# SWIMMING NEW SOUTH WALES LIMITED



ANNUAL REPORT & FINANCIAL STATEMENT 2010 – 2011

### NEW SOUTH WALES LIMITED OFFICERS AND ADVISERS 2010/2011

PATRON HER EXCELLENCY PROF MARIE BASHIR AC GOVERNOR OF NEW SOUTH WALES



### **VICE PATRONS**

THE PREMIER OF NSW MRS ESNA STEWART OAM MR JOHN DEVITT AM

### **BOARD OF DIRECTORS**

PRESIDENT DIRECTOR DIRECTOR DIRECTOR DIRECTOR DIRECTOR DIRECTOR DIRECTOR DIRECTOR CHIEF EXECUTIVE OFFICER PETER LOZAN BILL FORD PATRICK TROY SUZANNE BERGERSEN GLORIA WIEGMANN LYNN ELLIOTT WALTER HITCHELL OAM GRAHAM TOWLE CHRISTOPHER MYERS MARK HEATHCOTE

### REPRESENTATIVES

SELECTORS	LYNN ELLIOTT
	NEIL ROGERS
	RON JORDAN
DELEGATE TO SWIMMING AUSTRALIA LTD	PETER LOZAN
DELEGATES TO NSW OLYMPIC COUNCIL	GRAHAM TOWLE
	PAT TROY
DELEGATES TO AUST COMMONWEALTH GAMES	PETER LOZAN
	PAT TROY
AUDITORS	ERNST & YOUNG

### **Honour Roll of Life Members**

### Since the inception of New South Wales Amateur Swimming Association

Life Member	Date of Induction	Life Member	Date of Induction
J. Taylor, C.B.E*	10.09.42	K.F. Knight*	18.06.77
E.S. Marks, C.B.E.*	10.09.42	N.B. Dixon	21.06.80
B.R. Galland*	18.09.44	R.D. Faraday*	18.06.83
C.D. Bell*	12.09.46	H.J. Lang	15.06.85
J. Dexter, M.C.*	08.09.49	E. Stewart*	14.06.86
D. Hellmrich*	04.09.52	J. Valler*	14.06.86
S.B. Grange,.*	09.09.54	S.W. Alldritt*	13.06.87
W.J. Williams*	06.09.56	I. Wye, M.B.E.	13.06.87
J.H. Morison*	06.09.56	I. King O.A.M.*	18.06.88
R.F. Pegram*	04.09.58	J. Harrison*	17.06.89
J. Brophy, I.S.O., K.O.SG.*	06.09.62	H.J. Schofield,	17.06.95
Hon. L.J. Herron, C.M.G.	02.09.65	R. Jordan	13.06.98
R.G. Askew*	10.06.67	T. Samuel	13.06.98
P. Flynn*	14.06.69	C.B. Rickards*	19.06.99
J.C. Chapman Jnr*	14.06.69	H. Wood	17.06.00
W. Berge-Phillips*	14.06.69	C Harris	16.06.07
J.P. Henri*	13.06.70	P Troy	14.06.08
L. Phillips*	27.06.74		

### \*Denotes Deceased

### Service Excellence Awards

### Established in 2007 to recognise outstanding service to the Company

2007	Albert 'Pud' Williams Jo Currell David Billingurst Jim Pye	2008	Faye Rowles Margaret Spurway Ian Lamb	2009	Dennis Browning Lynette Crossley Peter Hall Margaret Kniha
	Glad Pye				Janice Tredinnick

2010 Robert Guyer Neil Rogers Janelle Barnett Sunny Bidner Amanda Charnock

### SWIMMING NEW SOUTH WALES LIMITED OBJECTS OF THE COMPANY

The objects of the Company are to:

- affiliate and otherwise liaise with SAL or its successor or assign and such other bodies as may be desirable to achieve these Objects;
- conduct, encourage, promote, advance, control and administer swimming activities in and throughout New South Wales;
- provide for the conduct, encouragement, promotion and administration of swimming activities through and by various Member Associations for the mutual and collective benefit of the Members;
- provide for the conduct, encouragement, promotion and administration of educational activities through and by various Member Associations and Associate Members for technical officials, coaches, athletes and learn to swim programs for the mutual and collective benefit of the Members;
- act in good faith and loyalty to ensure the maintenance and enhancement of the Company and swimming, its standards, quality and reputation for the collective and mutual benefit of the Members and swimming;
- at all times operate with and promote mutual trust and confidence between the Company and the Members in pursuit of these Objects;
- at all times to act on behalf of, in the interests of, and in conjunction, with the Members;
- promote the economic and sporting success, strength and stability of the Company, and each Member Association and to act interdependently with each Member Association in pursuit of these Objects;
- ensure compliance with the by-laws, policies and rules as amended from time to time of FINA, SAL and the Company;
- make New South Wales the leader in Australian swimming;
- apply the property and capacity of the Company towards the fulfillment and achievement of these Objects;
- use and protect the Intellectual Property;
- collect, distribute and publish information in connection with swimming;
- promote and control state meetings, competitions and championships and to the extent relevant, promote and assist in conducting national and international meetings, competitions and championships;
- strive for governmental, commercial and public recognition of the Company, the Member Associations and swimming;
- promulgate and secure uniformity in such rules as may be necessary or appropriate for the management and control of swimming and related activities in New South Wales;
- promote swimming as a spectator sport;
- through or in association with the Member Associations or other entities or of itself, promote the health and safety of all Individual Members;
- pursue through itself or others such commercial arrangements, including sponsorship and marketing opportunities as are appropriate, to further these Objects;
- formulate or adopt and implement appropriate policies, including in relation to member protection, equal opportunity, equity, drugs in sport, health, safety, junior and senior programs and such other matters as arise from time to time as issues to be addressed in swimming;

- represent the interest of its Members and of swimming generally in any appropriate forum;
- have regard to the public interest in its operation;
- do all this is reasonably necessary to enable these Objects to be achieved and to enable the Members to receive the benefits which these Objects are intended to achieve;
- encourage and promote performance-enhancing drug free competition; and
- undertake and or do all things or activities which are necessary, incidental or conducive to advance these Objects

### SWIMMING NSW LIMITED BOARD OF DIRECTORS



President – Peter Lozan



Director – Bill Ford



Director – Lynn Elliott



Director – Walter Hitchell OAM



Director - Patrick Troy



Director – Suzanne Bergersen



Director – Graham Towle



Director – Chris Myers



Director – Gloria Wiegmann

### SWIMMING NEW SOUTH WALES LIMITED ANNUAL REPORT 2010 / 2011

### **CHIEF EXECUTIVE OFFICER**

I am pleased to present to you the 114<sup>th</sup> Annual Report of Swimming New South Wales Limited and my second as Chief Executive Officer.

The booklet contains detailed reports on the competitions and developmental areas of the sport along with a summary submitted by the Chairpersons of each of the Board, Competitions, Technical Swimming, Projects & Membership, Technical Open Water Swimming and Audit and Risk Committees.

It will also address our significant achievements and awards as well as the Company financial performance with a comprehensive audit report.

#### Achievements

As you will read in the President's report the Company has had some major achievements throughout the year against our Strategic Plan. The Board has provided strong strategic leadership flowing through to the Operational Plan which in turn sets the projects and goals of the office staff.

The last three years have been of significant change for the sport of swimming in NSW and the focus this year has been about capitalising on these changes to ensure the continued improvement of our sport into the future. The Board and staff are well aware of the importance of continually evolving the administration of our sport to suit the modern day needs of our membership and this year we have aimed to achieve this through both increased and improved service to our members. We have begun to notice decreased participation levels in other sporting organisations that have not adapted to their members needs and this is a constant reminder that we need to remain particularly diligent in this area.

Accordingly, the key focus this year has been the recognition of the importance of stakeholder engagement when making significant decisions about our sport and we trust that we have been able to demonstrate this through the consultative approaches we have adopted. We have increased our staff presence across NSW and ensured these people are willing to engage with members to assist the Company in heading in the right direction. The face to face contact, sharing of ideas and working together to find solutions have proved invaluable and will hold us in good stead for the coming years.

The review of the Competition Strategy Policy is one area where we conducted extensive consultation with our stakeholders to ensure we got the document right, so the Policy will be able to provide positive outcomes for competition at all levels of our sport. We are now undergoing a similar process as we review the Development Structure Policy and we expect that this will have similar outcomes for our development programs.

This year also brought the completion of the Area Rationalisation process to an end and whilst this was, for some members a difficult time, it was a process that was essential for the longevity of our sport and now we can now use our new area structure as a stepping stone for continued improvement. At the time of writing we have 12 areas within NSW, down from the original 23 and most importantly the completion of this process has coincided with the continued employment of our regional development officers. We now have a total of seven (7) staff in the area of sport development, including regional development officers for Coast & Valley, Mountains and Plains, New England and North West, North Coast, South Eastern, Southern Inland and Western. We also have the Metropolitan Development Officer who provides support to the Metropolitan Areas.

The introduction of these Development Officers has greatly improved the two way communication between the Company and our members. We are now better placed to hear the concerns of our members and ensure that we can react accordingly, both strategically and operationally. Some of the key areas that our members have identified are the importance of Coach Development and Recreational Swimming. It is becoming increasingly evident that the Company's focus has been skewed somewhat towards high performance athlete development and over the coming years we will be working to address this and have an improved Coach Development pathway and also an increased amount of servicing for our grass roots level swimmers.



The Company was encouraged this year by the increased uptake of both the Online Registration and Meet Entry systems, with online registrations achieving uptake of 85% (up from 67% in 2009/10) and online meet entries regularly achieving over 90% for each event. It is pleasing to see that our members are embracing the new technologies that are available to our sport and we will continue to ensure that new technologies are made available and that they provide an increased level of service to our members. We will also be continuing to keep our website current and informative and embracing social media so as to effectively communicate with our younger members. We also hope to complete the upgrade of our online shop this year, so all our members regardless of their location will be able to enjoy the benefits of our Speedo Swim Shop.

Again this year we have seen continued improvements in the High Performance area particularly at the Open level, with an increased number of our swimmers being selected on National teams. It is also pleasing to see that a greater proportion of these swimmers are now coming from home coach based programs as well as the elite training programs that are in place. We are also beginning to see these home based coaches being selected as coaches on National Teams which is another step forward for NSW. There has also been a small increase in the performance of our swimmers at Age level, but this is an area we need to remain diligent with, particularly as our swimmers step up to Open level to ensure we have continued depth across the board.

Our events continue to be the showcase for our sport and this year we have introduced a number of new initiatives to enhance the experience for all stakeholders when they attend our meets. We have introduced online ticketing and merchandise for all events to help reduce the congestion in these areas especially at the commencement of meets. Online results are now available both on our website and on some portable devices including mobile phones. We will continue to ensure that our events remain innovative and at the forefront of swimming events in Australia.

### **Financial Performance**

The Company recorded a loss for the financial year of \$78,926 however the size of this deficit was much smaller than the originally intended budget deficit of \$184,100.

The major reasons for the result are as follows:-

- Increased Donations, Sponsorship and Government Grants of \$87,000.
- Increased Swim Meet Revenue of \$85,000 due to increased entries and attendances.
- Increased Interest received of \$18,000 due to higher returns achieved on the Company's investments.
- Area Development Grants to the value of \$26,500 not being utilised due to some areas not undertaking sufficient development activities.
- A saving of Club Development Expenses of \$33,045 due to the costs saved by having regional placed development officers rather than transporting development officers to regional areas.

This gave the Company an Operating deficit of 138,000 and this was offset by our Swim Trade and Speedo Shop profits to the value of \$59,000.

The Swim Trade which consists predominately of our merchandise sales made a good profit this year, however the Speedo Swim Shop did have a disappointing year only achieving a small surplus in comparison to previous years. This was due in part to a cool summer and reduced patronage through SOPAC.

Whilst the performance of the Speedo Shop is disappointing and has contributed largely to the deficit we experienced this year, the Board is committed to ensuring our core activities are not affected in the coming year. The Board is also conscious that continued deficits of this size are not sustainable and will be implementing a slightly tighter budget for the 2011/12 year.

### Membership

The membership figures as at year end indicate a small reduction in membership of 1.76% or 615 to 34,250. Interestingly, at the time of writing the Company has 35,053 financial members which represents a small increase in membership on last year's figure of 188 or 0.5%. Whilst this increase is small, it is an important change in the membership trend that we have seen over recent times of regular reductions in membership.

Overall membership is something that the Board has spent significant time reviewing over the last year and these discussions will culminate in a membership workshop at this year's State Forum. The key focus of this forum will be to identify the key barriers to increasing membership and what initiatives have worked for clubs in the past.

It is hoped that this forum will provide vital insight into initiatives that the Board can introduce to arrest the continued reductions in membership that we have experienced over the previous years. We also expect that our increased focus on the servicing of members through new programs and incentives will drive membership throughout the year.

### Congratulations

Congratulations to the following individuals for receiving an OAM in the Queen's Birthday Honours List; **Dorothy Evelyn Brown OAM** for service to swimming, **Alan Wilfred Langford OAM**, for service to swimming and **Gregory John Hammond OAM** for service to sport, particularly through achievements as a paralympian. Congratulations also to the following individuals for receiving an OAM in the Australia Day Honours List; **Walter John Williamson OAM** for service to swimming and to the community of Maroubra and **Judith Ann Macourt OAM** for service to swimming and to the community. Congratulations also to **Clifford Harris OAM** on being awarded Swimming Australia Life Membership at their Annual General Meeting in October 2010.

To the following persons on their involvement with the NSW Sports Federation Awards in February 2011:-Peter Hall – Recipient – Distinguished Long Service Award Jacqueline Freney – Recipient – NSW Young Athlete with a Disability Geoff Huegill – Finalist – NSW Athlete of the Year Grant Stoelwinder – Finalist – NSW Coach of the Year Peter Leek OAM – Finalist – NSW Athlete with a Disability Matt Levy – Finalist – NSW Athlete with a Disability Andrew Pasterfield – Finalist – NSW Athlete with a Disability

Swimming NSW was also proud to be a finalist in both the NSW Organisation of the Year and NSW Event of the Year categories.

The following clubs who achieved Gold Standard in the Australian Unity Go Club PB program:-

Atlantis	Blacktown City
Campbelltown	Corrimal
Ginninderra	Lane Cove
MLC Marlins	Mount Annan
Novocastrian	Ryde-Carlile
SLC Aquadot	Sydney University
Trinity Lismore	Warringah Aquatic
Willoughby	

To the following NSW based swimmers, coaches and managers who were selected to represent Australia at the 2010 Commonwealth Games:-

Daniel Arnamnart - Aquaburn Craig Calder - Albury Thomas Fraser-Holmes – Hunter **Geoff Huegill** – SOPAC Robert Hurley - Wests Illawarra Aquatic Andrew Lauterstein – SOPAC James Magnussen – Macquarie University Mitchell Patterson - Warringah Eamon Sullivan - SOPAC Ben Austin – Warringah Peter Leek OAM – Cranbrook Eastern Edge Andrew Pasterfield – Castle Hill RSL Dolphins Felicity Galvez OAM - SOPAC Belinda Hocking - Albury Samantha Marshall - Cranbrook Eastern Edge **Graeme Carroll** John Fowlie **Grant Stoelwinder** Lynn Fowlie

To the following NSW based swimmers, coaches and managers who were selected to represent Australia at the 2010 Pan Pacific Championships:-Daniel Arnamnart - Aquaburn Craig Calder – Albury Thomas Fraser-Holmes – Hunter Geoff Huegill – SOPAC Robert Hurley – Wests Illawarra Aquatic Andrew Lauterstein – SOPAC James Magnussen – Macquarie University Mitchell Patterson – Warringah Aquatic Eamon Sullivan - SOPAC Ben Treffers – Burley Griffin Angie Bainbridge OAM – Hunter Felicity Galvez OAM – SOPAC Stacey Hansford – Blacktown City Belinda Hocking - Albury Samantha Marshall - Cranbrook Eastern Edge John Fowlie Stephen Garner Tracey Menzies Chris Myers Grant Stoelwinder

To the following NSW based swimmers, coaches and managers who were selected to represent Australia at the 2010 FINA World Open Water Championships:-Andrew Beato – Blacktown City Stacey Hansford – Blacktown City Greg Towle Chris Myers John Saliba

To the following NSW based swimmers and coaches who were selected to represent Australia at the 2010 IPC World Championships:-Ben Austin – Warringah Aquatic Michael Auprince – Revesby Workers Patrick Donachie – Campbelltown Richard Eliason - Ginninderra Peter Leek OAM – Cranbrook Eastern Edge Matthew Levy – Warringah Aquatic Andrew Pasterfield - Castle Hill RSL Dolphins Sean Russo - Uniswim Jacqueline Freney – Aqua Z Kara Leo - Wizards Teigan Van Roosmalen – Mingara Aquatic **Ben Davies Graeme Carroll Michael Freney** 

To the following NSW based swimmers, coaches and managers who were selected to represent Australia at the 2010 FINA World Short Course Championships:-Matthew Abood – Sydney University Daniel Arnamnart - Aquaburn Mitchell Dixon – SOPAC Geoff Huegill – SOPAC James Magnussen – Macquarie University Kenneth To – Trinity Grammar Ben Treffers – Burley Griffin Felicity Galvez OAM – SOPAC Emma McKeon – Wests Illawarra Aquatic Matthew Brown John Fowlie Ron McKeon

To the following recipients of Awards at the Telstra Swimmer of the Year Awards:- **Geoff Huegill** – Telstra People's Choice Award, Telstra Swimmer's Swimmer Award and Speedo Golden Moment **Peter Leek OAM** – Telstra Multi Class Swimmer of the Year **Graeme Carroll** – Telstra Multi Class Coach of the Year **Sydney University** – Australia Unity Club of the Year **John Fowlie** – Telstra Coach of the Year

### Appreciation

I would like to acknowledge the involvement of the following organisations / individuals for their support throughout the year:-

- Speedo, for their ongoing valuable support of the Company
- SCU Banking, for their continued involvement with the Metropolitan Championships.
- Courtyard by Marriott North Ryde, for their commitment to the Country Championships
- Telstra, for their support at all levels particularly the Telstra Assistance Grant program.
- Union of Old Swimmers, for their continued support of developing athletes.
- Communities NSW Sport & Recreation, for their continued support of swimming.
- Charles Turner and the staff at NSWIS, particularly Jim Fowlie, Jessica Corones and Alexis Bell, for their approach to the ever developing program partnerships.
- Ross Coggan and the staff at SOPAC for their co-operation and support of our activities.
- Kevin Neil and the Swimming Australia staff for their assistance.
- The representatives of the Company Standing Committees
- To all Board members for their leadership and support throughout the year, as well as Area representatives, Club representatives, technical officials, coaches, parents and athletes who have contributed at any level over the last 12 months I extend a general thank you for your continued involvement.
- To Peter Lozan, who will be retiring from the Board and as a President at this year's Annual General Meeting after ten years of service, including the last four as President. Peter has presided over one of the most significant changes in structure to Swimming NSW in recent times through the Area rationalisation process and whilst this was a difficult time for Peter, he remained committed to the objective and we are now beginning to see the results of this work. I would like to personally thank Peter for both for his contribution to the sport of swimming and also for his great support of me over the last 18 months, it is very much appreciated. Peter also worked consistently to ensure the Board remained committed to the strategic direction of the Company and led the office staff through the Operational Plan, which has seen improved outcomes for the sport throughout his tenure.

#### Vale

- Joan Valler Life Member of Swimming NSW
- Esna Stewart OAM Life Member of Swimming NSW
- Summing Club
- Heather Polinsky Castle Hill RSL Dolphins Swimming Club
- Kerry Hinds Life Member of Boolaroo Speers Point Swimming Club

#### Staff

This year the staff structure has remained very stable, with only Jessica Heaslip leaving us just prior to the end of the year to pursue other opportunities. We have welcomed Jarrod Anthony, Rachelle Cox and Steven Bricknell to the ranks as area development officers and they are fitting well into the team. At the time of writing, Narelle Duggan (Development Officer – North Coast) and Annie Morton (Marketing & Communications) have also commenced with the Company and we welcome them to Swimming NSW.

I would like to acknowledge the efforts of all the following staff during the year for their untiring efforts, without them the organisation would not be in such a great position to meet its goals and objectives. Thank you to them also for their friendships and support throughout the year.

- Development & Events Manager Matt Adair
- Marketing & Communications Jessica Heaslip
- Membership Administrator Michelle Kelly
- Development Officer Darren Howard
- Events Co-ordinator Cherry Smith
- Development Officer Pia Farmilo
- Development Officer Steven Bricknell
- Development Officer Jarrod Anthony
- Development Officer Pam Weste
- Development Officer Rachelle Cox
- Finance Manager Michelle Boon
- Speedo Shop Manager Gail Rea

### Summary

As you will read in the following pages, the 2010/11 year has been one of significant achievement for Swimming NSW and it is important that we maintain this momentum in years to come. Many new initiatives commenced this year and we need to ensure that we continue to develop these activities and capitalise on their success. There are also some areas that we can continue to improve on and we will be endeavouring to commence a number of new programs this year to achieve this and ensure our long term success.

Mark Heathcote Chief Executive Officer Swimming NSW

### PRESIDENT'S REPORT

I am pleased to present my 4<sup>th</sup> Annual Report as President of Swimming New South Wales Ltd (SNSW). This report continues to highlight our performance against the 2008-2011 Strategic Plan.

The plan was comprehensively reviewed by the Board during the latter part of the year which resulted in the inclusion of some revised or varied strategies. Development of a new plan for 2012 and beyond will take place later this year and following receipt of updated strategic guidance from Swimming Australia. In the meantime we have continued to conduct our business against the four strategic pillars of High Performance, Swimming Development, Business development and People Development.



