly	Multi Class
	83D	Boys	16-19 Years	50m	Butterfly	Multi Class
	84	Girls	12 Years	4 X 50m	Relay	
	85	Boys	12 Years	4 X 50m	Relay	
	86	Girls	13 Years	4 X 50m	Relay	
	87	Boys	13 Years	4 X 50m	Relay	
	88	Girls	14 Years	4 X 50m	Relay	
	89	Boys	14 Years	4 X 50m	Relay	
	90	Girls	15 Years	4 X 50m	Relay	
	91	Boys	15 Years	4 X 50m	Relay	
	92	Girls	16 Years	4 X 50m	Relay	
	93	Boys	16 Years	4 X 50m	Relay	
	94	Girls	17-19 Years	4 X 50m	Relay	
	95	Boys	17-19 Years	4 X 50m	Relay	

**SYDNEY NORTH REGIONAL CARNIVAL**  
**Wednesday 19 March 2025**  
**SYDNEY AQUATIC CENTRE, HOMEBUSH**

**CHS SWIMMING CARNIVAL**  
**Monday 7, Tuesday 8 and Wednesday 9 April, 2025**  
**SYDNEY AQUATIC CENTRE, HOMEBUSH**

## BOYS ZONE RECORDS

12 YEARS BOYS					NEW 2025 RECORD
50m Freestyle	B. Van Spronson	BV	30.63	1988	
100m Freestyle	A. Pinnock	TU	1:06.31	1997	
200m Freestyle	T. Elliott	TER	2:36.60	2007	
100m Breaststroke	T. Elliott	TER	1:23.89	2007	
100m Backstroke	T. Asmar	TE	1:18.05	1997	
100m Butterfly	A. Pinnock	TU	1:15.35	1997	
4 X 50 m Relay	Terrigal	TER	2.19.87	2001	
13 YEARS BOYS					
50m Freestyle	B. Hepburn	TLSC	28.90	2019	
100m Freestyle	A. Pinnock	TU	1:01.96	1998	
200m Freestyle	A. Pinnock	TU	2:13.30	1998	
100m Breaststroke	A. Pinnock	TU	1:23.00	1998	
100m Backstroke	M. Harris	TLSC	1:12.31	2008	
100m Butterfly	J. Taylor	TER	1:12.08	1996	
4 X 50m Relay	TLSC	TLSC	2:07.09	2013	
14 YEARS BOYS					
50m Freestyle	S. Gardner	TER	27.55	2003	
100m Freestyle	A. Pinnock	TER	1:00.09	1999	
200m Freestyle	B. Woodward	TLSC	2:13.85	2012	
100m Breaststroke	M. Davis	WY	1:20.03	1998	
100m Backstroke	K. Hurst	TER	1:08.05	1995	
100m Butterfly	M. Lewandowski	TE	1:03.44	2002	
200m Ind. Medley	C. Bentley	WA	2:31.19	2012	
4 X 50m Relay	Terrigal	TER	1:59.93	2018	
15 YEARS BOYS					
50m Freestyle	J. Taylor	TER	26.31	1998	
100m Freestyle	K. Hurst	TER	58.04	1996	
200m Freestyle	K. Hurst	TER	2:03.69	1996	
400m Freestyle	M. Jones	TE	4:36.60	1983	
100m Breaststroke	J. Taylor	TER	1:5.89	1998	
100m Backstroke	S. McBeth	TE	1:06.53	1996	
100m Butterfly	M. Lewandowski	TLSC	1:03.44	2002	
4 X 50m Relay	Terrigal	TER	1:54.35	1998	
16 YEARS BOYS					
50m Freestyle	A. Pinnock	TER	26.10	2001	
100m Freestyle	M. Lewandowski	TLSC	56.53	2003	
200m Freestyle	B. Hepburn	TLSC	2:08.56	2022	
100m Breaststroke	J. Taylor	TER	1:13.57	1999	
100m Backstroke	N. Lamond	TLSC	1:03.58	2018	
100m Butterfly	M. Lewandowski	TLSC	1:01.22	2003	
200m Ind. Medley	S. Booth	TLSC	2:25.04	2015	
4 X 50m Relay	Terrigal	TER	1:50.59	2001	
17+ YEARS BOYS					
50m Freestyle	N. Lamond	TLSC	24.57	2020	
100m Freestyle	A. Pinnock	TER	56.38	2003	
200m Freestyle	K. Hurst	TER	1:59.80	1998	
100m Breaststroke	R. Schofield	TER	1:10.69	2003	
100m Backstroke	N. Lamond	TLSC	1:02.06	2019	
100m Butterfly	A. Pinnock	TER	58.97	2003	
200m Ind. Medley	K. Hurst	TER	2:15.53	1998	
4 X 50m Relay	TLSC	TLSC	1:47.56	2020	
6 X 50m Relay	TLSC	TLSC	2:56.77	2019	
4 X 50m Med. Relay	Terrigal	TER	2:00.07	2003	
12 X 50m	Terrigal	TER	5:49.96	2018	

