



20 February 2024

School Swimming Carnivals

Dear Parents and Carers

The swimming carnivals for students aged 8 years and over will be held during Week 5 at school. All students are encouraged to participate and enjoy the day of swimming.

Students will need to select the events they wish to enter **prior** to the carnival as we use 'Meet Manager', a computer based recording system. Students will not be able to change their mind on the day as it may disrupt the running of the carnival. Please see the program attached for the events students may wish to enter.

Junior Carnival (Years 3 and 4): Week 5 – Thursday 29 February 2024

Senior Carnival (Years 5 and 6): Week 5 - Wednesday 28 February 2024

On the day students should:

- Bring **cap (compulsory)**, goggles, towel
- dress in sports uniform and wear swimming costume underneath;
- bring sunscreen;
- wear a hat;
- bring lunch and recess or order from the Canteen; and
- bring a bottle of water.

The **fastest five times** for all events will contest the finals on the evening of Wednesday 6 March 2024.

For those who qualify for Finals Night, there will be free technique training on Friday 1 March 2024 from 4:00 pm - 4:30pm. This extra coaching is courtesy of the Pool Committee. Feel free to contact them at: swimming@lpspanc.org.au.

We will be offering a **non-competitive 25m freestyle** swim for any Years 3-6 students who do not wish to contest the 50m freestyle and/or stroke events. This is not available to Year 2 students. Students may not enter both the competitive and non-competitive events.

NSW Health has advised of very high rates of cryptosporidiosis, a diarrhoeal disease, in the community. Students should refrain from swimming if they are experiencing or have experienced in two weeks prior to the carnival, gastrointestinal symptoms such as diarrhoea. Students are reminded to avoid swallowing pool water.

Kind regards

Michelle McDonough
Sports Coordinator

Megan Lockery
Principal

**PERMISSION NOTE
SCHOOL SWIMMING CARNIVAL**

Please return to your child's class teacher by Friday 23 February 2024

I have read the information provided and I hereby consent to my child _____ of class _____ participating in the LPS Swimming Carnival. It will be held in our school pool on **Thursday 29 February 2024** for the **Junior Carnival** and **Wednesday 28 February 2024** for the **Senior Carnival**. I also give my consent should the date change due to inclement weather.

I understand that my child must commit to their events prior to the carnival.

I understand that in the event of stormy or extreme weather, the carnival will be rescheduled.

In relation to the proposed swimming activities, I advise that my child is a:

(Tick one box and leave all others blank)

- Non-swimmer** – my child is unable to swim.
- Weak swimmer:** – my child is not a confident swimmer or is not comfortable in the water.
- Average swimmer** – my child is a reasonable swimmer but is not very strong or confident in deep or fast water.
- Strong swimmer** – my child is a strong swimmer and is very confident in deep or fast water

- I acknowledge that this event is required to be held in accordance with any current NSW Health and NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating in this event. I confirm that my child will not attend if displaying any symptoms.
- I acknowledge that my child will be under the duty of care of the supervising teachers.
- I acknowledge that if my child seriously contravenes behavioural expectation, they may be immediately excluded from this event.
- In the event of any accident or illness, I authorise the obtaining, on my behalf, of an ambulance and any such medical assistance that my child may require. I accept full responsibility of expenses incurred.
- I acknowledge that if my child sustains a concussion, or experiences any concussion symptoms, in the 14-day period prior to the event commencing, I am required to report this to the organising teacher. I further acknowledge that, should this occur, my child will only be permitted to participate in the planned activities, if a medical clearance is provided.
- I affirm that, to the best of my knowledge, my child has no medical condition or injury that places them at risk by participating in this sport activity.

Parent/Carer Name: _____

Parent/Carer Signature: _____

Date: ___/___/___

Senior Swimming Carnival Events – Please note that these times are estimates only.

Age	Event	Gender	Approximate times
All Age	100m Freestyle	Girls then Boys	9am
10 Years	50m Freestyle	Girls then Boys	Approx. 9.20am
11 Years	50m Freestyle	Girls then Boys	
12/13 Years	50m Freestyle	Girls then Boys	
10 Years	50m Breaststroke	Girls then Boys	Approx. 10.20am
11 Years	50m Breaststroke	Girls then Boys	
12/13 Years	50m Breaststroke	Girls then Boys	
All Age	Novelty Races – 25m Swim	Girls then Boys	RECESS (11– 11.30) approx.
10 Years	50m Backstroke	Girls then Boys	11.30
11 Years	50m Backstroke	Girls then Boys	
12/13 Years	50m Backstroke	Girls then Boys	
10 Years	50m Butterfly	Girls then Boys	Approx. 12.10am
11 Years	50m Butterfly	Girls then Boys	
12/13 Years	50m Butterfly	Girls then Boys	
Junior (10 years) and Senior (11 and 12 years)	200m Medley (Order - Butterfly/ Back/ Breast/ Free)	Girls then Boys	12.40pm

Junior Swimming Carnival Events – Please note that these times are estimates only.

All Age	100m Freestyle	Girls then Boys	9am
8 Years	50m Freestyle	Girls then Boys	Approx. 9:40am
9 Years	50m Freestyle	Girls then Boys	
10 Years	50m Freestyle	Girls then Boys	
Junior (8/9/10 Years)	50m Breaststroke	Girls then Boys	Approx. 10:40am
All Age	Novelty Races – 25m Swim	Girls then Boys	RECESS or LUNCH (11 – 11.30) approx.
Junior (8/9/10 Years)	50m Backstroke	Girls then Boys	Approx. 11.30 am
Junior (8/9/10 Years)	50m Butterfly	Girls then Boys	Approx. 12.30pm
Junior (8,9 and 10 years)	200m Medley (Order - Butterfly/ Back/ Breast/ Free)	Girls then Boys	2:00pm