Looking at our vision, swimming as a pastime looms large in any survey of people's leisure time. Our task is to translate this informal leisure activity into more tangible club membership. To do this, clubs need to be pro-active in channeling new members across from learn to swim providers and the school swimming scene. Current figures reveal a membership turnover of about 30% each year which is understandable given our member's young age profile. The Board has been driving towards measures which might provide programs and incentives for our swimmers to continue on in our sport not only during their competitive phase but beyond as a healthy lifestyle pursuit. Our performance against the remaining aspects of our vision is covered throughout this report.

The Board also reviewed the eight overarching objectives originally developed with member ideas at the October 2007 President's meeting. It was agreed that these objectives still represented our fundamental requirements within the context of the Strategic Plan.

I now turn to a consideration of the four pillars:

#### **HIGH PERFORMANCE**

Our relationship with the NSW Institute of Sport (NSWIS) is a vital component of our high performance strategy. SNSW contributes \$180,000 a year to the NSWIS swimming program in support of our high performance objectives. Jim Fowlie operates as the joint swimming head coach of SNSW and NSWIS. Our CEO and I are members of a joint management committee which oversees these programs. We have stressed the need to maintain effort on the coach education and development aspect of their charter. The NSWIS employment of former Olympic coach, Brian Sutton, as a coach mentor is aimed towards improving coaching standards and as a consequence, improving the performance of home based swimmers.

Our performance targets for 2010-2011 included a five percent improved medal count at national meets. The 2010 results showed a healthy 90% gold, 38% silver and 30% bronze medal improvement at the national open championships. At the time of writing, the 2011 results, which will be formally reported next year, indicate that the ground made up has been surrendered and that much more work needs to be done to bring NSW performance levels to the necessary standard. The 2010 national age results provided a 41% gold, 67% silver and 33% bronze medal improvement. However our national short course results showed a slight decline. Congratulations are extended to all who achieved success at our various championships. Overall we achieved significant improvement over previous years but we still languish in comparison to the Queensland performances at these meets.

We continued to concentrate on our development and competition policies throughout the year, having implemented the new policies during April. The competition policy was fully reviewed after the winter season and discussed in detail at the Area President's meeting. A revised policy incorporating agreed outcomes was implemented in November.

Participation rates have increased across all levels of competition and we have met our performance measure. Internationally, SNSW provided 76 swimmers across ten national teams which is an 18% improvement over the previous year. Congratulations to all of our representative swimmers, who have been identified elsewhere in the Annual Report.

Coaching development has been a major focus and we continued to coordinate and conduct Bronze Licence courses with a significant increase in participation occurring at the higher level. A revised coach's scholarship program saw 11 NSW coaches undertake national scholarships. In addition, one overseas based scholarship was also awarded and I look forward to a continuation of this progress with ultimately improved coaching outcomes which is essential if SNSW is to enhance its high performance outcomes.

The talent identification program includes the coordination and conduct of age development squad activities. To this end, we undertook a successful tour of Queensland with 27 swimmers. The Age Development camp saw a total of 61 swimmers participating. Our open water and multi-class programs have continued with the Open Water squad competing at various Marathon Series events during the year. We continue to run our separate Multi Class meets with support from the NSW government as well as having an abridged but integrated program in our Open Championships. We are looking to do more next year.

### SPORT DEVELOPMENT

The key component of our sport development objective has been the area rationalisation program. This program has taken almost four years to achieve in a governance sense and has seen a reduction from 23 to 12 swimming areas in NSW. The board recognises that it has a responsibility to the sport and members to ensure that the proper policy settings are in place to allow the governance structure to function to best advantage. In parallel, the board approved budget cover to allow for the appointment of our area based development officers.

At time of writing, the appointment of the new Swimming North Coast development officer has completed this task. Development officers have progressively undertaken a comprehensive visit program to ascertain club/member needs and concerns. The board has reviewed detailed reports on findings which has greatly assisted its deliberations as well as facilitating the tailoring of specific responses. In particular, development officers assisted in the putting together of several area competition programs and generic area championship programs together with supporting local policies and procedures. The generic programs are viewable on the SNSW web-site. The cultural evolution needed to ensure the best outcome for the sport and members in the revised areas will take longer to develop and embed but progress is certainly being made on several fronts.

Consultation and assistance has also been given in the construction and implementation of development programs however the objective of increasing our overall membership through strengthened development programs and competition has not yet been achieved. Whilst we have basically retained our membership numbers, the earlier reported membership turnover figures indicate that more needs to be done. Our development officer network provides information which gives us a better understanding of the complexities of the problem and it intended to fully workshop the issue at our State Forum this year.

It is recognised that the various learn to swim (LTS) providers, be they professional swim schools or club based programs are the major source of our new membership. We recruited upwards of 12000 new members over the period but also lost a similar number of existing members. Both staff and the Projects and Membership Committee have put a lot of effort into enhancing our recruitment activities. Additionally, work on the Junior Excellence Program and the Youth Performance Scheme has continued to ensure that ongoing effort to retain our members. We have also joined the social networking revolution with Face-Book and Twitter sites. Whilst policy development for competitive swimming has progressed well, more work is required to encourage recreational swimming and to promote our sport amongst other special population groups. This is in hand through enhancing our programs aimed at community participation and this will be a feature of our work during the ensuing year.

Pool space availability for learn to swim, training and competition has become a significant problem. In the sport development segment, we have continued to lobby existing aquatic space providers in the interests of our clubs and members and we are getting some messages across in a difficult environment. The CEO and I have pressed the needs of our sport amongst higher policy and political figures with yet to be realised outcomes, but we will continue the effort, particularly in the new political climate. From a business perspective, we have taken big steps to put ourselves into a better bargaining position and I will discuss this more in the business development section.

Our committee structure works well although we appear to not have a broad range of volunteers from which to populate these committees. The pressures on family life, with a high proportion of both parents in the work force clearly impede volunteering. I take this opportunity to thank all of our committee members for their commitment and service, encouraging other members to consider nominating for one of these all important committees whose work is vital to our advancement. I also thank the relevant office staff for their secretarial support to our committees.

Our development officers have again had increasing impact in the development area. The company has been able to conduct numerous junior excellence/youth performance activities, Go Club forums, meet and team manager courses as well as a number of "come and try" days. These activities have greatly increased over recent year achievements.

Much staff emphasis has been placed on promoting technology based information and communication tools. Some 85% of membership registrations and up to 97% of event entries have been achieved on line. This is far and away the best on-line achievement of any Australian state association and members are to be congratulated on their acceptance of the system. Swimming in NSW continues to be a drug free sport with no reported transgressions.

All in all, a good result which importantly sets the scene for further achievements next year in all of our development objectives.

#### **BUSINESS DEVELOPMENT**

Our business development goal was to achieve and maintain a high level of business stability and viability. We addressed this with ten initiatives and associated strategies. Eight of twelve performance measures have been or are being met. Two have been partially successful and the remaining two items relating to sponsorship and benefiting from Swimming Australia commercial activities are unattainable and the Board has accordingly revised the Strategic Plan. Other business activities continue and we have benefited from our Speedo shop and other merchandising, albeit, the Speedo shop's final results are disappointing.

The audit of our accounts identified some accounting and marketing problems relating to the shop which have now been adjusted. A thorough independent investigation by our auditors, Ernst and Young Ltd., confirmed that profit margin was lower than our average return and that this was masked for some months due to incorrect accounting. The investigation confirmed accurate opening and closing stock figures with no evidence of wrongdoing. The most disappointing aspect of this situation was that our closely managed expenditure for the year was based upon incorrect figures. The Board has mandated additional controls and checks to ensure accounting accuracy and this problem will not reoccur.

Whilst the reported company deficit was, in fact, less than that originally budgeted, the latter half of the year expected result had been for a broadly break even situation. This was because some significant expenditure was not incurred either at all or fully within the original time scale. Planned additional revenue streams have been slow to come to fruition so a tighter budget will be applied during ensuing year. Members can be confident that the financial position of the company, as evidenced in the detailed audited published accounts remains very sound. A strong asset base in cash and equivalents, investments and property continues and the Board has retained its commitment towards the development of our sport whilst maintaining membership fees at the lowest for any state association.

The company has invested much time and effort in refining and managing both our strategic and operational risk. A number of policies, documents and strategies have been developed to reduce key risks. The Board is confident that company risk management is well controlled. An outcome of this work has been the development of risk templates and instructions for clubs and areas and these are identified on the company web-site.

The availability of pool space for training and competition is a high priority member driven strategic objective. We conducted a feasibility study into entering the market and have now formed a separate company, Swimming NSW Aquatic Management Pty. Ltd. for the purposes of entering into pool management and the teaching of swimming/coaching business primarily in partnership with professional coaches. It is early days yet but the new company will move towards tendering for appropriate business opportunities in due course. This is an exciting development which will provide benefits to our members.

Sponsorship is difficult in the present economic climate. The CEO has re-signed our existing sponsors for a further term and this has been very helpful. I thank all of our sponsors for their continued support of our sport. A corporate golf day was organised at Oatlands Golf Club and proved to be quite popular. We undertook this in conjunction with Andrew Lauterstein and the Ian Thorpe Fountain for Youth and we are looking forward to a bigger and better event next year.

A member survey was conducted over the internet during the year with some interesting results. These results will be discussed at the forthcoming state forum in July where members can and should fully participate.

We have endeavoured to improve funding and policy outcomes through strengthened relations with Swimming Australia, state and local government and other key sporting partners such as the NSW Institute of Sport, ASCTA and disability sports. The CEO, through good work, has gained some additional grants, particularly in support of our multiclass swimmers and our country based technical officials and this has been an excellent result.

Our event management standards continue to improve with our showcase state open championships attracting swimmers from several overseas countries as well as the bulk of the national team. Well done to the all concerned for this outstanding event and again, congratulations to all of the successful athletes. All of our state level events have experienced increased entries over the year despite strong surveillance of qualifying times by the Competition Committee. This is another indication of slowly but steadily improving standards.

A new initiative has been the introduction of on line ticketing which is now gaining acceptance amongst members as it clearly reduces queues during peak arrival times. Event specific merchandise provides a good income stream and will continue to evolve into the future. We have also introduced a member's discount program through the Business Plaza concept and on line membership offers have now commenced. This has also been done in conjunction with the introduction of new membership packages which offer additional benefits at different price levels. More details are available on the company web-site.

Overall, our business activities have remained sound with some exciting prospects emerging in relation to pool management and on line business.

#### **PEOPLE DEVELOPMENT**

The goal here is to provide leadership and good administration and management to ensure the continued growth of swimming in NSW. The enhancement of club administrative performance has been supported through the release of the vastly updated clubs administrative manual and in the encouragement of clubs to attain Gold Go Club standard. A total of 118 clubs attained some Go Club standard during 2010 although gold standard remained static. This is a fair result but we encourage clubs to strive for better outcomes next year.

A range of forums and workshops have been conducted to assist in the development of club administrative performance as well as our technical official expertise. A parent and swimmer seminar is planned for this year which will follow on from a successful parents breakfast held at the state age championships. The work of the development officers has been significant in the club arena and the Technical Swimming Committee has done a lot of work to re-energise the Area Technical Swimming Committee Coordinator role and function. Training plans have been developed in many areas and these are beginning to bear fruit with more technical officials being assessed and accredited. In addition several technical official scholarships have been awarded to assist in our technical official development program. A mentoring program has been introduced which is expected to expand in future. The work being done in support of the coach education program has been reported elsewhere but continues with a strong relationship between ourselves and the coaches association—something that I have worked hard to enhance during my term as president.

All staff appraisals have been undertaken on time with a revised and more detailed format being implemented. The Board constantly monitors CEO performance through the operational plan outcomes and fully reviewed his and the company's performance at the end of the reporting year. Training plans are in place as indicated in the appraisals. The Board also maintained its self review process and directors identified areas where self improvement could be beneficial. Directors undertook a range of "E" learning courses through the Australian Institute Of Company Directors throughout the year. We continued to maintain a strong gender equity ethos and encourage women to aspire to higher level positions within the organisation. Four women stood for election to the board in 2010 and three were successful.

#### CONCLUSION

Before summarising the year, I am sad to have to report the passing of two esteemed Life Members. Joan Valler passed away earlier this year in Port Macquarie. She had been active in community life until the end. Joan was my predecessor on the Board of Swimming NSW and made a significant contribution to swimming over her lifetime. At the time of writing, we became aware of the passing of another Life Member and Vice Patron of Swimming NSW, Esna Stewart OAM. Esna was Executive Vice President of NSW Swimming for two decades I greatly appreciated her progressive thinking on many contemporary swimming issues during the time that I knew her. Swimming is the poorer with the loss of these two wonderful servants of our sport and I offer the sympathy of all members to both Joan and Esna's families and friends.

My congratulations are offered to our Service Excellence Award recipients, Sunny Bidner, Neil Rogers, Amanda Charnock and our father and daughter couple, Robert Guyer and Janelle Barnett. All of these people have provided long and meritorious service to swimming and fully deserve their awards.

We have been blessed with a stable office structure and staffing during the year and this is evidenced by the confidence that members are placing on the quality and level of support being provided. My thanks to our CEO Mark Heathcote who has grown strongly into the role and managed his staff professionally and well. Thanks also to the staff for their commitment and continued hard work.

My thanks also go to Swimming Australia President David Urquhart and CEO Kevin Neil who have canvassed SNSW on a range of issues from time to time. The success of swimming as a major sport requires a fully collaborative approach by all governance levels in the country.

The last four years have been a period of change in our sport which has caused some angst amongst members. We have made the right decisions and I am appreciative of my fellow directors and the majority of members who have contributed to these decisions and remain committed to making all of the changes work. Change is simply part of the scene these days and our task is to ensure that correct decisions are made and that change management is properly undertaken. With your continued help—this will happen. This report shows that we have continued to move forward on many of our strategic objectives and that the next several months should see some significant gains which will greatly benefit our members. I look forward to a successful year.

### Peter Lozan President Swimming New South Wales Ltd.

### AUDIT AND RISK COMMITTEE REPORT

	Monthly Meeting Attendance	Monthly Meeting Attendance
	April 2010 – July 2010	August 2010 – March 2011
	(3 Meetings)	(4 Meetings)
Graham Towle, Chairperson	3	4
Frank Latta	3	4
David Goff	2	4
Mark Payne	2	3
Vanessa Wells	1	-
Bill Ford	1	4
Philip Speet	-	3

### **Background**

The Audit & Risk Committee was established by the Board in accordance with the Committee Charter, adopted in June, 2009, for the operation of this Committee.

The main role of the Audit & Risk Committee is to assist the Board to fulfill its corporate governance objectives.

### Projects carried out or commenced

During the past year the Audit & Risk Committee has carried out a number of ongoing and one off projects including:-

- Regularly reviewed the financial performance and end of month financial reports of the Company and reported its findings and comments to the Board:
- Reviewed the 2010/11 Budget and Actual progress and the Draft Budget for the 2011/12 Financial year and referred its comments and suggestions to the Board;
- Ongoing review of the Financial Policies of the Company;
- Reviewed amendments to the Financial Procedures Manual;
- Regularly reviewed and noted progress in the Strategic Risk Assessment Plan established for the Company;
- Regularly reviewed and noted progress in the Operational Risk Assessment Plan for the Company;
- Ongoing review of the Employee Manual;
- Ongoing review of the Delegations of Authority Schedule for the Company and referred suggested changes to the Board for consideration.
- Developed a Committee Yearly Plan for 2011/2012. This is a rolling plan to ensure regular review of all major areas of audit and risk for the Company.
- A number of Committee members participated in the Auditor Engagement Meeting with Ernst and Young (Company Auditors) prior to the recent audit.
- Committee is currently developing a Capital Maintenance Policy for the Board's consideration.

#### **Conclusion**

During the past year the Audit & Risk Committee has worked enthusiastically to develop systems that will ensure that the Company's financial assets are protected and the risks to the Company are minimal and that sound procedures and services are available to staff, volunteers and the members and their families.

This opportunity is taken to sincerely thank all of the members of the Committee for their dedication and hard work in the projects and task referred to them.

Special mention is also made of the wonderful efforts that are always made by the staff of Swimming NSW and especially Michelle Boon and Mark Heathcote, who have fully supported and serviced the functions and needs of this Committee.

#### Graham Towle, Chairperson, Audit & Risk committee

### **COMPETITIONS COMMITTEE REPORT**

	Monthly Meeting Attendance	Monthly Meeting Attendance
	April 2010 – July 2010	August 2010 – March 2011
	(3 Meetings)	(5 Meetings)
Neil Rogers, Chairperson	3	5
John Bladon	3	3
Mary Carty	3	5
Greg Morrison	1	5
Graham Taylor	-	4
Pat Troy, Board Representative	3	-
Gloria Wiegmann, Board Representative	-	5
Gavin Stewart, ascta Representative	1	4
John Robinson	0	-

The SNSW Competitions Committee continued their approach of the ongoing review of Swimming NSW competition events to ensure further development of the NSW event structure, in line with National events. The result has again seen increased participation across Swimming NSW Championships. This is a remarkable achievement given that the qualifying times are reviewed on a regular basis and the Competitions Committee has continued to raise the qualifying standards at NSW Championship events. The increase in participation across events is a tribute to the continued hard work of the coaches and athletes, indicating that they are well-prepared for NSW Championship events.

The event structure of the NSW Championships has remained fairly stable with the only change being the introduction of a new NSW Country Championships program after feedback from Country coaches. The NSW State Age Championships was a huge success, following on from last season's record numbers, entries again increased, further demonstrating the tremendous job our coaches are doing preparing their swimmers for success at the key NSW Championship events. Bringing the State Age Championships program in line with the Australian Age Championships program has been beneficial for our swimmers, ensuring our swimmers are receiving the best possible preparation for the Australian Age Championships.

The Annual Point Score Banner was once again hotly contested by all NSW clubs. The Annual Point Score Banner is a prestigious award for clubs to compete for throughout the season, with the emphasis being placed upon all club swimmers to participate and gain points to contribute to their club's overall tally.

The NSW State Open Championships was our premier event during the past summer season and was an outstanding success, due to the timing of the Championships, increased entries and competitor numbers as well as coaches and athletes looking for high quality racing in the lead up to the Australian Open (World Championship) trials. As a result there was a large contingent of interstate and international swimmers competing at the championships. Our swimmers can only benefit from this standard of competition, having to race hard and fast to gain places in the finals.

As in previous years, Swimming NSW awarded prize money at the Championships to reward swimmers, coaches and clubs for their outstanding performances over the three days of competition.

The NSW Competitions Committee continues to develop a long term Calendar in consultation with Swimming Australia to ensure there is a consistent and reliable Event Calendar in place and are looking at providing high quality competition on a regular basis across the season. The calendar allows coaches and athletes to effectively plan their training programs while targeting specific Championship events.

The Swimming New South Wales Competition Strategy was reviewed during the year following consultation and feedback for Area and Club stakeholders. The Competition Strategy is aimed at continuing the development of high quality events and the sport of swimming overall in New South Wales. It is hoped that the revised strategy is easier for clubs and areas to follow with a number of very useful resources now available on the Swimming NSW website for club and area use.

As always, input from Swimming NSW members and coaches is vital to ensure the Committee is providing the best programs for all swimmers.

### Neil Rogers, Chairperson, Competitions Committee

### **PROJECTS & MEMBERSHIP COMMITTEE REPORT**

	Monthly Meeting Attendance	Monthly Meeting Attendance
	April 2010 – July 2010	August 2010 – March 2011
	(4 Meetings)	(7 Meetings)
Branko Sutic, Chairperson	4	7
Jacqui Gilbert	2	4
lan Hein	4	4
Graham Taylor	4	6
Joanne Nichols	1	3
Marilyn Roberts	2	-
Alex Warwar	3	5
Gai Schubert	-	5
Walter Hitchell OAM, Board Representativ	e 4	7

The Project and Membership Committee had another successful year in that it achieved the majority of the goals and targets it set from the beginning of this term. These achievements would not have been possible without the tremendous support and assistance of the staff of Swimming NSW. Jessica Heaslip and Mark Heathcote deserve particular mention for their professional attitude, support and advice throughout the year while Walter Hitchell OAM, our Board representative, has to be commended for his invaluable advice and encouragement over the past 12 months.

Appreciation is also extended to the Board of Swimming NSW for its ongoing support and encouragement of the P&M Committee throughout the year.

Some of the major achievements for the year:

- **Club Operational Manual** This project has been finalised & can be found on the Swimming NSW website. All Clubs have been supplied with hard copy and CD.
- **Membership Card/Membership levels** This was another project which has been completed and is currently live on the Swimming NSW website, Facebook and Swimmer magazine.
  - **Calendars 2011/2012** Completed with all Areas & Clubs receiving a copy of the calendar. A Big thank you goes to Jessica Heaslip for organising and designing the calendar.
  - Swimming NSW Golf day Finalised with all proceeds from this event will go towards supporting the development of grass roots level swimming and Ian Thorpe's Fountain for Youth.

All other projects are under way, they are challenging and exciting and we believe they will be well received and supported. I can speak for all committee members when I say that we look forward to continuing our fantastic working relationship with the Swimming NSW staff.

Even though mentioned numerous times above, I again have to acknowledge and commend Jessica Heaslip on her dedication, passion and persistence over the past three years. On behalf of all committee members, we wish her well in her new career.

I would like to personally thank the committee members for their professional approach where swimming was always on top of the agenda in the discussion that took place. This tactic allowed positive outcomes to be sought, acted upon and achieved throughout the year. The support and encouragement from the President and Board members was valuable and appreciated, particularly with the adoption of the Project & Membership Committee Business Plan and confirmation of the budget items, without which none of the above would have been possible.