## GIRLS ZONE RECORDS

12 YEARS GIRLS					NEW 2025 RECORD
50m Freestyle	Y. Pilgram	NL	31.09	1997	
100m Freestyle	A. White	TE	1:04.61	1996	
200m Freestyle	A. Hepburn	TLSC	2:27.75	2022	
100m Breaststroke	K. Webber	TER	1:28.50	1995	
100m Backstroke	Y. Pilgram	NL	1:18.41	1997	
100m Butterfly	A. Hepburn	TLSC	1:19.47	2022	
4 X 50m Relay	Wadalba	WA	2:23.40	2002	
13 YEARS GIRLS					
50m Freestyle	Y. Pilgram	NL	29.77	1998	
100m Freestyle	Y. Pilgram	NL	1:05.20	1998	
200m Freestyle	A. Gasparotto	TER	2:20.92	2010	
100m Breaststroke	J. White	NL	1:23.70	1997	
100m Backstroke	Y. Pilgram	NL	1:13.52	1998	
100m Butterfly	R. Fitton	TER	1:13.22	2000	
4 X 50m Relay	TLSC	TLSC	2:10.44	2022	
14 YEARS GIRLS					
50m Freestyle	Y. Pilgram	NL	28.53	1999	
100m Freestyle	A. Collins	TU	1:02.27	1999	
200m Freestyle	L. Perks	TLSC	2:21.54	2006	
100m Breaststroke	A. West	W	1:21.03	1997	
100m Backstroke	Y. Pilgrim	NL	1:10.77	1999	
100m Butterfly	R. Fitton	TER	1:08.16	2001	
200m Ind. Medley	D. Vesper	TLSC	2:39.56	2017	
4 X 50m Relay	TLSC	TLSC	2:05.23	2023	
15 YEARS GIRLS					
50m Freestyle	Y. Pilgrim	NL	28.14	2000	
100m Freestyle	Y. Pilgrim	NL	1:01.88	2000	
200m Freestyle	Y. Pilgrim	NL	2:12.63	2000	
100m Breaststroke	J. White	TU	1:18.43	1999	
100m Backstroke	Y. Pilgrim	NL	1:08.28	2000	
100m Butterfly	R. Fitton	TER	1:08.00	2002	
4 X 50m Relay	Terrigal	TER	2:04.70	2013	
16 YEARS GIRLS					
50m Freestyle	A. White	TER	28.35	2000	
100m Freestyle	A. White	TER	1:01.29	2000	
200m Freestyle	A. Gasparotto	TER	2:18.34	2013	
100m Breaststroke	A. West	WY	1:18.57	1999	
100m Backstroke	A. White	TER	1:09.65	2000	
100m Butterfly	S. Tobin	TER	1:07.36	1999	
200m Ind. Medley	J. Burns	TLSC	2:36.46	2007	
4 X 50 Relay	Terrigal	TER	2:03.78	2003/2013	
17+ YEARS GIRLS					
50m Freestyle	Y. Pilgrim	NL	27.78	1997	
100m Freestyle	C. Filton	TER	1:01.42	1998	
200m Freestyle	C. Filton	TER	2:09.30	1998	
100m Breaststroke	G. Davidson	WY	1:13.17	1987	
100m Backstroke	Y. Pilgrim	NL	1:07.53	2002	
100m Butterfly	S. Tobin	TER	1:07.16	2000	
200m Ind. Medley	A. White	TER	2:28.94	2000	
4 X 50m Relay	Wadalba	WA	2:04.30	2006	
6 X 50m Relay	The Entrance	TE	3:09.63	1997	
4 X 50m Med. Relay	Terrigal	TER	2:14.66	1999	