#### Branko Sutic, Chairperson, Project & Membership Committee

### **TECHNICAL OPEN WATER SWIMMING COMMITTEE REPORT**

	Monthly Meeting Attendance	Monthly Meeting Attendance
	April 2010 – July 2010	August 2010 – March 2011
	(3 Meetings)	(6 Meetings)
Brian Dry, Chairperson (7 meetings)	3	4
Mary Carty, Chairperson (1 meeting)	3	6
Brian Hosford, Chairperson (1 meeting)	2	6
Al Koh	3	5
John Saliba	1	-
Tony Shaw, ascta representative	1	0
Alex Warwar	-	6
Bill Ford, Board Representative	3	6

2010-2011 proved to be a constructive year for the New South Wales Technical Open Water Swimming (TOWS) Committee. Appreciation is extended to the Board of Swimming NSW for its ongoing support and encouragement of the TOWS Committee throughout the year. Special mention and thanks must go out to Peter Lozan and Bill Ford from the Committee this term for their continued support and timely advice which was greatly appreciated.

Some of the major achievements for the year are:-

- Further revision and creation of information documents and checklists to assist organizers, competitors and Technical Officials involved with Open Water Swimming events.
- Ongoing development and inclusion of TOWS specific resources on the revamped Swimming NSW website, which
  contains excellent documents, checklists and information for Parents, Swimmers, Coaches, Clubs and Technical
  Officials.
- NSW Open Water Swimming Championships held in December, 2010 were again very successful with large numbers of
  competitors entering all events. Open Water Swimming continues to gain momentum since its inclusion in the Olympic
  swimming program, with many young athletes now seeing Open Water swimming as a pathway to the National Team.
  A huge thank you must again be extended to the Technical Officials, who worked at the NSW Open Water Swimming
  Championships this year, without your dedication the Championships could not have gone ahead.
- The Swimming NSW Marathon Series has continued to grow with more events being offered for Open Water swimmers throughout the state.
- TOWS Committee members assisted many Clubs and Areas in the organization and running of their particular events.
- All TOWS members continued to provide support and technical training to those officials attending Marathon Swimming Events for the first time.
- The Open Water equipment owned by Swimming NSW, and looked after by the Equipment Officer Al Koh, has continued to be upgraded during the year.
- The NSW Open Water Development Squad was very successful in 2010. The squad attended two Marathon Series events in November replicating the National Open Water Championships program. The squad also heard from a nutrition expert on the need for quality preparation and recovery in order to perform.
- With Mary Carty's help, the TOWS Committee was able to liaise with both the Technical Swimming Committee and the Assessment Panel for the development of an Assessment Policy for SNSW Open Water Swimming Referees.
- During the year the committee developed a new policy on Water and Ambient Air Temperature in response to a need identified by unfortunate international events that took place this year. The policy has lead the way in this area and has reached levels as high as FINA.

I must take this opportunity to personally thank all of the members of the Technical Open Water Swimming Committee for their dedication and willingness to assist where there was a job to be done.

The Board support together with the continued support of all the Staff of Swimming NSW has enabled the TOWS Committee to continue to promote and develop Open Water Swimming in New South Wales throughout the past year.

### Bill Ford for the Technical Open Water Swimming Committee

### **TECHNICAL SWIMMING COMMITTEE REPORT**

	Monthly Meeting Attendance April 2010 – July 2010	Monthly Meeting Attendance August 2010 – March 2011
	(3 Meetings)	(9 Meetings)
Ken Jones, Chairperson (3 Meetings)	3	
Janelle Barnett, Chairperson (9 Meetings)	3	8
Mary Carty	2	8
Jann Fathers	3	6
Norman Roberts	3	7
John Skene	3	8
Margaret Spurway	3	7
John Hart	3	9
Graham Taylor	-	6
Faye Lewis	-	5
Suzanne Bergersen, Board Representative	3	1
Pat Troy, Board Representative	-	6

The Swimming Technical Committee takes pleasure in submitting its Annual Report covering the activities during the 2010/2011 year.

In September we welcomed the appointment of Faye Lewis, and in October Graham Taylor to the Technical Committee to fill the vacancies which had existed following the resignations of Ken Jones and Cherry Smith earlier in the year.

We would like to take this opportunity to acknowledge the contribution that Ken Jones made to the Technical Committee during his five (5) years with us. His leadership and guidance as past Chairman, and work prior to that, has been missed.

We also appreciate the work that Suzanne Bergersen did with us as the SNSW Board Representative during the first part of the reporting year and that of Pat Troy since his appointment to this position.

This year has again been very busy for all members of the committee as we continue to review existing policies and procedures and further develop the "Swimming NSW Technical Officials Scholarship" and the "Officials Mentoring Program."

The 15<sup>th</sup> January 2011 saw the initial meeting of the Scholarship holders and their mentors; Andrew Sylvester - Coast & Valley (Margaret Spurway), Matthew Neale - Mountains & Plains (Margaret Spurway), Shane Todd – Metro South West (Jann Fathers/Faye Lewis), Samantha Gardener-Wade – Metro South East (John Hart), Craig Maher - Coast & Valley (John Hart) and Allen Cornall – Mid North Coast (Janelle Barnett). The program was discussed and participants presented their Development Plans which they are now working hard to achieve.

Technical Officials were also sent to the SAL 2010 State Team Age SC Technical Official Development Workshop held in Canberra. The attendees all came away having received valuable information from the presenters and from working alongside other TO's from interstate at a SAL event. We wish to thank SNSW and SAL for supporting their attendance during this weekend.

The Annual Technical Officials Forum held on the 25<sup>th</sup> July 2010 was well attended and we thank Tim Arnold for presenting the information regarding the SAL reaccreditation process. The evaluation forms completed suggested that this forum was very well received and we look forward to the challenge of improving on this in 2011.

An ATSC Coordinators' Workshop was held in September 2010 and there was a lot of information, suggestions and ideas discussed and investigated. We sincerely appreciated the insight given by Lynn Dalton as our Guest Presenter. The outcomes from these workshops were circulated and have assisted to improve the policies and processes of the Technical Swimming Committee, as well as assisting each Area to develop strategies to address the issues of recruitment, training and retention of technical officials within their own memberships.

During the past year the committee has reviewed, created and updated the following Training Notes and Exercises; Judges of Strokes (JOS) Timekeeper Chief Timekeeper The training document for "Jury of Appeal" has also been updated (our thanks to Pat Troy for this). There have also been a number of amendments to the SNSW Swimming Rules, and General Rules, as a result of FINA and SAL rule and protocol changes. These have been circulated as they have been finalised and a complete reprint of the SNSW Rule Book will be sent out shortly to replace those previously issued.

The SNSW Assessment Panel has also been very busy this past season with many Referees and Starters being elevated to Level 2 and Level 3 status. The numbers of those applying for these assessments is such that it is now difficult to assign all applicants to meets approved for this purpose within the confines of one swimming season.

It was pleasing that the number of people presenting themselves for training and assessment has improved this past year, with the majority of Areas now being involved. The new Monthly Training Report that we ask each ATSC Coordinator to complete has certainly helped to improve our insight into what is happening within the Areas.

The results of successful assessments held during the year were;

General Principals	123	Inspector of Turns	20
Starter	50	Judge of Strokes	14
Check Starter	36	Recorder	30
Marshal (C of C)	29	Referee	11
Timekeeper	316	Finish Judge	4
Chief Timekeeper	78	TOTAL	711

The TSC were very concerned with the lack of Technical Officials nominating to work at State Meets and instigated an on-line survey which was well supported by the members. A number of items mentioned have since been addressed and we hope that new initiatives will help to improve this.

The Annual Awards Dinner was well attended and we congratulate the following recipients on their achievements;

Appreciation Award - Mrs. Carol McDonald Services to Officiating - Mr. Peter Hall Berry Rickards Encouragement Award - Mr. Toby Williams ATSC Convenor of the Year - Mrs. Samantha Gardner-Wade Technical Official of the Year - Mr. Graeme Field

In closing, the Technical Swimming Committee would like to thank;

- The many Technical Officials who continue to provide their time and experience to assist at the many State, National and International meets, as well as the various other meets which are held throughout the year,
- The ATSC Coordinators and the members of their committees whose demanding work assist in the successes of Swimming NSW Technical Officials,
- Cherry Smith, for her work as our Secretary,
- The SNSW CEO and Board of Directors for their ongoing support.

### Janelle Barnett, Chairperson, Technical Swimming Committee

### SWIMMING NEW SOUTH WALES LIMITED CHAMPIONSHIPS REPORT

### **NSW State Championships**

### NSW State Open Short Course Championships

### 18 – 19 June, 2010 at SOPAC

The NSW State Open Short Course Championships were held at Sydney Olympic Park Aquatic Centre once again this year from  $18^{th} - 19^{th}$  June 2010 with 478 athletes making the journey to the Olympic venue. A steady 1639 entries were received by Swimming NSW – an increase from 1597 recorded last year with 91% of entries being completed through the Online Entries System. This impressive figure indicates that the swimming community is now accepting and using the system efficiently for a majority of their entries at the elite level. The Premier Club Pointscore Trophy was awarded at the Championships to Cranbrook Eastern Edge who took out the title this year with 673 points.



#### NSW State Age Short Course Championships 13 – 15 August, 2010 at SOPAC

The NSW Speedo State Age Short Course Championships were held from 13-15 August 2010 at the Sydney Olympic Park Aquatic Centre with 126 teams coming from both Metropolitan and Regional NSW, as well as athletes from New Zealand and Canada making the journey. Entries totaled 4354 this year which was a 5.6% increase compared to 2009 figures. For the State Championships, Swimming NSW welcomed Speedo as the major sponsor along with welcoming Moshtix to do all the online ticketing for future Swimming NSW events. In its first trial, a good proportion of the total ticket sales were purchased online throughout Moshtix which got the online ticketing initiative off to a promising start. The Point score Trophy was also awarded at the Championships to Carlile with 2,750 points.

Swimming NSW was also lucky enough to have a number of VIP's attend the Championships with the Minister for Sport and Recreation, Mr Kevin Greene MP attending to present medals to a number of our State athletes along with Olympian Sarah Ryan (now one of the Coaches at Mount Annan Swim Club) and George Souris MP Shadow Minister for Hospitality and Tourism, Racing and Major Events.



## NSW State Age & Open 5km & 10km Open Water Championships 18 – 19 December, 2010 at SIRC

The major Open Water swimming event on the Swimming New South Wales calendar was held on the 18<sup>th</sup> and 19<sup>th</sup> of December at the Sydney International Regatta Centre in Penrith. Clubs from across New South Wales were strongly represented in both the 5km and 10km events with solid entry numbers. Joining New South Wales swimmers were competitors from Queensland, Victoria, South Australia along with visiting athletes from New Zealand and Japan. Saturday saw the 5km events held in pleasant conditions with over 220 competitors taking part in the age group and open events. The weather turned cold on the Sunday as competitors took to the course for the 10km event but despite this there was still some strong swimming and the event provided great race practice for those swimmers hoping to gain places on the National Team at the trials to be held in March 2011.

A big thank you must be extended to all the volunteers who assisted with water safety and the Technical Officials that attended the Championships, without your support the event could not take place.

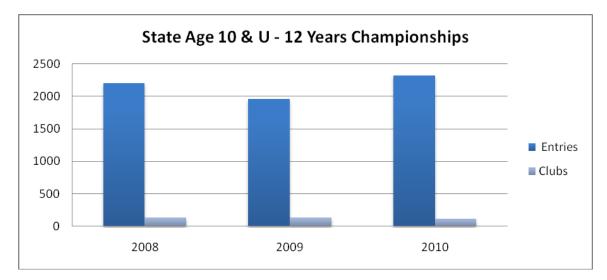


### NSW 10 & Under -12 Years State Age Championships

### 8 – 9 January, 2011 at SOPAC

The Speedo NSW State 10 & Under-12 Years Age Championships were held on 8-9 January 2011 at SOPAC with 673 athletes from 119 teams from across the State attending the 2 day competition. One of the major attractions of this meet was the signing session organised on Saturday afternoon with Commonwealth Games Medalists Emily Seebohm and Alicia Coutts. Swimmers, coaches and spectators all lined the SOPAC Bridge for at least half an hour to get a glimpse, photo or signed merchandise with the girls. This appearance was ahead of the newly devised 2011 Summer Swim Series meet which took place at North Sydney Pool later in the month with all of the Australian Swim Team swimming in teams against each other and competing for prize money. Swimming NSW continues to host this signing session at the State Championships each year as an encouragement and exciting opportunity for the upcoming stars in NSW to meet their Olympic or Australian Swim Team heroes.

The Point score Trophy was also awarded at the Championships to Carlile with 1,163 points, dominating the rest of the teams as NC Aquatic made a surge into 2<sup>nd</sup> place with 827 point and Cherrybrook Carlile rounded out the top 3 in 3<sup>rd</sup> place with 699 points.



### NSW State 13-18 Years Age Championships 11 – 16 January, 2011 at SOPAC

With 1 day to recover for coaches, parents and technical officials, the Speedo NSW State 13-18 Years Age Championships kicked off on Tuesday 11<sup>th</sup> January 2011 with 943 athletes from 128 teams converging on the Olympic venue at Sydney Olympic Park for the 6 day meet. Teams from Victoria and Queensland also attended the meet with 4,032 entries (80% of those being online) being received by Swimming NSW. The summer Age Championships are always contested in a Heats and Finals format with the heats commencing in the morning and the finals being swum at night. The top 10 swimmers from the morning's heat session advance to the night time finals and have the opportunity to experience an elevated quality of competition format with swimmers names being announced to the crowd, especially timed medal presentations and at times, commentary from the announcers. Many clubs dressed up in not only their club gear but also in other team colours to support and cheer on



their fellow team mates which produced a number of outstanding performances.

#### NSW State Open Championships 11 – 13 February, 2011 at SOPAC

Swimming NSW's premier event, the 2011 NSW State Open Championships, were held at Sydney Olympic Park Aquatic Centre from  $11^{th} - 13^{th}$  February 2011 with a number of high profile athletes, both interstate and overseas, attending the 3 day meet. International athletes including Commonwealth Games Gold Medalist Ryan Cochrane of Canada and Olympic Silver Medalist Therese Alshammar of Sweden, made the journey to Australia along with teams from Japan, Great Britain, Singapore, Malaysia, Israel, Croatia and New Zealand. Interstate teams made their mark with Queensland, Victoria, Western Australia, Tasmania and South Australia not afraid to take on the NSW athletes on their home turf.

There were a total of 142 teams, 877 athletes and 3379 entries for this Meet with all figures steadily showing an increase compared to 2010 figures.

Swimming NSW would like to congratulate all athletes over the weekend but also make special mention of the following 2011 NSW State Open Championships Prize Money winners in the relevant categories;

NSW Male Swimmer of the Meet – **Craig Calder** (Albury) NSW Female Swimmer of the Meet – **Belinda Hocking** (Albury) Male Swimmer Coach of the Meet – **Shannon Rollason** Female Swimmer Coach of the Meet – **Shannon Rollason** 

Forbes Carlile MBE Premier Club recipients;

- 1<sup>st</sup> Place Club Award Nunawading, VIC
- 2<sup>nd</sup> Place Club Award **St Peters Western, QLD**
- 3<sup>rd</sup> Place Club Award **Melbourne Vicentre, VIC**
- 1<sup>st</sup> Placed NSW Club Award **SLC Aquadot, NSW**



### **NSW Metropolitan Championships**

# SCU NSW Metropolitan Short Course Championships 3 – 4 July, 2010 at SOPAC

The NSW SCU Metropolitan SC Championships were hosted by Swimming NSW this year from 3-4 July 2010 at Sydney Olympic Park Aquatic Centre with an outstanding result of 111 records broken over the 2 days of competition. Numerous athletes from Metro North West, Metro South West, Metro South East and newly merged area Metro North East converged on the Olympic venue for some serious racing in the local area clash. SCU Mobile Lender, Glen Warner, also attended the meet over the weekend to present the SCU Chairman's Award to the winner of the 50m Freestyle in Men and Women. Te Haumi Maxwell (MLC Marlins) was awarded the Male prize with Nicole Mee (Cranbrook Eastern Edge) taking out the girls prize clocking an impressive 25.87. Thank you to Glen for attending the Championships over the weekend as well as SCU CEO Ashley Jennings and Alliance Manager Kevin Hogan. Swimming NSW appreciate the continued support of SCU Banking. The Premier Club was also awarded at the Championships to Carlile Swim Club with an impressive 1,828 points with Cranbrook Eastern Edge in 2<sup>nd</sup> place and SOPAC Swim Club in 3<sup>rd</sup>.

### SCU NSW Metropolitan Championships 11 – 12 December, 2010 at SOPAC

It was all on the up for the SCU NSW Metropolitan Championships as the entries and athletes count continued to rise for the 2011 meet. The Championships were held on 11<sup>th</sup>-12<sup>th</sup> December 2010 at the Sydney Olympic Park Aquatic Centre with 1094 athletes, 17 more than last year, taking to the water for the 2 days of competition. Another ongoing success was the Online Entries reaching 79% for this meet which was very pleasing to see how many swimmers and parents have embraced the new technology. Entries also soared this year with 3862 entries being received by Swimming NSW at the closing date which was up 169 since the 2010 meet. An outstanding 43 athletes broke at least one record at the Championships with 4 NSW, 2 All Comers, 61 Metropolitan Age and 8 Metropolitan records the final count at the conclusion of the meet.

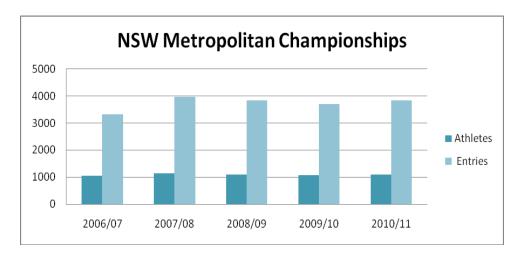


Each year, SCU Banking, proud sponsor of these Championships, presents the following awards to successful Club's in the Joseph M. Harrison Premiership Club Point score;

1 <sup>st</sup> Place 2 <sup>nd</sup> Place	\$300 \$200	won by Carlile with 1,787 points won by Cranbrook Eastern Edge with 1,346 points
3 <sup>rd</sup> Place	\$100	won by Cherrybrook Carlile with 1,272 points
Small Club Incentive	\$100	won by Swimwest

SCU Banking also presents the SCU Chairman's Award to the winners of Events 75 and 76, Men and Women 50m Freestyle which is a cash incentive of \$100. This year the winners were;

Men: Te Haumi Maxwell (SOPAC Swim Club), Time: 23.18. Women: Olivia Halicek (UNSW Uniswim), Time: 25.79



### **NSW Country Championships**

# Courtyard by Marriott North Ryde NSW Country Short Course Championships 10 – 11 July, 2010 at SOPAC

The Sydney Olympic Park Aquatic Centre hosted 652 athletes from across the regional areas of NSW for the Courtyard by Marriott North Ryde NSW Country SC Championships with a staggering 86 records broken. 79 teams from ACT, Mountains and Plains, Southern Inland, Coast and Valley, Far North Cost, Mid North Coast, New England and North West, South Eastern and Western Areas made the journey to the Olympic venue for 2 days of outstanding performances. The Club Point score Award was presented at the Championships to the 2010 Winner; Novocastrian with 3,903 points.



### Courtyard by Marriott North Ryde NSW Country Championships 26 – 27 February, 2011 at SOPAC

On 26-27 February 2011, 866 athletes descended on Sydney Olympic Park Aquatic Centre for the Courtyard by Marriott North Ryde NSW Country Championships. 96 teams from the ACT, Mountains and Plains, Coast and Valley, Far North Coast, Mid North Coast, Southern Inland, New England and North West, South Eastern and Western Areas made the journey to the Olympic venue for the 2 day meet.

One of the highlights of the weekend was the Annual Parade of Competitors which was conducted on the Saturday. In its 34<sup>th</sup> year of tradition, an impressive 85 teams participated in the march past around the competition pool with the Small Teams section taking centre stage first followed by the Speedo Trophy Big Teams section. Werris Creek was named as the winner of the Small Teams Trophy – its first win since its inception in 2003 with Kincumber Pacific Dolphins taking home the Speedo Trophy in only its second time since 2008. In accordance with the rules, the march past was judged on each team's neatness, suitability and uniformity of dress, and for deportment, in accordance with a point score system.

Swimming NSW Sponsor, Courtyard by Marriott North Ryde also supported the Male and Female Swimmer of Meet Awards this year whereby the two winners were selected upon times swum at the meet and compared to relevant State records. For 2011, Woden athlete Hugo Morris won the Male Swimmer of the Meet for his swim in the 200m Butterfly. Up against Kingswim regular Lachlan Staples, Morris' endurance got him over the line to touch in a blistering 2:01.95 for the Gold medal and the 16 Years Country record with Staples' result just shy of his 2010 titleholder time posting 2:02.67. Hunter's Meg Bailey won the female swimmer of the meet award.



### **Other NSW Meets**

### NSW Short Course Development Meet

### 26 September, 2010 at SOPAC

This year, the NSW SC Development Meet was held on the 26<sup>th</sup> September 2010 at Sydney Olympic Park Aquatic Centre for all 'D' squad members. 11 out of 13 Areas participated in the day with many personal best times achieved on the day – including a cheering competition between Far North Coast and the Metropolitan Areas. However, Far North Coast was the loudest on the day, getting involved and cheering on each of their competitors throughout the competition. The Area relays are always a highlight of the meet with the Mixed Freestyle relays taking place after lunch.

Swimming NSW would like to thank all the Team Managers and Area Development Squad Coordinators on the day for their tireless efforts in pre event and team organisation as well as providing support and assistance on the day. This meet continues to be a success each year and encourages those up and coming swimmers to participate in a sport they enjoy while building confidence and racing skills.

Congratulations to Metro North West who took out the point score on 1,266 points with ACT not far behind in 2<sup>nd</sup> place with 1,251 points and Metro South East in 3<sup>rd</sup> place with 1,231 points.

### NSW Country Regional Meets

### 22 – 23 January, 2011 at Dubbo, Dapto and Twin Towns

### **Dubbo Country Regional**

Dubbo certainly turned on the summer weather and great big helping of country hospitality for the Country Regional Meet over the weekend of 22 and 23 January. 42 teams entered a total of 252 competitors giving 1,600 entries - the highest number of the three meets held that weekend. Swimmers and coaches seemed generally pleased with the results and the times swum during the meet. Chris Myers, president of ASCTA, took the opportunity to gather the coaches for an informal session during lunch and some very positive feedback was received. Members of the Technical Swimming Committee also provided Technical Official training and assessment over the weekend and many took up the opportunity to become involved. Congratulations to the host club, and Western Area on a most enjoyable weekend.

### Dapto Country Regional

Over a hot weekend, 276 competitors representing 36 clubs converged on Dapto for the Country Regional Meet. There was a strong representation of clubs from the South Eastern area, as well as visiting clubs from Mountains and Plains, the ACT, Coast and Valley, Mid North Coast, and Southern Inland areas. We also welcomed a squad of 10 swimmers from Metro North East at the meet. Les Barclay, ASCTA representative, and Swimming NSW Director, Lynn Elliott, were busy throughout the weekend meeting with coaches and representatives from various clubs to discuss development and coaching opportunities in the area and across New South Wales. Special thanks to Dapto Swimming Club for hosting the meet and the technical officials who ensured the meet operated smoothly. It was great to welcome many local technical officials, as well as officials representing the various areas in attendance at the meet.

#### **Twin Towns Country Regional**

Saturday 22<sup>nd</sup> & Sunday 23<sup>rd</sup> of January saw over 250 swimmers from 22 Clubs compete at the beautiful Banora Point Swimming Pool. The weather was glorious with sun greeting us both days. The meet was a great opportunity for clubs to travel to a meet together and build a great camaraderie between its members. Some teams travelled from nearby while others flew in from the central coast to compete. There were many PB's swum by swimmers over the two days as they competed in multi age events giving them a chance to swim fast and hopefully qualify for higher championships. One of the highlights of the meet was the inaugural Country Regional Coaches vs Technical Officials Relay. The race raised over \$430 for the Queensland Flood Appeal and was won by the Coaches Team under the leadership of Jim Fowlie and was supported by Olympian Lara Davenport. Thank you to all the Swimming NSW Technical Officials and to the parents who helped over the two days.

### NSW Speedo Sprint Series Heats 5 - 6 February, Finals 13 March 2011

The annual NSW Speedo Sprint Series Finals continued to be the biggest Swimming NSW event of the season with family and friends flocking to Sydney Olympic Park Aquatic Centre on March 13<sup>th</sup> to watch their swimmer's contest the Finals. Entry count was up this year with 3,094 entries being submitted by the Areas and 1,169 athletes contesting the day long meet of 50m sprints and relay events for each age group 8 -13 years. Swimmers needed to have competed at the Speedo Sprint Heats competition (an encouragement meet for new members to join the sport of swimming in NSW in a competitive racing environment) beforehand and placed in the top 6 to progress through to the Finals. As a result, this competition continues attract and highlight the young talent in NSW. Metro South East took out this year's title and making it 4 years in a row with 2,353 points. Metro South West came in a close 2<sup>nd</sup> with 2,295 points and Metro North West in 3<sup>rd</sup> place with 1,768 points.

### **NSW Annual Club Point Score**

At the conclusion of the 2010 Winter Season and the 2010/2011 Summer Season, all the point scores were combined and the NSW Annual Club Point Score was calculated. The top ten clubs in the Annual Point score will receive a banner for their club to commemorate an outstanding 12 months of Swimming. The top ten clubs are as follows: -

- 1. Carlile
- 2. Hunter
- 3. SOPAC Swim Club
- 4. Cherrybrook Carlile
- 5. Novocastrian
- 6. Cranbrook Eastern Edge
- 7. NC Aquatics
- 8. Liverpool
- 9. Woden
- 10. Willoughby





### **National Achievements**

#### 2010 Australian Age Championships



The most prestigious event on the National Calendar for age group swimmers, the 2010 Australian Age Championships, were held from  $5^{th} - 10^{th}$  April at Sydney Olympic Park Aquatic Centre. While other swimmers may have been enjoying the Easter long weekend festivities, National Age competitors were down at SOPAC before 7:30am Easter Monday morning for the doors to open and ready themselves for a week's worth of competition. 1510 entries were received by Swimming Australia for the 527 strong NSW athletes who made the journey in their home state to SOPAC.

There were many standout performances at the Championships including Wests Illawarra Aquatic's Emma McKeon. McKeon dominated her 50m Freestyle and was off the blocks in 0.74s reaction time to clock a very slick 25.19 for the Gold. The 15 Year Old then backed up for the 100m Freestyle with Brittany Elmslie (Noosa) giving McKeon some tough rivalry; however McKeon proved too strong in the end to touch in 55.40 for the double gold so far. The 400m was up next with Laura Crockart (Ryde Carlile) also in hot medal contention as both the girls dove in to set themselves up for the 8 lap middle distance event. McKeon swam a steady race clocking 2:09.65 at the half way mark and came home in a negative split to finish in 4:17.68 to snatch another Gold. Crockart also finished strongly to clock 4:24.23s and bag the Bronze medal with another Bronze coming in the 400m IM to finish in an impressive 5:07.52. However, the 200m was McKeon's best performance again being unstoppable in her pet stroke to not only take home her 4<sup>th</sup> consecutive Gold of the Championships in 2:00.21 but also broke the 15 Years National Age Record.

Woden's 15 Year Old Hugo Morris was also in fine form over the 6 days of competition with a very quick reaction time of 0.67s as he took to the water for the 200m Butterfly. Morris clocked just off his personal best for the heats session and went in as the fastest athlete for the finals next to Brandon Grochala (Liverpool). Flying out of the blocks and away from his rivals, Morris convincingly sealed his victory in a personal best time of 2:03.01, 1.50s ahead of his closest competitor Zac Featherstone (Southport).Grochala also finished strong to place 4<sup>th</sup> in 2:08.60. Qualifying in 1<sup>st</sup> again for the finals in the 400m Freestyle, Morris continued to annihilate his personal bests to stay ahead of Jarrod Poort (Wests Illawarra Aquatic), a distance specialist, in the heats session. Both boys moved onto the finals with Morris making his name known throughout the Championships to take home Gold in 4:01.01 with Poort settling for 4<sup>th</sup> position in 4:05.37. Morris also collected Silver in the 100m Butterfly and 200m Freestyle with Bronze in 400m Individual Medley to cap off a successful Nationals 2010 meet.



It was now the young guns turn to pull out some excellent performances, with Ryan Leonard (Hunter) answering the call and coming up with 4 Gold medals for his efforts. The 100m Breaststroke saw Leonard do a personal best time and qualify in 3<sup>rd</sup> position for the finals alongside team mate Matthew Mensforth (Hunter) and Harry Dai (Ryde Carlile). In a seldom trifecta, the boys showed off their NSW talent on the national stage with Leonard taking out the Gold in 1:10.94, Dai in Silver for 1:12.81 and Mensforth collecting Bronze in 1:13.23. Lachlan Colquhoun (Tuggeranong Vikings) and Jayke Small (Barker Aquatic) then joined Leonard in the 200m Breaststroke as they all qualified for the finals on day 5 of the meet. Leonard again collected the Gold in 2:33.54 with Colquhoun and Small taking out equal Bronze in an impressive 2:36.75.

However, it was the 400m Individual Medley that Leonard left his mark on to break the National Age Record in 4:42.99 with Hayden Hinds-Sydenham also stepping up to collect Silver in a quick 4:52.37. Hinds-Sydenham and Colquhoun also went on to contest the 800m Freestyle with both being successful in the medal tally with Hinds-Sydenham taking out the Silver in a swift 8:39.77 and Colquhoun the Bronze in 8:59.11.

Edward Marks (MLC Marlins) was another strong competitor at just 13 years old to go up against Peter Topalidis (Auburn) and Angus Hannan (Cherrybrook Carlile) in the 100m Freestyle. All the boys clocked near or bettered their personal best time to secure their spot in the finals and took to the water leaving nothing in the tank to power home and take out another surprising



trifecta for NSW. Topalidis bagged Gold in 54.96, Marks for Silver in 55.42 and Hannan claimed Bronze in 55.84. Marks had to settle for Silver in the 50m Freestyle (25.58) also behind Paul Van Westing (Knox Pymble) who dominated the entire event and clocked a very quick 25.16.

However, it was the 100m Butterfly where Marks would claim his victory although not without tough competition from Sam Biddle (Hunter). Biddle qualified in 1<sup>st</sup> position for the finals (1:01.77) with Marks back in 3<sup>rd</sup>, but the only results that would matter would come in the finals where Marks convincingly took out the Gold in 59.80 – the only competitor to break the sub 1:00:00 mark. Biddle settled for 5<sup>th</sup> but picked up Silver in the 200m Butterfly with a speedy 2:14.43.

13 Year Olds Meg Bailey (Hunter) and Ami Matsuo (Carlile) jointly had a successful meet with their clash in the 400m Freestyle. The girls didn't spend too much energy in their heat swim, qualifying in 3<sup>rd</sup> for Bailey and 7<sup>th</sup> for Matsuo as part of their strategy to perform in the finals session. They stepped up onto the blocks and also remarkably stepped up the pace with Bailey and Matsuo battling it out until the closing stages of the race which determined Bailey in the Silver position with a personal best time of 4:25.67 and Matuso claiming Bronze in a personal best of 4:26.94.

Matsuo then went on to medal in the 50m Freestyle after qualifying in equal first for the finals alongside Brittany McEvoy (Southport). However, Matsuo was too strong for McEvoy and claimed the win in 26.79 and then backed up to clock a personal best time in the 200m Freestyle (2:05.23) in a close race with Sumi Song (Southport) and take home her 2<sup>nd</sup> Gold for the meet. Bailey secured her Gold for NSW in the 200m IM with 2:23.66 however the 400m IM proved to be a bigger task against Jade Moody (Singleton). The girls were neck to neck the entire race with Bailey pulling out all stops in the final 50m to stop the clock at 5:03.40 for the Gold and Moody settling for Silver 5:05.57.



Seasoned National Age competitor, Kenneth To (Trinity Grammar School) was the 3<sup>rd</sup> NSW athlete to break a National Age Record at the Championships and did so in excellent style in his pet event – 200m IM. Looking to secure lane 4 for the finals, To swam a steady race to clock just off his personal best of 2:02.62 with Daniel Tranter (Liverpool) also in the finals mix. Leading the entire race, To put together a great race which rewarded him with not only the Gold medal but also the 17 Years National Age Record in 2:01.85. Tranter was not far behind and also swam an excellent paced race to clock 2:04.16. To also collected Silver in the 100m Freestyle in a slick 49.93. Tranter was also hungry for a slice of National Age victory and carved up the competition in the 400m IM to take out the Gold with a lead of nearly 7 seconds to clock 4:24.59. The

200m Butterfly was not such an easy task with the likes of Declan Potts (Pro-Ma Miami) proving he was a force to be reckoned with qualifying in 1<sup>st</sup> position for the finals ahead of Tranter in 2<sup>nd</sup>. However, Tranter did not let his Queensland rival dictate the finals race and battled it out all the way until the closing stages where Tranter snatched the Gold in a close 2:01.64 and Potts for Silver in 2:01.99.

Te Haumi Maxwell (MLC Marlins) was another seasoned National athlete who was unbeatable in the 50m and 100m Freestyle. Maxwell was waves ahead of the competition in the 100m, qualifying in 1<sup>st</sup> position for the finals more than 2 ½ seconds ahead of Cameron McEvoy (Southport) where Maxwell went on to better his personal best shaving off 0.12s to clock a speedy 50.67 and take home the Gold. Both boys then backed up to contest the 50m but Maxwell proved why he is the best Freestyler for the 15 Year Age group and smashed the wall to clock an impressive time of 23.16. Maxwell also bagged a Bronze in the 100m Butterfly with 56.85.

In a collectively excellent effort by the athletes, NSW finished with 5 more gold medals than last year and held the point score; medal count and gold medal count up through until the very last day and very last event! Swimming NSW would also like to congratulate all NSW competitors as they placed 2<sup>nd</sup> in both the overall final State Point Score and Medal Tally.

### 2010 Telstra Australian Swimming Championships

From March 16-21, Sydney Olympic Park Aquatic Centre was entertained with 6 days of electrifying competition and witnessed countless super star performances at the 2010 Telstra Australian Swimming Championships. These Championships doubled as selection trials for both the Commonwealth Games and Pan Pacific Championships with the squads naming 27 NSW athletes to compete for Australia.

The final team would not be announced until after the Pan Pacific Championships in August, however all swimmers who won gold or silver in an individual event at the week's selection trials were automatically destined for Delhi with Australian Commonwealth Games Association CEO Perry Crosswhite welcoming the first official members of the Australian team for Delhi.



Eamon Sullivan underlined his tag as Australia's premier sprinter and sealed a place on the plane for the Commonwealth Games in Delhi, winning gold in the men's 100m freestyle at the 2010 Telstra Australian Swimming Championships in Sydney. In the final, the former world record holder and Olympic silver medallist was fit and fast. He was the best off the blocks before turning with a 0.36 second lead over the field. His second 50m was as impressive as the first, touching the wall a length clear in a world best time for the year of 48.52, booking a place on the Commonwealth Games team. Joining Sullivan in Delhi will be Tommaso D'Orsogna (49.35), while James Magnusson (49.43) won the bronze medal. Sullivan said after the race that he is still to fully recover from his hip surgery. "The day before the meet I was 90 percent sure I was going to pull out, but I fought through the pain and just decided to deal with it," Sullivan said.



AIS based Thomas Fraser-Holmes put the earlier drama of an overturned disqualification behind him to win the men's 400m individual medley and claim his first national title. Fraser-Holmes had initially been disqualified from his heat following a perceived incorrect turning manoeuvre, but won the right to swim from lane four in the final when his appeal was upheld. In the final, the 18-year-old hit the lead in the backstroke leg and was never headed, closing it off in the freestyle to win in a time of 4:16.81. Jayden Hadler won the silver medal in 4:20.79, while Mitch Larkin finished strongly in lane 1 to take bronze in 4:21.54.

Dual Olympian Geoff Huegill blitzed the field in the final of the men's 50m butterfly at the Championships to win his ninth title in the event and book a place

on the plane to Delhi for the Commonwealth Games in October. Huegill, who won the 50 fly on eight successive occasions between 1997 and 2004, started his remarkable comeback in late 2008 and ever since has been dreaming of Delhi, with India now a reality. Losing more than 45kg in his comeback crusade, the 31-year-old has been one of the form swimmers in Australia this year and is certainly back to world-class status. He jumped to an early lead from the blocks and torpedoed towards the wall to win in a time of 23.46. Defending champion Andrew Lauterstein (23.82) grabbed silver and an automatic place at the Commonwealth Games. Mitchell Patterson finished third in 23.89 to secure a Pan Pacs place with Huegill and Lauterstein, where he will get the chance to join them at the Commonwealth Games with a strong performance. Huegill was visibly overawed with the significance of his achievement. "I'm speechless," Huegill said. "When I got back in the pool I just wanted to get fit and then the reasons gradually changed and here I am now. This time around it is a lot sweeter."

Beijing relay gold medallist Emily Seebohm secured her first non-backstroke Australian title winning the women's blue ribbon 100m freestyle in 54.70. In was high drama on pool deck as 14-year-old Yolane Kukla, who only the day before had booked her ticket to the Commonwealth Games by winning the 50m butterfly, touched first in 54.50 but was later disqualified for moving on the blocks prior to the start gun. Kukla's disqualification paved the way for Seebohm to record her fourth national title, with Beijing Olympian Alicia Coutts (54.86) grabbing silver and AIS based Alice Mills bronze, in 55.32 and a ticket to the Pan Pacific Championships.



Seebohm then backed up an hour later to win the 100m backstroke crown, breaking the minute barrier in a time of 59.21, to make it four Australian 100m backstroke titles in a row. She beat home 19-year-old Belinda Hocking (1:00.11) from Albury and Commonwealth record holder in the 50m backstroke Sophie Edington, and became the first women since Lynn Bates (nee Watson) to win the 100m freestyle and backstroke double in the same year.

Olympic champion Leisel Jones made it 21 national titles after taking out the200m breaststroke in emphatic fashion and in the process clocking the second fastest time in the world this year, an impressive 2:23.45. While not training specifically for the longer distance, Jones mustered all her experience to hold off her fast finishing Nunawading training partner Sarah Katsoulis (2:25.35) who grabbed silver, with 16-year-old Tessa Wallace from Pelican Waters Caloundra securing third in 2:28.67.

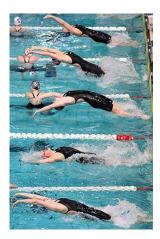


Robert Hurley defended his national title from 2009 as the Wests Illawarra swimmer surged to victory in the men's 400m freestyle. Hurley, who competed on his first Australian team last year where he won bronze in men's 800m freestyle relay and finished 11<sup>th</sup> in the 400m at the world championships in Rome, clocked a time of 3:47.67. Robert Hurley went on to complete the 400 and 800m double after securing a comfortable three body length victory in the longer event. Hurley clocked a time of 7:55.36 to hold off 1500m specialist Ryan Napoleon (7:59.23), while Christopher Ashwood took the bronze in 8:00.94.

In summing up the week's competition, Australian Commonwealth Games Association CEO Perry Crosswhite said " "We've seen some fantastic results in the pool this week, some new names - and some old ones - and our swimmers always play an important role in the success of the team at the Games. The Commonwealth Games are renowned for revealing the next generation of sporting stars in Australia".

Swimming NSW would like to congratulate all of the athletes who were selected to compete for Australia in the above mentioned teams, especially those from NSW. For some of the athletes it was their first time on a national team and we wished them all the best for the competitions ahead.

### 2010 Australian Short Course Championships



The Australian Short Course Championships were a spectacle to behold this year with top swimmers from across the country flocking to Brisbane's Chandler Aquatic Centre to compete. NSW athletes in particular fought hard this year to prove themselves as some of the nation's best short-course swimmers.

16 year old Emma McKeon (Wests Illawarra Aquatic) gave a stand out performance in the 50m Freestyle where she collected Bronze with a time of 24.73 despite facing off against tough competitors in Queenslander's Yolane Kukla and Marieke Guehrer. Olivia Halicek (UNSW Uniswim) was also in the mix being right on McKeon's tail before being touched out in a close 24.83. McKeon came back even stronger in the 100m freestyle, swimming a fantastic 53.37 to claim the Silver medal with Felicity Galvez OAM (SOPAC Swim Club) putting in a great effort to swim 53.51 for the Bronze. Galvez then went on to dominate Butterfly events at the Championships with Gold in the 50m, 100m and 200m Fly as the clock displayed times of 25.65, 56.34, and 2:04.76 respectively.

The NSW Men left no room for other competitors in the 50m Butterfly, with 6 out of the top 8 spots claimed by NSW swimmers! Geoff Huegill (SOPAC Swim Club) claimed Gold, swimming 22.95 with fellow Olympic veteran Adam Pine (Ginninderra) close on Huegill's heels to take out Bronze with a time of 23.45. Mitchell Patterson (Warringah) notably claimed 4<sup>th</sup> place (23.50), leaving Benjamin Treffers (Burley Griffin, AIS) in 6<sup>th</sup> (23.64), Joe Carty (Macquarie University) in 7<sup>th</sup> (23.70), and Andrew Lauterstein (SOPAC Swim Club) in 8<sup>th</sup> (23.74). Pine also took out Bronze in the 100m Freestyle, swimming a superb 51.82, while Patterson kept his 4<sup>th</sup> place ranking with a time of 52.02. Kingswim's Lachlan Staples made sure that NSW had a stake in the top three in the 200m Butterfly as he claimed Bronze with an excellent time of 1:55.14.



Although Treffers placed 6<sup>th</sup> in the 50 Butterfly, he took the 50m Backstroke head on and proved his point with sheer determination to earn him Gold (23.81). Daniel Arnamnart (Aquaburn) had a great swim as well and placed 3rd with a time of 24.24, just milliseconds behind AIS athlete Ashley Delaney. Arnamnart and Treffers also put out a good effort in the 100m Backstroke, claiming Bronze (52.14) and 4<sup>th</sup> place (52.31) respectively.

Belinda Hocking (Albury, AIS) represented NSW with her usual gusto in the Backstroke where she came away with Silver in the 100m event, swimming 57.67 against Emily Seebohm's 56.58. Hocking then went on to blow her competition out of the water in the 200m Backstroke, claiming Gold to stop the clock at 2:03.47.



Matt Abood (Sydney Uni) staked his claim on 50m and 100m Freestyle as he firstly powered through the 50m to take out Silver with a time of 21.75. An additional push in the 100m Free also resulted in victory with Abood claiming Gold to swim a remarkable 47.07. James Magnussen (Macquarie University) and Eamon Sullivan (SOPAC Swim Club) met the competition in the 100m Free as well, swimming 47.68 and 48.00 respectively.

The NSW ladies weren't afraid to push for excellence in their grueling Freestyle endurance events with Jessica Ashwood (SOPAC Swim Club) placing 3<sup>rd</sup> in the 800m with a time of 8:22.06, while Erin Killey (Hunter) swam a decent 8:34.30. Ashwood and Killey's determination shone through in the 1500m Free where both swimmers pushed ahead and came out in front as Ashwood claimed Silver with a time of 16:12.64, while Killey catapulted herself into the top three with a time of 16:14.86 for the Bronze.

Robert Hurley (Wests Illawarra Aquatic) had a thrilling comeback from his 8<sup>th</sup> place result in 200m Freestyle and claimed Gold in 400m Freestyle with a time of 3:41.58. Hurley then went on to crush his competition, claiming Gold in 1500m Freestyle with a time of 14:41.80 (12 seconds faster than Silver recipient Thomas Fraser-Holmes). The 800m Freestyle event gave Wally Eggleton (Blacktown City) and Theodore Pasialis (SOPAC Swim Club) an excellent opportunity to show off their skills, as they claimed Silver (7:53.74) and Bronze (7:57.33) respectively. Eggleton then moved on to compete in 1500m Freestyle and took out Bronze with a time of 14:58.61.



Kenneth To (Trinity Grammar) left the Australian Short Course Championships feeling very proud this year with a Bronze in the Men's 100m Breaststroke to clock a slick 59.70. Craig Calder (Albury) also swam hard and scored a Bronze for NSW in 200m Breaststroke with a time of 2:07.28. However it was To who lead the rankings in the men's 100m and 200m Medley, receiving Gold (52.39) and Silver (1:56.40) respectively. John Goo (Ryde Carlile) kept NSW in the top three in the 100m Medley, claiming Bronze with a time of 54.54, while Daniel Tranter (Liverpool) took out Bronze in the 400m Medley with a time of 4:09.29.

### Australian Open and Age Open Water Swimming Championships

The 2011 Australian Open and Age Open Water Swimming Championships took place at the Sydney International Regatta Centre in Penrith from 5<sup>th</sup>  $-6^{th}$  March 2011. Leading into the races, Swimming Australia Open Water Head Coach Greg Towle said the weekend was the first important step towards Olympic selection for Australia's best open water swimmers;

"Like we saw ahead of Beijing, swimmers who finish in the top 10 at the World Championships (10km) this year will automatically qualify for London, so the competition to make the Australian team this weekend will be white hot," said Towle.

16 Year old Jarrod Poort (Wests Illawarra Aquatic) was the first NSW male across the line overall and in his age group to take home the Gold in a very quick 1:55:22.00 – the only athlete in his age group to break the 2 hour barrier.

Next was Bayside athlete, Josh Beard with his slick swim of 1:57:54.00 for the Silver medal in the 17-18 Year age group. Brad Horrey (Sea's the Limit) was battling it out in a pack of about 10 swimmers to come in to touch with 2:06:53.00 which bagged 6<sup>th</sup> position and Nathan Novak (Hunter) also lunging up for the finish gate and slam a 2:27:42.00 for 9<sup>th</sup> in his age group.



Sam McKeown-Paterson (Woy Woy) didn't let the distance phase him as the 14 year old took on Sebastian Cummins (Surrey Park, VIC) for his 10km race. Cummins pulled away in the closing stages and McKeown-Patterson came home with the Silver medal in an impressive time of 2:04:52.00.



15 Year Old Blake Fulko (Campbelltown) had his work cut out for him in the 10km Open Water Championship but turned up the pace, and took out the Bronze medal in 2:07:16.00.

The Women's 10km Open Water Championship was lead by Telopea Open Water swimmer Jessica Traficante as she took on the 19 & Over age group with World Championship Gold Medallist Melissa Gorman (Redcliffe, QLD), New Zealander Cara Baker and 10km specialist Danielle DeFrancesco (Miami, QLD) in the mix for the Australian Championship. Traficante put in a strong effort with a time of 2:10:26.00 for 10<sup>th</sup> place.

15 Year Old Sofia Jenson (Blacktown City) was in fine form for her 10km event against St Peters Western, QLD athlete Stephanie Greene. Jenson swum the race of her life to touch in an impressive 2:10:57.00 for the Silver medal with Greene stealing the Gold in 2:09:18.00.

The 17-18 Years age group was strong for NSW with Zoe Elkerton (Wests Illawarra Aquatic), Jessica McNevin (Campbelltown), Claire Nicholls (Woy Woy), Chloe Palmer (Picton) and Caitlin Anders (SLC Aquadot) in the water for the Girls 10km Open Water Championship. It was a great result for NSW with Elkerton bagging the Silver in 2:12:49.00 and Nicholls stealing the Bronze in 2:15:46.00 which took the medal count to 7 for NSW on Day 1.



Lone ranger Kaylie Ekinci (Campbelltown) didn't let her interstate rivals swim over her in the 14 & Under age group as she bagged a Silver for her efforts in 2:14:57.00 for the last of the 10km races. The Championships went on into the afternoon of Day 1 as the 5km races began with a nail biting finish in the Boys 5km event for Telopea's Liam Barber and Joshua Winnington (Palm Beach). Barber was stroke for stroke with Winnington before he pulled away in the final stages to touch for the Gold medal in a smashing time of 1:04:00.00 with Winnington settling for Silver in a very close 1:04:05.00.

The girls corresponding event was another win for NSW with Rebecca Samuela's (Unattached) blistering swim up against Suzanne Ryan (Miami, QLD). Samuela was grinning from ear to ear when she took home Silver for NSW in a time of 1:05:58.00 with her closest NSW rival Michaela Hokin (Mount Annan) back in 11<sup>th</sup> place with 1:11:46.00.

Day 2 of the Championships saw Jarrod Poort (Wests Illawarra Aquatic) stand out in the Men's Open 5km Open Water being not only the youngest competitor but placing 5<sup>th</sup> overall to post an impressive time of 57:05:00.

There was no rest for Zoe Elkerton (Wests Illawarra Aquatic), Monique



Schipp (Hunter) or Jessica Traficante (Telopea) on their 2 Day of competition with a fresh Alicia Burgess (Corrimal), Jessica Errington (Sans Souci Sea Devils) and Natalie Stell (Castle Hill RSL Dolphins) deciding to focus only on the 5km Open Water Championship. Elkerton and Traficante weren't phased by their consecutive day of competition as Elkerton took out 10<sup>th</sup> place in 1:03:07.00 and Traficante 12<sup>th</sup> in 1:03:28.00.

In the 17-18 Years 5km Championship Josh Beard (Bayside) was another athlete putting in a massive program over the weekend and to take out the Gold medal in equal position with Josh Richardson (Albany Creek, QLD) in a time of 57:53.00. Brad Horrey (Sea's the Limit) added a 7<sup>th</sup> place to his Australian Championship achievements in 59:18.00. In the 16 Years age group, David Phillips (Campbelltown) just missed the medals podium with his 4<sup>th</sup> place for the 5km Championship but clocked a speedy 1:00:18.00 for doing so.



It was a hat trick for NSW in the Girls 16-18 Years Open Water Championship with Jessica Lauricella (SLC Aquadot), Alexandra Lee (Carlile) and Rachel Teys (Campbelltown). The 3 girls surged away from the rest of the competition as Lauricella took the Gold in 1:03:18.00, Lee the Silver in 1:03:23.00 and Teys the Bronze in 1:03:31.00.

Dalhas Rogers (Campbelltown) did not disappoint with her 5km Open Water Championship in the 16 Years age group as she claimed the Silver medal in 1:05:09.00. Chelsea Findley (Novocastrian) was not far off the pace for the medals in 1:06:32.00 (4<sup>th</sup>) with Alana Bernard (Campbelltown) hot on her heels in 5<sup>th</sup> place with 1:06:39.00.

Kazim Boskovic (Carrs Park) was out in front for the Boys 15 Years 5km event and broke the elusive 1 hour barrier to clock 59:53.00 ahead of a large pack fighting over the remaining medals.

In the 14 Years, Sam Mckeown-Paterson (Woy Woy) took out the Gold medal in 1:00:33.00 after backing up from the 10km the previous day with his nearest NSW rival, Daniel Collins (Hunter) unable to catch McKeown-Paterson as he settled for 5<sup>th</sup> place in a solid time of 1:01:38.00.

The final 5km event of the Championships ended with the Girls 14-15 Years age group as Kaylie Eckinci and Lana Rogers triumphed for Campbelltown and NSW taking out the Silver (1:04:27.00) and Bronze (1:04:46.00) medals respectively. Meg Bailey (Hunter) wasn't far behind in 5<sup>th</sup> place with 1:06:00.00 determined at the finish gate with Sarah McNevin (Campbelltown) touching in 10<sup>th</sup> with 1:09:52.00.

In the 15 Years age category, Sofia Jenson (Blacktown City) led the NSW charge to take home another Silver in an impressive 1:04:25.00 with Briella Brown (Carlile) and Peta Teys (Campbelltown) the next 2 NSW girls to touch in 1:05:49.00 (6<sup>th</sup>) and 1:08:25.00 (11<sup>th</sup>) respectively.

Swimming NSW would like to congratulate ALL NSW swimmers on their outstanding performances at the National Open Water Championships.

## SWIMMING NEW SOUTH WALES LIMITED DEVELOPMENT REPORT

#### AREA DEVELOPMENT SQUADS

The levels of the Area Development Squads for the 2010 – 2011 season were:

A Squad:	12 – 18 year old National Age Qualifiers
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**B Squad:** 13 – 18 year old State Qualifiers

**C Squad:** 9 – 12 year old State Qualifiers

**D Squad:** 9 – 16 years

AREA	А	В	С	D	TOTAL
ACT Swimming	13	12	20	46	91
Coast & Valley	39	13	36	69	157
Far North Coast	4	47	23	88	162
Metro North East	44	5	26	88	163
Metro North West	58	14	27	78	177
Metro South East	70	45	23	135	273
Metro South West	39	17	33	53	142
Mid North Coast	9	5	6	28	48
Mountains & Plains	1	15	22	89	127
New England & North West	3	4	16	55	78
South Eastern	9	5	9	80	103
Southern Inland	2	31	47	109	189

#### **COACH SCHOLARSHIPS**

This year Swimming NSW revised the SNSW/asctaNSW Coach Scholarship Program to award eleven scholarships in total. These eleven coaches visited the programs of Matthew Brown and Stefan Widmar in Queensland, John Fowlie & Vince Raleigh at the AIS and Ian Pope and Rohan Taylor in Victoria. Congratulations to the following coaches who were recipients of the 2010 Coach Scholarships:

Jennifer Noel
Idessa Vincent
Kim Taylor
Gavin Stewart

Dennis Valentine Ken Malcolm Cameron Ellicott Bruce Vyvyan Ryo Kito Frank Preston John Young

#### **DISBILITY PLANNING COMMITTEE**

The Disability Planning Committee has continued to work well, combining with all of the NSW disability sport organisations to provide a high standard of support and competition opportunities. Four meets were held throughout the year, including the NSW Multi Classification Championships at SOPAC in October 2010. NSW based Multi Classification swimmers continue to excel at National Championships.

#### **GO CLUB PROGRAMS**

The Go Club program has continued to be a successful initiative, supporting clubs and areas throughout the state to develop and improve their operations. Swimming NSW has conducted Go Club Forums, Meet Manager courses, Area and Club Development days along with come and try days throughout the state. The Australian Unity Go Club PB booklet has continued to assist clubs in pinpointing areas of improvement within the club, along with rewarding clubs with financial assistance and donations of equipment.

#### **EMERGING ATHLETE PROGRAM**

In 2010, the partnership between NSW Institute of Sport (NSWIS) and Swimming NSW continued in the form of the Emerging Talent Squad Program. Throughout the year NSWIS conducted a number of Emerging Talent Squad Camps for these swimmers. Congratulations to the swimmers were selected on the various squads.

#### NSWIS/SNSW Emerging Talent Squad Level 2

Girls		Boys	
<b>Name</b> Erin Killey	<b>Club</b> Hunter	<b>Name</b> Wally Eggleton	<b>Club</b> Blacktown City
Erin Malone	Sans Souci Sea Devils	Jared Goldthorpe	Bayside
Nicole Mee Megan Ramsay Jordan White	Cranbrook Eastern Edge Ginninderra Cranbrook Eastern Edge	Alex Kelshaw	Blacktown City
Leah Bird Mariah Jones Jessica Legge Phoebe Cater Kirstie Meertens Caitlin Sinclair Rachelle King Zoe Diamond	Hunter Twin Towns Novocastrian Macquarie University Macquarie University MLC Marlins Mingara Liverpool		

### NSWIS/SNSW Emerging Talent Squad Level 3

Girls		Boys	
Name	Club	Name	Club
Rebecca Booth	Abbotsleigh	Paul Van Westing	Knox Pymble
Ami Matsuo	Carlile	Edward Marks	MLC Marlins
Meg Bailey	Hunter	Peter Topalidis	Auburn
Baylee Forbes	The Hills	Hugo Morris	Woden
Martha Spillotti	Carrs Park	Ryan Leonard	Hunter
Sarah Baker	Macquarie University	Matthew Jepson	Sea Eagles
Jade Moody	Singleton	Samuel Parker	Hunter
Laura Crockart	Ryde Carlile	Jarrod Poort	West Illawarra Aquatic
Michelle Short	SOPAC	Harry Dai	Ryde Carlile
Emma Reid	Bayside	Jesse King	Forster Aquatic
Alannis Olesch-Byrne	MLC Marlins	Matthew Roberts	Novocastrian
Alicia Caldwell	Calile	Nathaniel Romeo	Trinity Grammar
Annabel Hopkins	Gosford	Nick Robertson	Carlile
Sally Gilbert	Willoughby	Tomas Elliott	Kingswim
		Brandon Sibir	Macquarie University
		Brendan Micallef	Blacktown City
		Ryan Hore	Tuggeranong Vikings
		Sam Biddle	Hunter
		Hayden Hinds-Sydenham	SOPAC
		Angus Hannan	Cherrybrook Carlile
		Dylan Brown	Yamba Orcas

Matthew Mensforth

Lachlan Colquhoun

Jayke Small

Hunter

**Barker Aquatic** 

**Tuggeranong Vikings** 

#### AGE DEVELOPMENT CAMP

Over sixty swimmers participated in the 2010 Age Development Camps held over the September/October School holidays at Parramatta Memorial Pool. The swimmers were put through their paces by coaches in the four pool sessions and two dry land sessions, over each of the two day camps. Swimmers participated in presentations on athlete development, injury prevention and rehabilitation, and nutrition.

Matt Abood (2009 World Championship Team Member) was kind enough to take time out from his busy schedule in the lead up to World Short Course Championships in Dubai to talk about some of his experiences in and out of the pool.

A big thank you goes out to Jim Fowlie (NSWIS & SNSW Head Coach) and all the coaches, Bruce Vyvyan & Haydn Belshaw (Head Coaches) and managers, Mary Carty, Courtney Allison-Young & Neil Rogers for giving up their time to participate in the camp.

Members of the Squad:-

Members of the squuu.			
Boys		Girls	
Name	Club	Name	Club
Aaron Federer	Corrimal	Adele Goudis	Macquarie University
Adam McNamara	Trinity Lismore	Alexandra Lee	Calile
Alexander Ryan	Telopea	Alexis Mastro	West Illawarra Aquatic
Ben Schafer	Willoughby	Alicia Merlino	Picton
Benjamin McDermott	Trinity Grammar	Amelia Gould	Macquarie University
Benjamin Romeo	Trinity Grammar	Ashleigh Steed	UNSW Uniswim
Benjamin Thornton	Bayside	Ayu Barry	Telopea
Brandon Grochala	Liverpool	Brooke Dodson	Campbelltown
Brendan Irvine	Bayside	Carissa Borrow	Novocastrian
Callum Smith	Twin Towns	Carlee Milikin	Willoughby
Cameron Tysoe	Ginninderra	Charlotte Westheafer	Abbotsleigh
Elliott Long	Willoughby	Chelsea Findlay	Novocastrian
Eric Hamilton	SOPAC	Clorinda Hogan	Liverpool
Eric Wong	Ryde Carlile	Dahlas Rogers	Narrellan
Heath Winning	Hunter	Elise Pidutti	Novocastrian
Hugh Chacon	Aquaburn	Ellen O'Rourke	Cherrybrook Carlile
Jacob Hansford	Blacktown City	Elyssia Gasparotto	Woy Woy
James Traiforos	Trinity Grammar	Emma Morgan	Willoughby
Jayden Malala	Calile	Gabrielle Turnbull	SLC Aquadot
Joachim Bardrum	SOPAC	Georgia Maskell	Kingswim
John Woods	NC Aquatic	Georgia Miller	Warringah Aquatic
Kazimir Boskovic	Carss Park	Hannah McLaren	Atlantis
Keelan Bridge	Woy Woy	Jenny Liimateniin	Cherrybrook Carlile
Liam Cuneen	Atlantis	Jessica Collins	Hunter
Mathew Georgevits	Carlile	Jessica Lauricella	SLC Aquatdot
Nathan Miller	Trinity Grammar	Jessica Potter	Mingara
Nathan Roughley	Macquarie University	Jessica Schembri	Ginninderra
Nicholas Reekie	Kincumber Pacific Dolphins	Jessie Quinn	Calile
Oliver Clark	Castle Hill RSL	Kaitlyn McCaw	MLC Marlins
Oliver Smith	The Hills	Katelyn Siddle	Castle Hill RSL
Patrick Yap	Epping Bullets	Kaylie Ekinci	Campbelltown
Reid Fagan	GT Aquatics	Kiani Fukui	UNSW Uniswim
Rory Brown	Yamba Orcas	Kiera Eady	West Illawarra Aquatic
Sam McKeown-Paterson	Gosford	Leanne Wright	Calile
Scott Phillips	SLC Aquadot	Lucy Palu	Wizards
Sean Maloney	Woden	Lucy Tabrett	Novocastrian

Boys (ctd) Name Thomas McParlane Tim Cottam Tim Harris

**Club** Woy Woy Barker Aquatic Carlile

### Girls (ctd)

Name Madeline Owen **Michelle Connelly** Griffith Mikaela Middleton Carlile Ming Feng Ong Carlile **Nicole Cooper** Samantha Marceddo Samantha Redman Sarah Hoyles Bayside Shannon Ashton Sophie Taylor Suay Toprak **Taylar Puskaric Taylor Pevy-Seiver** Zoe Elkerton

## Club Macquarie University Griffith Aquaburn Carlile Carlile Gininderra Novocastrian Bayside Aquaburn Ryde Carlile MLC Marlins Carss Park Novocastrian

#### INTER A SQUAD DUEL MEET

The Swimming NSW A Squad Inter Duel Meet took place on  $31^{st}$  July –  $1^{st}$  August 2010 at Sydney Olympic Park Aquatic Centre with athletes travelling from as far as Kingscliff in northern NSW and Dubbo in western NSW to compete.

Approx 144 athletes attended with a fun and competitive weekend had by all with outstanding performances coming from Kacey Pilgrim (Metro South West) claiming 1st in 3 out of 4 Skins events (50m Freestyle, Breaststroke & Butterfly) with a 3rd in the 50m Backstroke. These skins events were decided over 3 rounds of competition via elimination. She also picked up another four 1<sup>st</sup> places in the 100m, 200m & 400m Freestyle as well as 100m IM. She finished off the weekend with 2nd in the 100m Breaststroke.



Chloe Taylor (Metro North West) qualified for all 4 skins events also claiming 1st in the 50m Freestyle and Backstroke. 100m Backstroke was another win for the 14yr old with a swag of 2<sup>nd</sup> places in the 100m Freestyle, 200m Backstroke and 100m IM. Miss Taylor had a very busy weekend with 12 events on her program which she placed in the top 10 for each race.

Andrew Kennedy (Metro South East) similarly had 12 events on his Duel Meet program with a mix of sprint, middle distance and skins events. He took out both the 50m Freestyle and Backstroke events he entered in along with another 1<sup>st</sup> place over the 2 days of competition. The 2<sup>nd</sup> place in the 100m Breaststroke just edged out his near perfect record however fellow team mate Trent Abbott stole the win.

The pointscore trophies were awarded at the meet to Overall Teams Winner Metro South East with 4,718.50 points. Metro North East won the Small Teams Award with 3,123.50 points.

Thanks are extended to all the swimmers, coaches and team managers who attended the day and made it possible.

#### JUNIOR SHARKS SQUAD

The 2010 Junior Sharks squad participated in three development days throughout the year, which were a resounding success. The development days were again hosted at MLC Burwood.

The development days included pool sessions and presentations from coaches on dry land conditioning, athlete development, time management and preparation for events such as State Age and National Ag Championships.

The athletes were lucky enough to gain an insight into competition at the elite level, thanks to presentations from athletes Daniel Armanart and Jessica Legge.

Swimming NSW would like to thank all presenters for their time,

Club

thoughts and experience. A big thank you must also be extended to the coaches who attended the development activities throughout the year.

#### Boys

Name Joel Walker Jayden Hutchinson Bradley Woodward Geoffrey Guo Lachlan Hile Sam Ritchens Andrew Noh Tana Dannaoui Giles Gabutina Joshua Blackshaw Maniah Betham Julian Yang

### Girls

Name Chloe Yoo Delainee Melia **Taylah Pollard-Hughes Eilish Salmon** Rebekah McCoy Monique Rae **Paige Chandler** Abbey Harkin Charlotte McGrath Vivian Zhu Samantha Ying Nina Baker Lucy McJannett **Emily Rosskelly Brooke Mindham** Emma Gillingham Isabella Marinelli

NC Aquatics Corrimal Mingara Aquatic MLC Marlins Willougby Lane Cove Ryde Carlile SOPAC Cherrybrook Carlile Kincumber Pacific Dolphins Ripples St Mary's SOPAC

#### Club

SOPAC Bayside **Cherrybrook Carlile Trinity Grammar Tuggeranong Vikings** Cranbrook Eastern Edge Liverpool Novocastrian Carlile Sydney Swim PLC **Cherrybrook Carlile Knox Pymble** Bayside Wests Illawarra Aquatic **Cherrybrook Carlile Tuggeranong Vikings** Woden



#### **OPEN WATER DEVELOPMENT SQUAD**



The Open Water Development Squad came together for a weekend of racing and education in November. The weekend commenced with the squad competing in the Central Coast Academy Open Water Meet held at Terrigal Beach. For some squad members it was the first time they had swum in a surf race, so the education on spotting landmarks to swim towards, reading the tides and currents as well as the importance of breathing away from the waves began the moment the swimmers arrived.

Central Coast Academy of Sport Nutritionist took the swimmers through a presentation on the importance of nutrition and the correct things to eat before, during and after a race.

Congratulations to Jarrod Poort on winning the Men's 5km race along with the associated prize money. Congratulations to Josh Beard and Sam Mckeown-Patterson who filled the minor places. Ally Lee was the 2<sup>nd</sup> female home, being beaten in a short sprint and run to the finish line.

Sunday saw the swimmers compete at SIRC as part of the Metro South West Open Water Championships. Again Jarrod Poort and Josh Beard went head to head for 5km. Congratulations to Jarrod on winning the 5km event while Josh continued on and won the 10km event. The squad picked up a bag full of medals at this meet in their individual age groups.

Swimming NSW would like to thank John Young (Head Coach) and Maria Traficante (Manager) for the work they put in to make the weekend successful. Thank you to the swimmers for your participation and excellent behaviour over the two days.

Name	Club
Jarrod Killey	Hunter
Josh Beard	Bayside
Loui Friess	Liverpool
Scott Jackson	Sans Souci Sea Devils
Jarrod Poort	West Illawarra Aquatic
Daniel Schwizler	Liverpool
Kurt Herzog	Cherrybrook Carlile
Heath Winning	Hunter
Sam McKown-Patterson	Gosford
Wally Eggleton	Blacktown City
Shelley Clark	Hunter
Jessica Traficante	Telopea
Erin Suters	Campbelltown
Claudia Friess	Liverpool
Claire Nicholls	Gosford
Ally Lee	Carlile
Samantha Watts	Cherrybrook Carlile
Llani Hyer-Warton	Cronulla
Kaylie Ekinci	Campbelltown
Kirsty Waugh	Novocastrian

#### National State Age Short Course Team

The Swimming NSW team returned from the National Short Course Teams Age Championships with a bag full of medals.

The squad went down to the AIS to take on 40 of the best swimmers from each state. The NSW Team finishing runners up in a close battle behind a very strong Queensland.

The team travelled to the AIS on Friday the 17<sup>th</sup> September after a breakfast where Olympic Medalists Matthew Dunn and Andrew Lauterstein spoke about their experiences on National teams and Andrew gave an insight into the lead up to the Commonwealth Games. The team was presented their uniforms by Peter Lozan (SNSW President) and Matt Abood (World Championship swimmer).



The highlight of the weekend was the Girls 13-14 Years age group winning their age division. Congratulations to all the NSW Team – you have did us proud! A special thanks also to the coaches & managers who supported the team throughout the meet.

2<sup>nd</sup>

4<sup>th</sup>

6<sup>th</sup>

The Team Point score finished up as follows;

1stQueensland3rdVictoria5thSouth Australian7thNorthern Territory

### 2186 points 1589 point 746 points 28 points

NSW Western Australia Tasmania 1700 points 1004 points 262 points

Boys		Girls	
Name	Club	Name	Club
Andrew Kennedy	NC Aquatic	Alexis Mastro	Wests Illawarra Aquatic
Brandon Grochala	Liverpool	Alicia Caldwell	Carlile
Edward Marks	MLC Marlins	Amelia Gould	Macquarie University
Hugo Morris	Woden	Ayu Barry	Telopea
Jake Baggaley	NC Aquatic	Brooke Dodson	Campbelltown
Jake Hodgetts	Bankstown Sports	Carissa Borrow	Novocastrian
Jordan Chyra	Wests Illawarra Aquatic	Carlee Millikin	Willoughby
Joshua Shea	SLC Aquadot	Elise Pidutti	Novocastrian
Keelan Bridge	Woy Woy	Elyssia Gasparotto	Woy Woy
Liam Cunneen	Atlantis	Emma Morgan	Willoughby
Matthew Georgevits	Carlile	Emma Reid	Bayside
Matthew Roberts	Hunter	Georgia Miller	Carlile
Nathaniel Romeo	Trinity Grammar	Leah Bird	Hunter
Nick Robertson	Carlile	Leanne Wright	Carlile
Ryan Clay	Mount Annan	Lucy Tabrett	Novocastrian
Ryan Hore	Tuggeranong Vikings	Meg Bailey	Hunter
Sam McKeown-Paterson	Gosford RSL	Michaela Campbell	Sans Souci Sea Devils
Te Haumi Maxwell	MLC Marlins	Mikaela Middleton	Aquaburn
Tomas Elliott	Kingswim	Sophie Taylor	Ryde-Carlile
Wally Eggleton	Blacktown City	Zoe Elkerton	Wests Illawarra Aquatic

### Head Coach Assistant Coaches

Head Manager Assistant Managers Toby Condon, Justin Rothwell, Jon Shaw, Jen Noel, Paul Sharman, John Bladon, Adam Kable, Ben Tuxford Suzanne Bergersen Joshua Strachan, Mary Carty

Jim Fowlie

#### Age Touring Team

The 2010 Age Touring had a quiet day on Friday travelling from Sydney and settled into the hotel with a meal of lasagne and ravioli. After a team meeting and some motivational words from Head Coach Jim Fowlie it was lights out and a good night's sleep ahead of the first day of competition.

The team competed well during the first day of competition in the Swimming Queensland Qualifying Meet at Chandler Aquatic Centre. The team got off to a good start in the 200m butterfly clearing out some early cobwebs, with a personal best from Jessica O'Brien. Peter Topalidis, Nick Rispoli, Dahlas Rogers and Jacinta Mattingly followed up with personal best times in the 50m Freestyle. Courtney Haines continued the trend with a personal best time in the 100m breaststroke,



while Jacob Hansford, Lachlan Colquhoun and Tanaz Dhondy registered personal bests in the 400m freestyle. The 100m backstroke featured the best results of the first day of competition for the NSW Age Touring Team with personal best swims from Oskar Steven-Jones, Daniell Tristan, Ella-May Basalo, Jessica O'Brien and Christina Ouzas.

The final session of the day started promisingly with Lachlan Colquhoun posting a solid time in the 400m individual medley. Jessica O'Brien and Christina Ouzas again impressed in the 200m Freestyle posting personal best times. At the end of the first day the girls were ahead in the personal best count with an 11 to 7 lead.

Queensland again turned on a steamy summer day for competition on the second day of the Swimming Queensland Qualifying Meet. Day 2 of competition saw the team race in the 200m Breaststroke, Backstroke, Individual Medley and the 100m Freestyle and Butterfly, with the meet culminating in the 800 and 1500m distance events.



Head coach Jim Fowlie told Swimming NSW that he was pleased with the results over the first day of competition; "This is a great learning curve for these swimmers, taking them away from SOPAC, out of their comfort zone. This tour will begin to teach them to develop the mental skills required to race and succeed at a high level, teaching them to 'get up' for their races come National Age in April", Mr Fowlie said.

In the 100m Freestyle personal best times came from Jacob Hansford, Nick Duncan and Tristan Daniell with Ashleigh Steed, Ella-May Basalo and Christina Ouzas also swimming personal best times in their 100m Freestyle.

Tim Cottam, Nick Rispoli, Oskar Stevens-Jones and Peter Topalidis posted personal bests in the 200m Individual Medley, but were outdone by Jacob Hansford who bettered his previous best by a massive five seconds. In the girls 200m Individual Medley Jacinta Mattingly posted a personal best, but it was

Christina Ouzas who stole the limelight with the biggest personal best of the day, a huge 9 seconds.

In the 200m Backstoke, Jessica O'Brien, Tristan Daniell and Ashleigh Steed continued with the trend posted personal best times. The 100m Butterfly yielded five personal best times to Tim Cottam, Lachlan Colquhoun, Ashleigh Steed, Jessica O'Brien and Jacob Hansford. Jacob powered home to break a minute for the first time, while Jessica O'Brien made it five personal best's from five swims for the meet.

In the girls 800m Freestyle Dahlas Rogers went out hard, splitting 4:31 through the 400m turn and held on to post a 13 second personal best with a time of 9:04.78. All in all it was a very productive tour and gave the swimmers an ideal lead up for the busy summer season.

### Age Touring Team (ctd)

Name	Club
Oskar Stevens-Jones	Barker Aquatic
Tristan Daniell	SOPAC Swim Club
Lachlan Colquhoun	Woden
Peter Topalidis	Auburn
Jacob Hansford	Blacktown City
Jesse King	Forster Aquatic
Nicholas Duncan	Carlile
Nicholas Rispoli	Lane Cove
Tim Cottam	Barker Aquatic
Callum Smith	Twin Towns
Matthew Jepson	Sea Eagles
Elliott Long	Willoughby
Alessandra Colombini	Bayside
Jessica O'Brien	Aquaburn
Jacinta Mattingly	Cranbrook Eastern Edge
Courtney Haines	Mingara Aquatic
Christina Ouzas	Sydney Swim PLC
Ella-May Basalo	Cranbrook Eastern Edge
Dahlas Rogers	Narellan
Ashleigh Steed	UNSW Uniswim
Lucy Palu	Wizards
Tanaz Dhondy	Sans Souci Sea Devils
Ella-May Basalo Dahlas Rogers Ashleigh Steed Lucy Palu	Cranbrook Eastern Edge Narellan UNSW Uniswim Wizards

#### NSW ATHLETES SELECTED FOR JUNIOR/YOUTH/INTERNATIONAL COMPETITION

NSW junior and senior athletes again featured prominently among the athletes selected as part of the Telstra Dolphins and Flippers Squads to compete in six international competitions and tours throughout the year.

Congratulations to the following NSW swimmers who were selected to represent Australia on the respective teams:

#### 2010 Mare Nostrum Tour

Matthew Abood (Sydney University), Daniel Arnamnart (Aquaburn), Geoff Huegill (SOPAC), Andrew Lauterstein (SOPAC), Eamon Sullivan (SOPAC), Grant Stoelwinder (SOPAC – Coach)

#### 2010 Australia A Team Tour

Matthew Abood (Sydney University), Kirk Palmer (Barker Aquatic), Lachlan Staples (Kingswim), Zane King (Kingswim – Coach)

#### 2010 Junior Pan Pacific Championships

Josh Beard (Bayside), Te Haumi Maxwell (MLC Marlins), Kenneth To (Trinity Grammar), Daniel Tranter (Liverpool), Jessica Ashwood (Bayside), Emma McKeon (Wests Illawarra Aquatic), Jessica Traficante (Telopea), Greg Towle (Coach), John Bladon (MLC Marlins – Coach), Matthew Brown (Trinity Grammar – Coach), Ron McKeon (Wests Illawarra Aquatic – Coach).

#### 2010 Oceania Championships Team

Jarrod Killey (Hunter), Jessica Ashwood (Bayside), Greg Towle (Coach).

#### 2010 Trans Tasman Tour

Matthew Jepson (Sea Eagles), Hugo Morris (Woden), Brandon Sibir (Macquarie University), Rebecca Booth (Abbotsleigh), Ami Matsuo (Carlile), Dylan Brown (Yamba Orcas), Brendan Micallef (Blacktown City), Samuel Parker (Hunter), Matthew Roberts (Novocastrian), Nathaniel Romeo (Trinity Grammar), Meg Bailey (Hunter), Alicia Caldwell (Carlile), Chelsea Findley (Novocastrian), Justin Rothwell (Carlile - Coach), Steve Young (Woden – Coach)

#### 2010 FINA World Cup Tour – Berlin & Stockholm

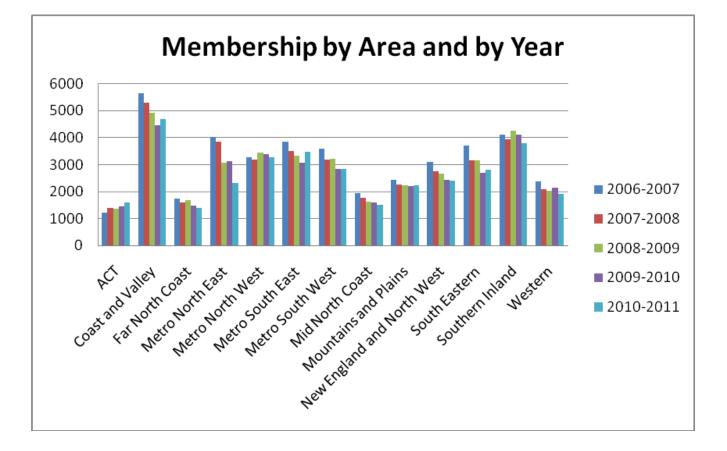
Matthew Abood (Sydney University), Craig Calder (Albury), Angie Bainbridge OAM (Hunter), Belinda Hocking (Albury).

# FINANCIALS (TO BE ADDED)

## SWIMMING NEW SOUTH WALES LIMITED MEMBERSHIP REPORT

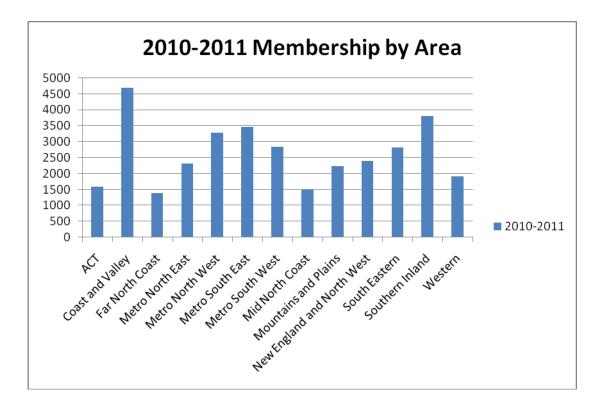
Area	2006-2007	2007-2008	2008-2009	2009-2010	2010-2011
ACT	1205	1401	1354	1439	1601
Coast and Valley	5649	5298	4921	4466	4690
Far North Coast	1740	1586	1670	1481	1391
Metro North East	4028	3860	3081	3132	2322
Metro North West	3281	3200	3441	3390	3285
Metro South East	3842	3504	3334	3064	3475
Metro South West	3597	3184	3223	2845	2848
Mid North Coast	1928	1777	1634	1587	1507
Mountains and Plains	2449	2272	2224	2189	2245
New England and North West	3104	2745	2654	2444	2407
South Eastern	3699	3155	3145	2696	2815
Southern Inland	4114	3945	4273	4110	3745
Western	2373	2094	2024	2140	1919

## Membership Distribution by Area Yearly Trends



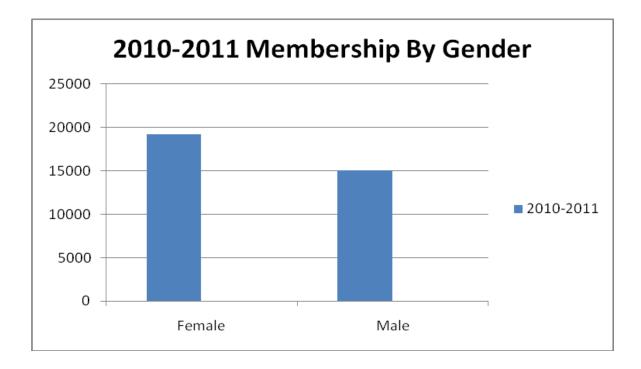
## Membership Distribution by Area 2010-2011

Area	2010-2011
ACT	1601
Coast and Valley	4690
Far North Coast	1391
Metro North East	2322
Metro North West	3285
Metro South East	3475
Metro South West	2848
Mid North Coast	1507
Mountains and Plains	2245
New England and North West	2407
South Eastern	2815
Southern Inland	3745
Western	1919



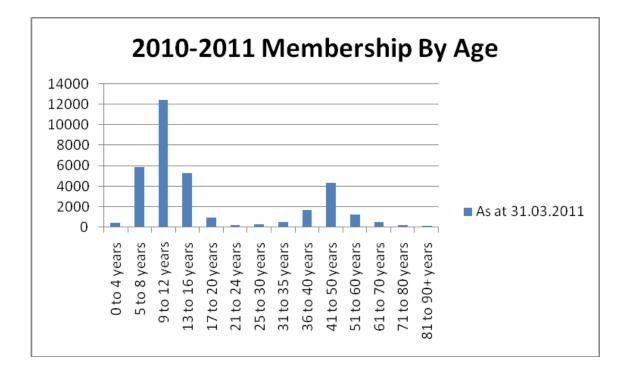
# Membership Distribution by Gender 2010-2011

Gender	2010-2011	% of Total Membership
Female	19182	56.00%
Male	15068	44.00%



## Membership Distribution by Age 2010-2011

Age	2010-2011
0 to 4 years	414
5 to 8 years	5886
9 to 12 years	12476
13 to 16 years	5309
17 to 20 years	931
21 to 24 years	239
25 to 30 years	281
31 to 35 years	531
36 to 40 years	1670
41 to 50 years	4320
51 to 60 years	1267
61 to 70 years	507
71 to 80 years	240
81 to 90+ years	179



# Swimming NSW Limited Club Member List – By Area & Club

### KEY: SW = Swimmer, NSW = Non-Swimmer, LM = Life Member

	2007-2008	2008-2009	2009-2010			2010- 2011		
				SW	NS	LM	TOTAL	% Change
ACT				511	NS		TOTAL	Change
BRAIDWOOD	16	23	9	24	0	0	24	166.7
BURLEY GRIFFIN	95	118	145	74	60	3	137	-5.5
CANBERRA	228	185	213	106	92	1	199	-6.6
CROOKWELL	70	118	109	95	12	0	107	-1.8
CRUIZ SWIM	59	80	87	51	39	0	90	3.4
DICKSON	84	93	2	11	90	0	101	4950.0
GINNINDERRA	142	149	122	82	39	5	126	3.3
GOULBURN	50	70	96	62	13	0	75	-21.9
QUEANBEYAN LEAGUES	98	124	102	104	90	11	205	101.0
TELOPEA	132	92	96	48	28	14	90	-6.3
TUGGERANONG VIKINGS	144	137	254	150	87	6	243	-4.3
WODEN VALLEY	283	165	204	126	77	1	204	0.0
	1401	1354	1439	120		•	1601	11.3
	1401	1334	1433				1001	11.5
Coast & Valley								1
BERESFIELD	190	199	146	106	13	14	133	-8.9
BOOLAROO SPEERS POINT	191	208	193	74	119	12	205	6.2
BRANXTON GRETA	91	81	82	88	5	0	93	13.4
CENTRAL NEWCASTLE	110	149	167	136	14	16	166	-0.6
CESSNOCK	236	190	87	97	2	4	103	18.4
CHARLESTOWN	109	47	74	74	11	11	96	29.7
CLARENCETOWN COMETS	124	104	81	71	35	0	106	30.9
COALFIELDS UNITED	115	124	137	88	27	3	118	-13.9
DUNGOG	91	83	80	71	1	0	72	-10.0
EAST MAITLAND OLYMPIC	387	303	274	274	9	5	288	5.1
GOSFORD RSL YOUTH	56	49	38	19	4	2	25	-34.2
GOSFORD STINGRAYS	119	107	99	46	25	11	82	-17.2
HUNTER	130	137	147	135	11	10	156	6.1
JAMIES SWIM CLUB	0	79	80	39	27	0	66	-17.5
KINCUMBER PACIFIC DOLPHINS	503	402	357	234	159	3	396	10.9
KINGSWIM	111	80	53	33	4	0	37	-30.2
KURRI KURRI	43	67	89	70	6	2	78	-12.4
LOWER HUNTER AQUANAUTS	67	19	32	24	7	0	31	-3.1
MACQUARIE SHORES	84	70	30	36	7	0	43	43.3
MAITLAND	255	231	218	179	8	13	200	-8.3
MINGARA AQUATIC	207	219	188	132	81	3	216	14.9
MORISSET METEORS	0	40	29	28	2	0	30	3.4
NELSON BAY RSL	59	78	82	54	2	3	59	-28.0
NEWCASTLE PREMIERS	33	32	40	50	6	1	57	42.5
NEWCASTLE UNITED	66	34	0	0	0	0	0	0.0
NOVOCASTRIAN	190	207	184	136	20	3	159	-13.6
NU SWIM	171	148	105	76	40	0	116	10.5
RAYMOND TERRACE	97	108	103	61	30	3	94	-8.7
SINGLETON	160	121	115	82	9	0	91	-20.9
STOCKTON	96	117	126	130	2	6	138	9.5
SWANSEA SHARKS	189	168	140	121	13	0	134	-4.3
THE ENTRANCE	83	94	90	75	10	11	96	6.7

	5298	4921	4466				4690	5.0
Y VALLEY AQUATIC SWIM CLUB	57	53	66	70	17	0	87	31.8
WYONG	77	54	78	66	16	7	89	14.1
WYEE POINT	56	30	0	32	5	0	37	0.0
WOY WOY	151	134	130	79	54	12	145	11.5
WESTLAKES	101	88	76	61	6	0	67	-11.8
WEST WALLSEND INDOOR	96	88	89	72	13	3	88	-1.1
WALLSEND RSL WARRIORS	85	106	103	114	10	1	125	21.4
VALENTINE TORPEDOES	94	100	110	100	0	0	100	-9.1
TOUKLEY	122	122	112	81	21	10	112	0.0
TITANS	44	42	4	63	13	1	77	1825.0
TILLIGERRY STINGRAYS	52	9	32	46	33	0	79	146.9

Far North Coast								
ALSTONVILLE	96	98	103	72	41	0	113	9.7
AQUA Z	19	19	9	6	3	0	9	0.0
BALLINA EMMANUEL SWIM TEAM	33	0	0	0	0	0	0	#DIV/0!
BALLINA INDOOR ST	84	70	62	44	14	1	59	-4.8
BALLINA MEMORIAL	21	17	11	4	2	0	6	-45.5
BYRON BAY RSL	62	46	55	48	5	0	53	-3.6
CASINO	146	148	152	132	11	0	143	-5.9
GRAFTON	105	74	94	63	8	1	72	-23.4
KINGSCLIFF	111	90	97	93	8	5	106	9.3
KYOGLE	59	85	92	70	5	0	75	-18.5
LISMORE INDOOR SWIM TEAM	36	30	11	2	2	0	4	-63.6
LISMORE WORKERS SWIM TEAM	72	72	73	63	28	3	94	28.8
LOWER CLARENCE	22	14	0	0	0	0	0	#DIV/0!
MID RICHMOND	68	45	64	0	0	0	0	-100.0
MULLUMBIMBY	56	71	48	47	4	3	54	12.5
MURWILLUMBAH	10	130	100	80	11	0	91	-9.0
NRG BALLINA	0	34	16	0	0	0	0	-100.0
TRINITY LISMORE	230	289	213	200	21	1	222	4.2
TWEED HEADS	49	61	14	4	0	0	4	-71.4
TWIN TOWNS SERVICES	123	87	92	72	48	1	121	31.5
WOODENBONG	75	85	68	61	8	6	75	10.3
YAMBA ORCA'S	109	105	107	82	8	0	90	-15.9
	1586	1670	1481				1391	-6.1

ABBORDELIGH         100         120         114         87         12         0         99         -132           AVALON BLGOLA         157         37         42         10         2         0         28         20         55.4           USH SCHOOL LEARN TO SWIM INST         349         303         310         6         272         9         287         7.4           CARLIEL         CARLIEL         506         248         251         178         73         10         25         40           COLLAROY         355         0	Metro North East								
BUSH SCHOOL LEARN TO SWIM INST         349         339         310         6         272         9         287         7.4           CARLILE         506         248         251         178         73         10         261         4.0           COLLAROY         35         0         0         4         0         0         7         7         5.3           DEE WHY LONES         27         25         15         0 <td< td=""><td>ABBOTSLEIGH</td><td>100</td><td>120</td><td>114</td><td>87</td><td>12</td><td>0</td><td>99</td><td>-13.2</td></td<>	ABBOTSLEIGH	100	120	114	87	12	0	99	-13.2
CARLILE         566         248         251         178         73         10         281         4.0           COLLAROY         35         0         0         4         0         25         29         0.0           COLLAROY         35         0         0         0         0         0         0         0.	AVALON BILGOLA	157	37	42	10	2	8	20	-52.4
CARLILE         566         248         251         178         73         10         281         4.0           COLLAROY         35         0         0         4         0         25         29         0.0           COLLAROY         35         0         0         0         0         0         0         0.	BUSH SCHOOL LEARN TO SWIM INST	349	303	310	6	272	9	287	-7.4
COLLARCY         35         0         0         4         0         25         29         0.0           COLLARCY WOREN & ASSOCIATES         27         25         15         0         0         7         7         7         53.3           DEE WHY MENS         10         0	CARLIE						-	-	
COLLAROY WOMENS & ASSOCIATES         27         25         15         0         0         7         7         5.3.3           DEE WHY MORES         10         0			-	-	_	-	-	-	_
DEE         WHY LADIES         24         0         <			-	-		-			
DEE         WHY MENS         10         0 <th< td=""><td></td><td></td><td></td><td>-</td><td>-</td><td>•</td><td>-</td><td></td><td></td></th<>				-	-	•	-		
DUKES OF HARBORD         0         0         41         0			-	-	-	-	-	-	
EZYSWIM SWIMMING CLUB         0         5         0		-	-	-	-	-	-	-	
FRESHWATER         149         162         115         14         3         3         20         B826           HUNTERS HILL         146         75         67         39         7         0         46         47.1           KNOX PYMBLE         250         320         218         166         31         5         201         -2.8           KU-RING-GAI         324         274         268         247         18         10         275         2.6           LANE COVE         267         272         284         213         48         15         276         -2.8           MANLY         JETZ SWIM TEAM         14         17         24         7         9         0         16         -33.3           MOSMAN         0		-	-		-	-	-	-	
HUNTERS HILL         146         75         87         39         7         0         46         47.1           KNOX PYMBLE         250         320         218         165         31         5         201         7.8           KNOX PYMBLE         267         222         284         213         48         15         2.6         2.6           LANE COVE         267         272         284         213         48         15         2.6         -2.8           MANLY JETZ SWIM TEAM         141         17         24         7         9         0         160         3.3.3           MARLY JETZ SWIM TEAM         100         100         0		-	-	-	-	-	-	-	
KNOX PYMBLE         250         320         218         165         31         5         201         -7.8           KU-RING-GAI         324         274         268         247         18         10         275         2.6           LANE COVE         276         272         284         213         48         15         276         -2.8           MANLY JETZ SWIM TEAM         14         17         244         7         9         0         16         -33.3           MANLY JETZ SWIM TEAM         14         17         244         7         9         0	-	-		-					
KU-RING-GAI       324       274       268       247       18       10       275       2.6         LANE COVE       267       272       284       213       48       15       276       -2.8         MANLY       16       90       0 </td <td></td> <td>_</td> <td>-</td> <td>-</td> <td></td> <td>-</td> <td>-</td> <td>-</td> <td></td>		_	-	-		-	-	-	
LANE COVE         267         272         284         213         48         15         276         -2.8           MANLY         196         90         241         0						-	-	-	
MANLY         196         90         241         0         0         0         -100.0           MANLY JETZ SWIM TEAM         14         17         24         7         9         0         16         -33.3           MANLY LADIES & ASSOCIATES         72         61         51         35         8         9         522         2.0           MOSMAN         0		-				-	-		
MANLY JETZ SWIM TEAM         14         17         24         7         9         0         16         -33.3           MANLY LADIES & ASSOCIATES         72         61         51         35         8         9         52         2.0           MOSMAN         0 </td <td></td> <td>-</td> <td></td> <td>-</td> <td></td> <td>-</td> <td></td> <td>-</td> <td>_</td>		-		-		-		-	_
MANLY LADIES & ASSOCIATES         72         61         51         35         8         9         52         2.0           MOSMAN         0					-	-	-	-	
MOSMAN         0 <td></td> <td></td> <td></td> <td></td> <td></td> <td>-</td> <td>-</td> <td>-</td> <td></td>						-	-	-	
NARRABEEN         100         104         94         0         0         0         0         100.0           NARRABEEN LADIES         79         60         53         0         0         0         0         100.0           NORTH SYDNEY         79         62         49         82         6         2         90         83.7           NORTH BRIDGE         67         76         117         142         7         3         152         29.9           PITWATER         55         38         10         0         0         0         0         -100.0           QUEENSCLIFF LADIES         68         71         82         0         0         0         -70.0           SEA FAGLES         52         47         44         27         5         4         36         -18.2           THE SPIT         116         0         112         104         0         0         144         -7.1           WARRINGAH AQUATIC         189         175         153         38         15         7         60         -60.8           WILDUGHBY         192         176         193         95         54         46 <t< td=""><td></td><td></td><td>-</td><td>-</td><td></td><td>-</td><td>-</td><td>-</td><td>-</td></t<>			-	-		-	-	-	-
NARRABEEN LADIES         79         60         53         0         0         0         100.0           NORTH SYDNEY         79         62         49         82         6         2         90         83.7           NORTHBRIDGE         67         76         117         142         7         3         152         29.9           DITWATER         107         118         23         0         0         5         5         78.3           QUEENSCLIFF LADIES         68         71         82         0         0         0         100.0           RAVENSWOOD         68         71         42         34         35         36         9         0         45         28.6           TERRY HILLS         42         34         35         38         15         7         60         60.8           WILLOUGHBY         192         176         193         95         74         6         175         9.3           WARRINGAH AQUATIC         192         176         193         22         48         64         30.6           WARINGH AQUATIC         192         176         193         22         6         36.6		-	-	-	-	-	-	-	
NORTH SYDNEY         79         62         49         82         6         2         90         83.7           NORTHBRIDGE         67         76         117         142         7         3         152         29.9           PITTWATER         55         38         10         0         0         0         0         100.0           QUEENSCLIFF         107         118         23         0         0         0         100.0           RAVENSWOOD         88         111         106         55         11         0         66         -77.7           SEA EAGLES         52         47         44         27         5         4         36         18.2           TERREY HILS         42         35         36         9         0         45         28.6           THE SPIT         116         0         112         104         0         0         66.0         9.3         24.6         48         64         30.6           WILDOHBY         191         92         73         66         19         0         85.0         16.4           AUBURN         111         92         73         66			-	-	-	-	•	•	
NORTHBRIDGE         67         76         117         142         7         3         152         29.9           PITTWATER         55         38         10         0000         00         0         0000         0         0         0         0         0         0         0         0000         00         0000         00         0000         00         0000         00         10000         77.7         SEA EAGLES         52         47         44         27         5         4         36         182         28.6         182         28.6         182         28.6         182         28.6         18.2         28.6         17.1 <td< td=""><td>-</td><td>-</td><td></td><td></td><td>-</td><td>-</td><td>-</td><td>-</td><td></td></td<>	-	-			-	-	-	-	
PITTWATER         55         38         10         0         0         0         0         100.0           QUEENSCLIFF         107         118         23         0         0         5         5         -78.3           QUEENSCLIFF LADIES         68         71         82         0         0         0         0         0         0         0         0         0         0         00.00         78.3           RAVENSWOOD         88         111         106         55         11         0         66         -37.7           SEA EAGLES         52         47         44         27         5         4         36         -18.2           TERREY HILLS         42         34         35         36         9         0         45         28.6           WILLOUGHBY         192         176         193         95         74         6         175         9.3           WILLOUGHBY         192         176         193         32         24         8         64         30.6           BARKER AQUADICS         369         428         446         229         171         0         400         -10.3		-	-	-	-	-			
QUEENSCLIFF         107         118         23         0         0         5         5         78.3           QUEENSCLIFF LADIES         68         71         82         0         0         0         0         100.0           RAVENSWOOD         88         111         106         55         11         0         66         37.7           SEA EAGLES         52         47         44         27         5         4         36         -160.0           TERREY HILLS         42         34         35         36         9         0         45         28.6           THE SPIT         116         0         112         104         0         0         104         -7.1           WARNNAH AQUATIC         189         175         153         38         15         7         60         60.8           WILLOGHBY         192         176         193         95         74         6         40.0         -60.8           MUBURN         111         92         73         66         19         0         85         16.4           AUBURN         191         9         32         24         8         64		-	-				-	-	
QUEENSCLIFF LADIES         68         71         82         0         0         0         -100.0           RAVENSWOOD         88         111         106         55         11         0         66         -37.7           SEA EAGLES         52         47         44         27         5         4         36         18.2           TERREY HILLS         42         34         35         36         9         0         45         28.6           THE SPIT         116         0         112         104         0         0         40         -7.1           WARNINGAH AQUATIC         189         175         153         38         15         7         60         -60.8           WILLOUGHBY         192         176         133         95         74         6         175         -9.3           AQUABURN         111         92         73         66         19         0         85         16.4           AUBURN         111         92         73         66         19         0         90         -103.0           BARKER AQUATICS         369         428         446         229         171         0				-	-	-	-	-	
RAVENSWOOD         88         111         106         55         11         0         66         -37.7           SEA EAGLES         52         47         44         27         5         4         36         -18.2           TERREY HILLS         42         34         35         36         9         0         45         28.6           THE SPIT         116         0         112         104         0         0         104         -7.1           WARRINGAH AQUATIC         189         175         153         38         15         7         60         -60.8           WILLOUGHBY         192         176         193         95         74         6         175         -9.3           AQUABURN         111         92         73         66         19         0         85         16.4           AUBURN         59         55         49         32         24         8         64         30.6           BARKER AQUATICS         369         428         446         229         171         0         400         -10.3           BLUEFINS SWIN TEAM         34         16         6         13         1		-	-	-	-	-	-	-	
SEA EAGLES         52         47         44         27         5         4         36         -18.2           TERREY HILLS         42         34         35         36         9         0         45         28.6           THE SPIT         116         0         112         104         0         0         104         -7.1           WARRINGAH AQUATIC         189         175         153         38         15         7         60         -60.8           WILLOGHBY         192         176         193         95         7         6         175         -9.3           3660         3081         313         9         5         7         66         175         -9.3           AULUGHBY         192         176         193         95         7         6         175         -9.3           AULABURN         111         92         73         66         19         0         85         16.4           AUBURN         111         92         73         66         19         0         103         13         10         133         36         36         163         1         0         103         133				-	-	-	-	-	
TERREY HILLS         42         34         35         36         9         0         45         28.6           THE SPIT         116         0         112         104         0         0         104         -7.1           WARRINGAH AQUATIC         189         175         153         38         15         7         60         -60.8           WILLOUGHBY         192         176         193         95         74         6         175         -9.3           AQUABURN         3860         3081         312         -         232         -25.9           AQUABURN         111         92         73         66         19         0         85         16.4           AUBURN         59         55         49         32         24         8         64         30.6           BARKER AQUATICS         369         428         446         229         171         0         400         103.3           CARRINGTON INDOOR AQUATIC         31         41         18         0         0         0         -100.0           CASTLE HILL RSL DOLPHINS         286         235         224         160         35         13         20							-		
THE SPIT         116         0         112         104         0         0         104         -7.1           WARRINGAH AQUATIC         189         175         153         38         15         7         60         -60.8           WILLOUGHBY         192         176         193         95         74         6         175         -9.3           3860         3081         3132         -         -         2322         -25.9           Metro North West           AQUABURN         111         92         73         66         19         0         85         16.4           AUBURN         59         55         49         32         24         8         64         30.6           BARKER AQUATICS         369         428         446         229         171         0         400         -10.3           BLUEFINS SWIM TEAM         34         16         6         13         1         0         14         133.3           CARTINGTON INDOOR AQUATIC         31         41         18         0         0         0         -100.0           CASTLE HILL RSL DOLPHINS         286         55         113 <t< td=""><td></td><td></td><td></td><td></td><td></td><td>-</td><td>-</td><td></td><td></td></t<>						-	-		
WARRINGAH AQUATIC         189         175         153         38         15         7         60         -60.8           WILLOUGHBY         192         176         193         95         74         6         175         -9.3           3860         3081         3132			-			-	-	-	
WILLOUGHBY         192         176         193         95         74         6         175         -9.3           3860         3081         3132         -         -         2322         -25.9           Metro North West         -         -         -         -         -25.9         -         -25.9           AQUABURN         111         92         73         66         19         0         85         16.4           AUBURN         59         55         49         32         24         8         64         30.6           BARKER AQUATICS         369         428         446         229         171         0         400         -10.3           BLUEFINS SWIM TEAM         34         16         6         13         1         0         14         133.3           CARRINGTON INDOOR AQUATIC         31         41         18         0         0         0         100.0         0         100.0         100.0         100.0         100.0         100.0         100.0         100.0         100.0         1100.0         160.0         160.0         160.0         160.0         160.0         160.0         160.0         160.0         160.0 <td></td> <td>-</td> <td>-</td> <td></td> <td>-</td> <td>•</td> <td>-</td> <td>-</td> <td></td>		-	-		-	•	-	-	
Age         3860         3081         3132						-			
Metro North West           AQUABURN         111         92         73         66         19         0         85         16.4           AUBURN         59         55         49         32         24         8         64         30.6           BARKER AQUATICS         369         428         446         229         171         0         400         -10.3           BLUEFINS SWIM TEAM         34         16         6         13         1         0         14         133.3           CARRINGTON INDOOR AQUATIC         31         41         18         0         0         0         -10.0           CASTLE HILL RSL DOLPHINS         286         235         224         160         35         13         208         -7.1           CHERRYBROCK CARLILE         0         304         282         155         113         0         268         -5.0           EASTWOOD-EPPING         53         65         65         29         0         10         39         -40.0           EPPING BULLETS         154         156         131         41         27         2         70         -46.6           FITNESS EDGE         56							Ū	-	
AQUABURN11119273661908516.4AUBURN595549322486430.6BARKER AQUATICS3694284462291710400-10.3BLUEFINS SWIM TEAM34166131014133.3CARRINGTON INDOOR AQUATIC314118000-100.0CASTLE HILL RSL DOLPHINS2862352241603513208-7.1CHERYBROOK CARLILE03042821551130268-5.0EASTWOOD-EPPING5365652901039-40.0EPPING BULLETS1541561314127270-46.6FITNESS EDGE5659254421065160.0GALSTON13722016193393135-16.1HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIE106450000000NORTH WEST SWIMMING CLUB10645000000000000000000000000000									
AUBURN595549322486430.6BARKER AQUATICS3694284462291710400-10.3BLUEFINS SWIM TEAM34166131014133.3CARRINGTON INDOOR AQUATIC314118000-100.0CASTLE HILL RSL DOLPHINS2862352241603513208-7.1CHERRYBROOK CARLILE03042821551130268-5.0EASTWOOD-EPPING5365652901039-40.0EPPING BULLETS1541561314127270-46.6FITNESS EDGE5659254421065160.0GALSTON13722016193393135-16.1HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIE815307500000PARRAMATTA CITY221259278782201030810.8PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE658365304034-47.7RIVERSTONE61111491<	Metro North West								
BARKER AQUATICS3694284462291710400-10.3BLUEFINS SWIM TEAM34166131014133.3CARRINGTON INDOOR AQUATIC314118000-100.0CASTLE HILL RSL DOLPHINS2862352241603513208-7.1CHERRYBROOK CARLILE030428215511302685.0EASTWOOD-EPPING5365652901039-40.0EPPING BULLETS1541561314127270-46.6FITNESS EDGE5659254421065160.0GALSTON13722016193393135-16.1HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIE8115307500750.0NORTH WEST SWIMMING CLUB1064500000.0PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE658365304034-47.7RIVERSTONE DOLPHINS RSL YOUTH111491291233.3RYDE CARLILE401408382196 </td <td>AQUABURN</td> <td>111</td> <td>92</td> <td>73</td> <td>66</td> <td>19</td> <td>0</td> <td>85</td> <td>16.4</td>	AQUABURN	111	92	73	66	19	0	85	16.4
BLUEFINS SWIM TEAM34166131014133.3CARRINGTON INDOOR AQUATIC3141180000100.0CASTLE HILL RSL DOLPHINS28623522416035132087.1CHERRYBROOK CARLILE030428215511302685.0EASTWOOD-EPPING5365652901039-40.0EPPING BULLETS1541561314127270-46.6FITNESS EDGE5659254421065160.0GALSTON13722016193393135-16.1HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIE81153075000.00.0NORTH WEST SWIMMING CLUB1064500000.00.0PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE65836530403447.7RIVERSTONE DOLPHINS RSL YOUTH111491291233.3RYDE CARLILE401408382196195194107.3	AUBURN	59	55	49	32	24	8	64	30.6
CARRINGTON INDOOR AQUATIC3141180000100.0CASTLE HILL RSL DOLPHINS2862352241603513208-7.1CHERRYBROOK CARLILE030428215511302685.0EASTWOOD-EPPING5365652901039-40.0EPPING BULLETS1541561314127270-46.6FITNESS EDGE5659254421065160.0GALSTON13722016193393135-16.1HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIENINTERSITY00815711068-16.0NORTH WEST SWIMMING CLUB1064500000.00.00.0PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE001622159412392265.1RIVERSTONE001622159412392265.1RIVERSTONE001622159412392265.1RIVERSTONE001291233.33.33.33.33.3PAREAMATTA MEMORIAL<	BARKER AQUATICS	369	428	446	229	171	0	400	-10.3
CASTLE HILL RSL DOLPHINS2862352241603513208-7.1CHERRYBROOK CARLILE03042821551130268-5.0EASTWOOD-EPPING5365652901039-40.0EPPING BULLETS1541561314127270-46.6FITNESS EDGE5659254421065160.0GALSTON13722016193393135-16.1HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIE00815711068-16.0NORTH WEST SWIMMING CLUB1064500000.0PARRAMATTA CITY221259278782201030810.8PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE658365304034-47.7RIVERSTONE DOLPHINS RSL YOUTH111491291233.3RYDE CARLILE401408382196195194107.3	BLUEFINS SWIM TEAM	34	16	6	13	1	0	14	133.3
CHERRYBROOK CARLILE03042821551130268-5.0EASTWOOD-EPPING5365652901039-40.0EPPING BULLETS1541561314127270-46.6FITNESS EDGE5659254421065160.0GALSTON13722016193393135-16.1HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIE01/VERSITY00815711068-16.0NORTH WEST SWIMMING CLUB1064500000.00.0PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE <dolphins rsl="" td="" youth<="">111491291233.3RYDE CARLILE401408382196195194107.3</dolphins>	CARRINGTON INDOOR AQUATIC	31	41	18	0	0	0	0	-100.0
EASTWOOD-EPPING5365652901039-40.0EPPING BULLETS1541561314127270-46.6FITNESS EDGE5659254421065160.0GALSTON13722016193393135-16.1HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIE815307500750.0MACQUARIE UNIVERSITY00815711068-16.0NORTH WEST SWIMMING CLUB1064500000.0PARRAMATTA CITY221259278782201030810.8PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE658365304034-47.7RIVERSTONE DOLPHINS RSL YOUTH111491291233.3RYDE CARLILE401408382196195194107.3	CASTLE HILL RSL DOLPHINS	286	235	224	160	35	13	208	-7.1
EPPING BULLETS1541561314127270-46.6FITNESS EDGE5659254421065160.0GALSTON13722016193393135-16.1HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIE815307500750.0MACQUARIE UNIVERSITY00815711068-16.0NORTH WEST SWIMMING CLUB1064500000.00.0PARRAMATTA CITY221259278782201030810.8PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE DOLPHINS RSL YOUTH11149129123.3RYDE CARLILE401408382196195194107.3	CHERRYBROOK CARLILE	0	304	282	155	113	0	268	-5.0
FITNESS EDGE5659254421065160.0GALSTON13722016193393135-16.1HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIE815307500750.0MACQUARIE UNIVERSITY00815711068-16.0NORTH WEST SWIMMING CLUB1064500000.00.0PARRAMATTA CITY221259278782201030810.8PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE DOLPHINS RSL YOUTH111491291233.3RYDE CARLILE401408382196195194107.3	EASTWOOD-EPPING	53	65	65	29	0	10	39	-40.0
GALSTON13722016193393135-16.1HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIE815307500750.0MACQUARIE UNIVERSITY00815711068-16.0NORTH WEST SWIMMING CLUB10645000000.0PARRAMATTA CITY221259278782201030810.8PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONEDOLPHINS RSL YOUTH111491291233.3RYDE CARLILE401408382196195194107.3	EPPING BULLETS	154	156	131	41	27	2	70	-46.6
HAWKESBURY674032121417-46.9HORNSBY1048485725380-5.9MACQUARIE815307500750.0MACQUARIE UNIVERSITY00815711068-16.0NORTH WEST SWIMMING CLUB106450000000PARRAMATTA CITY221259278782201030810.8PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE658365304034-47.7RIVERSTONE DOLPHINS RSL YOUTH111491291233.3RYDE CARLILE401408382196195194107.3	FITNESS EDGE	56	59	25	44	21	0	65	160.0
HORNSBY1048485725380-5.9MACQUARIE815307500750.0MACQUARIE UNIVERSITY00815711068-16.0NORTH WEST SWIMMING CLUB10645000000.0PARRAMATTA CITY221259278782201030810.8PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE658365304034-47.7RIVERSTONE DOLPHINS RSL YOUTH111491291233.3RYDE CARLILE401408382196195194107.3	GALSTON	137	220	161	93	39	3	135	-16.1
MACQUARIE         81         53         0         75         0         0         75         0.0           MACQUARIE UNIVERSITY         0         0         81         57         11         0         68         -16.0           NORTH WEST SWIMMING CLUB         106         45         0         0         0         0         0         0         0.0           PARRAMATTA CITY         221         259         278         78         220         10         308         10.8           PARRAMATTA MEMORIAL         69         162         215         94         123         9         226         5.1           RIVERSTONE         65         83         65         30         4         0         34         -47.7           RIVERSTONE DOLPHINS RSL YOUTH         11         14         9         1         2         9         12         33.3           RYDE CARLILE         401         408         382         196         195         19         410         7.3	HAWKESBURY	67	40	32	12	1	4	17	-46.9
MACQUARIE UNIVERSITY00815711068-16.0NORTH WEST SWIMMING CLUB10645000000.0PARRAMATTA CITY221259278782201030810.8PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE658365304034-47.7RIVERSTONE DOLPHINS RSL YOUTH111491291233.3RYDE CARLILE401408382196195194107.3	HORNSBY	104	84	85	72	5	3	80	-5.9
NORTH WEST SWIMMING CLUB         106         45         0         0         0         0         0         0         0.0           PARRAMATTA CITY         221         259         278         78         220         10         308         10.8           PARRAMATTA MEMORIAL         69         162         215         94         123         9         226         5.1           RIVERSTONE         65         83         65         30         4         0         34         -47.7           RIVERSTONE DOLPHINS RSL YOUTH         11         14         9         1         2         9         12         33.3           RYDE CARLILE         401         408         382         196         195         19         410         7.3	MACQUARIE	81	53	0	75	0	0	75	0.0
PARRAMATTA CITY221259278782201030810.8PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE658365304034-47.7RIVERSTONE DOLPHINS RSL YOUTH111491291233.3RYDE CARLILE401408382196195194107.3	MACQUARIE UNIVERSITY	0	0	81	57	11	0	68	-16.0
PARRAMATTA MEMORIAL691622159412392265.1RIVERSTONE658365304034-47.7RIVERSTONE DOLPHINS RSL YOUTH111491291233.3RYDE CARLILE401408382196195194107.3	NORTH WEST SWIMMING CLUB	106	45	0	0	0	0	0	0.0
RIVERSTONE         65         83         65         30         4         0         34         -47.7           RIVERSTONE DOLPHINS RSL YOUTH         11         14         9         1         2         9         12         33.3           RYDE CARLILE         401         408         382         196         195         19         410         7.3	PARRAMATTA CITY	221	259	278	78	220	10	308	10.8
RIVERSTONE DOLPHINS RSL YOUTH         11         14         9         1         2         9         12         33.3           RYDE CARLILE         401         408         382         196         195         19         410         7.3	PARRAMATTA MEMORIAL	69	162	215	94	123	9	226	5.1
RYDE CARLILE         401         408         382         196         195         19         410         7.3	RIVERSTONE	65	83	65	30	4	0	34	-47.7
	RIVERSTONE DOLPHINS RSL YOUTH	11	14	9	1	2	9	12	33.3
SOPAC         256         213         240         128         91         0         219         -8.8		401		382	196	195	19	410	
	SOPAC	256	213	240	128	91	0	219	-8.8

SWIMWEST THE HILLS SWIMMING AND	173	130	124	74	46	2	122	-1.6
LIFESAVING	180	137	212	159	70	8	237	11.8
UNCLE JACK'S	53	30	35	16	0	0	16	-54.3
WINDSOR SWIM	123	112	152	88	21	4	113	-25.7
	3200	3441	3390				3285	-3.1
Notes Oscilla Fast								
Metro South East		07		40	0	0	40	40.44
ASCHAM AQUATICS	0	27	36	43	0	0	43	19.44
ASHFIELD	86	98	103	81	8	7	96	-6.80
BALMAIN AS & LSC	56	62	60	47	4	7	58	-3.33
BAYSIDE	159	161	166	129	17	0	146	-12.05
BONDI	61	53	66	6	0	0	6	-90.91
BREAKERS	73	56	48	7	3	0	10	-79.17
BSC ROCKDALE	81	77	55	15	5	13	33	-40.00
CABARITA	1	10	27	0	0	0	0	-100.00
CARSS PARK	127	86	88	47	8	5	60	-31.82
СОМО	59	72	0	0	0	0	0	0.00
COOK & PHILLIP	66	39	2	0	0	0	0	-100.00
CRANBROOK EASTERN EDGE	94	98	116	123	10	0	133	14.66
CRONULLA	43	70	102	133	9	2	144	41.18
DRUMMOYNE	173	4	4	161	14	5	180	4400.00
ENFIELD	30	37	49	51	9	0	60	22.45
ENGADINE	111	64	96	76	6	12	94	-2.08
GYMEA BAY	39	30	6	1	2	0	3	-50.00
HURSTVILLE AQUATIC	110	88	66	65	22	2	89	34.85
JONES	124	94	59	58	7	3	68	15.25
LEARN TO SWIM INSTRUCTIONAL CL	0	0	0	0	0	0	0	0.00
LEICHHARDT	8	154	149	118	12	7	137	-8.05
LITTLE SHARKS SWIM CLUB	0	0	0	17	4	0	21	0.00
MACCABI	78	80	67	3	1	3	7	-89.55
MAROUBRA	156	143	25	93	15	21	129	416.00
MENAI	104	71	68	55	6	0	61	-10.29
MLC MARLINS SWIM TEAM	159	157	183	104	83	0	187	2.19
NC AQUATICS	0	91	92	111	3	1	115	25.00
NORTH RAMSGATE	31	40	31	20	0	10	30	-3.23
OATLEY	115	98	0	5	97	4	106	0.00
PEAKHURST	137	97	111	78	10	21	109	-1.80
RANDWICK & COOGEE	127	137	119	113	4	19	136	14.29
ROSELANDS	20	72	82	49	17	19	85	3.66
SANS SOUCI	36	30	3	0	0	0	0	-100.00
SANS SOUCI SEA DEVILS	0	0	52	72	11	5	88	69.23
SEA'S THE LIMIT SC	94	128	154	109	8	0	117	-24.03
SHIRE SHARKS	58	15	24	23	1	0	24	0.00
SLADEM	54	68	38	32	13	8	53	39.47
SLC AQUADOT	145	152	179	138	41	4	183	2.23
SOUTH CRONULLA	96	0	0	0	0	0	0	0.00
SOUTH SYDNEY	71	60	35	21	2	2	25	-28.57
SUTHERLAND WARATAH	0	0	10	0	0	0	0	-100.00
SWIM STARS	0	0	0	5	3	0	8	0.00
SYDNEY SWIM PLC CLUB	94	77	69	56	17	0	73	5.80
SYDNEY UNIVERSITY	156	136	183	124	52	4	180	-1.64
TIVOLI	48	72	54	82	4	0	86	59.26
TRINITY GRAMMAR SCHOOL	93	92	73	79	19	0	98	34.25
UNSW UNISWIM	131	117	87	98	17	5	120	37.93
YMCA SYDNEY	0	21	27	67	7	0	74	174.07
	3504	3334	3064				3475	13.41

Metro South West	_							
AQUABLITZ TOONGABBIE	121	137	103	71	51	9	131	27.2
ATLANTIS	97	152	147	87	34	0	121	-17.7
BANKSTOWN SPORTS	214	223	175	50	107	13	170	-2.9
BLACKTOWN CITY	177	214	204	109	72	11	192	-5.9
CAMDEN	62	68	38	13	8	8	29	-23.7
CAMPBELLTOWN	179	175	145	111	33	14	158	9.0
GLENDENNING	0	0	0	0	0	0	0	0.0
HOLSWORTHY HAMMERHEADS	73	73	36	42	4	0	46	27.8
INSWIM	127	154	123	77	47	2	126	2.4
LIVERPOOL	127	126	133	75	28	13	116	-12.8
MACARTHUR INDOOR	50	22	20	15	3	2	20	0.0
MACQUARIE FIELDS	152	151	144	104	13	11	128	-11.1
MCCREDIE PARK AQUATICS	66	80	66	43	1	7	51	-22.7
MERRYLANDS	182	151	147	86	39	18	143	-2.7
MOUNT ANNAN	90	123	126	104	26	0	130	3.2
MOUNT PRITCHARD (MOUNTIES)	70	117	127	83	65	1	149	17.3
MYSWIM	57	21	0	0	0	0	0	0.0
NARELLAN	65	64	88	101	12	0	113	28.4
NEPEAN	191	123	113	91	51	7	149	31.9
PENRITH	101	92	156	70	66	6	142	-9.0
PENRITH RSL YOUTH	106	121	97	81	3	0	84	-13.4
PICTON	142	94	73	77	3	2	82	12.3
PRAIRIEWOOD ASC	67	65	35	35	32	0	67	91.4
REVESBY WORKERS	124	125	104	61	21	5	87	-16.3
RIPPLES ST MARYS	130	159	152	136	30	18	184	21.1
SHAW SPARTANS	0	0	52	36	40	0	76	46.2
SMITHFIELD	0	0	0	0	0	0	0	0.0
SWIM CLUB EMERTON	0	68	34	23	15	0	38	11.8
SWIMFIT MACARTHUR SWIM CLUB	33	48	45	28	5	0	33	-26.7
WARRAGAMBA - SILVERDALE	104	89	13	0	0	0	0	-100.0
WENDEN	45	39	24	23	6	6	35	45.8
WEST DOLPHINS	152	96	84	0	1	11	12	-85.7
WIZARDS SWIM TEAM	80	53	41	16	16	4	36	-12.2
	3184	3223	2845				2848	0.1

Mid North Coast BELLINGEN	44	57	40	34	7	0	41	14.0
		57	48	• ·	-	0		-14.6
BULAHDELAH	30	25	25	30	3	0	33	32.0
COFFS HARBOUR	81	83	67	67	9	0	76	13.4
COFFS HARBOUR AQUATIC CENTRE	17	0	0	0	0	0	0	0.0
CRESCENT HEAD POINTERS	40	36	37	29	5	2	36	-2.7
CUNDLETOWN	109	60	0	0	0	0	0	0.0
DORRIGO	55	35	33	40	18	0	58	75.8
FORSTER AQUATIC	88	101	85	56	16	1	73	-14.1
GLOUCESTER THUNDERBOLTS	86	94	97	98	6	0	104	7.2
GREAT LAKES SWIM ACADEMY	0	0	0	0	0	0	0	0.0
KEMPSEY	104	103	112	55	30	17	102	-8.9
LAURIETON	80	71	77	76	8	8	92	19.5
LOWER MACLEAY	89	73	42	18	0	0	18	-57.1
MACKSVILLE MARLINS	77	60	86	52	30	10	92	7.0
PORT MACQUARIE	226	193	208	144	87	7	238	14.4
SAWTELL	111	123	143	110	10	5	125	-12.6
STROUD SEALS	35	33	44	0	0	0	0	-100.0
TAREE	79	91	106	51	34	0	85	-19.8
TEA GARDENS HAWKS NEST	62	67	82	28	20	0	48	-41.5
TSA	71	44	36	25	16	0	41	13.9
WAUCHOPE	72	82	68	53	29	2	84	23.5
WINGHAM	163	135	142	96	13	4	113	-20.4
WOOLGOOLGA	58	68	49	46	2	0	48	-2.0
	1777	1634	1587				1507	-5.0
	-	-	-	•				•

BLAYNEY       25       32       22       12       5       0       17       -         CANOWINDRA       91       110       81       100       4       0       104       2         CITY OF ORANGE       227       116       115       120       14       10       144       2         CONDOBOLIN       168       180       158       135       10       9       154       1         CUMAL       168       180       158       135       10       9       154       1         CUDAL       45       56       69       31       3       0       34       2       10       30       1       2       12       FORBES       197       168       149       139       17       5       161       115       118       19       7       144       144       14       14	Wouldains and Flains	_	-	_	-				
CANOWINDRA       91       110       81       100       4       0       104       2         CITY OF ORANGE       227       116       115       120       14       10       144       2         CONDOBOLIN       168       180       158       135       10       9       154       2         COWRA       186       199       188       147       19       1       167       2         CUDAL       45       56       69       31       3       0       34       2         CUMNOCK       41       34       27       28       2       0       30       2         EUGOWRA       0       50       33       1       0       1       2       2         FORBES       197       168       149       139       17       5       161         GLENBROK       192       188       151       118       19       7       144         GRENFELL       117       93       125       105       6       7       118         JETS SWIM CLUB       0       0       0       0       0       0       0       0       144       4	BATHURST CITY	54	52	124	89	43	3	135	8.9
CITY OF ORANGE         227         116         115         120         14         10         144         2           CONDOBOLIN         168         180         158         135         10         9         154         1           COWRA         186         199         188         147         19         1         167         -           CUDAL         45         56         69         31         3         0         34         -           CUMNOCK         41         34         27         28         2         0         30         -           EUGOWRA         0         50         33         1         0         1         2         -           FORBES         197         168         149         139         17         5         161         -           GRENFELL         117         93         125         105         6         7         118         -           JETS SWIM CLUB         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0	BLAYNEY	25	32	22	12	5	0	17	-22.7
CONDOBOLIN         168         180         188         135         10         9         154           COWRA         186         199         188         147         19         1         167         -           CUDAL         45         56         69         31         3         0         34         -           CUMNOCK         41         34         27         28         2         0         30         -           FORBES         197         168         149         139         17         5         161           GLENBROOK         192         188         151         118         19         7         144         -           GRENFELL         117         93         125         105         6         7         118         -           JETS SWIM CLUB         0         0         0         44         44         0         48         -           KATOOMBA RSL SWIMMING CLUB         76         64         54         55         32         5         92         1           KINROSS WOLAROI         26         61         0         0         0         0         0         -         -	CANOWINDRA	91	110	81	100	4	0	104	28.4
COWRA         186         199         188         147         19         1         167         -           CUDAL         45         56         69         31         3         0         34         -           CUMNOCK         41         34         27         28         2         0         30         -           EUGOWRA         0         50         33         1         0         1         2         -           FORBES         197         168         149         139         17         5         161           GLENBROOK         192         188         151         118         19         7         144         -           GRENFELL         117         93         125         105         6         7         118         -           JETS SWIM CLUB         0         0         0         48         18         0         66           KATOOMBA RSL SWIMMING CLUB         76         64         54         55         32         5         92         1           KINROSS WOLAROI         26         61         0         0         0         0         0         144         -	CITY OF ORANGE	227	116	115	120	14	10	144	25.2
CUDAL       45       56       69       31       3       0       34       -         CUMNOCK       411       34       27       28       2       0       30       -         EUGOWRA       0       50       33       1       0       1       2       -         FORBES       197       168       149       139       17       5       161         GLENBROOK       192       188       151       118       19       7       144         GRENFELL       117       93       125       105       6       7       118       -         JETS SWIM CLUB       0       0       0       48       18       0       66         KANDOS RYLSTONE       55       48       44       44       4       0       48         KATOOMBA RSL SWIMMING CLUB       76       64       54       55       32       5       92       1         KINROSS WOLAROI       26       61       0       0       0       0       0         LAKE CARGELLIGO       26       61       0       0       0       0       140       -         MANILDRA       46 </td <td>CONDOBOLIN</td> <td>168</td> <td>180</td> <td>158</td> <td>135</td> <td>10</td> <td>9</td> <td>154</td> <td>-2.5</td>	CONDOBOLIN	168	180	158	135	10	9	154	-2.5
CUMNOCK       41       34       27       28       2       0       30         EUGOWRA       0       50       33       1       0       1       2       -         FORBES       197       168       149       139       17       5       161         GLENBROOK       192       188       151       118       19       7       144         GRENFELL       117       93       125       105       6       7       118         JETS SWIM CLUB       0       0       0       48       18       0       66         KANDOS RYLSTONE       55       48       44       44       4       0       48         KATOOMBA RSL SWIMMING CLUB       76       64       54       55       32       5       92       5         KINROSS WOLAROI       56       47       43       31       6       0       37       -         LAKE CARGELLIGO       26       61       0       0       0       0       0         LITHGOW       132       171       173       90       49       1       140       -         MANILDRA       46       51	COWRA	186	199	188	147	19	1	167	-11.2
EUGOWRA       0       50       33       1       0       1       2       -         FORBES       197       168       149       139       17       5       161         GLENBROOK       192       188       151       118       19       7       144         GRENFELL       117       93       125       105       6       7       118         JETS SWIM CLUB       0       0       0       48       18       0       66         KANDOS RYLSTONE       55       48       44       44       4       0       48         KATOOMBA RSL SWIMMING CLUB       76       64       54       55       32       5       92       7         KINROSS WOLAROI       56       47       43       31       6       0       37       -         LAKE CARGELLIGO       26       61       0       0       0       0       0       0       140       -         MANILDRA       46       51       67       41       3       0       44       -       45       -         ORANGE EX-SERVICES JR POLAR       169       96       101       113       11       1	CUDAL	45	56	69	31	3	0	34	-50.7
FORBES       197       168       149       139       17       5       161         GLENBROOK       192       188       151       118       19       7       144         GRENFELL       117       93       125       105       6       7       118         JETS SWIM CLUB       0       0       0       48       18       0       66         KANDOS RYLSTONE       55       48       44       44       4       0       48         KATOOMBA RSL SWIMMING CLUB       76       64       54       55       32       5       92       7         KINROSS WOLAROI       56       47       43       31       6       0       37       -         LAKE CARGELLIGO       26       61       0       0       0       0       0       0       0       140       -         MANILDRA       46       51       67       41       3       0       44       -       -       44       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -	CUMNOCK	41	34	27	28	2	0	30	11.1
GLENBROOK       192       188       151       118       19       7       144         GRENFELL       117       93       125       105       6       7       118         JETS SWIM CLUB       0       0       0       48       18       0       66         KANDOS RYLSTONE       55       48       44       44       4       0       48         KATOOMBA RSL SWIMMING CLUB       76       64       54       55       32       5       92       5         KINROSS WOLAROI       56       47       43       31       6       0       37       -         LAKE CARGELLIGO       26       61       0       0       0       0       0       0       -         LITHGOW       132       171       173       90       49       1       140       -         MANILDRA       46       51       67       41       3       0       44       -         PARKES       169       96       101       113       11       1       125       2         PEAK HILL       44       52       51       36       2       38       - <td< td=""><td>EUGOWRA</td><td>0</td><td>50</td><td>33</td><td>1</td><td>0</td><td>1</td><td>2</td><td>-93.9</td></td<>	EUGOWRA	0	50	33	1	0	1	2	-93.9
GRENFELL       117       93       125       105       6       7       118         JETS SWIM CLUB       0       0       0       0       48       18       0       66         KANDOS RYLSTONE       55       48       44       44       4       0       48         KATOOMBA RSL SWIMMING CLUB       76       64       54       55       32       5       92       5         KINROSS WOLAROI       56       47       43       31       6       0       37       -         LAKE CARGELLIGO       26       61       0       0       0       0       0       0       140       -         MANILDRA       46       51       67       41       3       0       44       -       -       -       -         MOLONG       51       79       53       47       6       0       53       -       -       -       -       -         PARKES       169       96       101       113       11       1       125       2       -       -       -       -       -       -       -       -       -       -       -       -       -	FORBES	197	168	149	139	17	5	161	8.1
JETS SWIM CLUB       0       0       0       48       18       0       66         KANDOS RYLSTONE       55       48       44       44       4       0       48         KATOOMBA RSL SWIMMING CLUB       76       64       54       55       32       5       92       5         KINROSS WOLAROI       56       47       43       31       6       0       37       5         LAKE CARGELLIGO       26       61       0       0       0       0       0       0       140         LAWSON       73       102       97       67       12       1       80       -         LITHGOW       132       171       173       90       49       1       140       -         MANILDRA       46       51       67       41       3       0       44       -         MOLONG       0       0       62       22       89       1       112       4         PARKES       169       96       101       113       11       1       125       2         PEAK HILL       44       52       51       36       2       0       38	GLENBROOK	192	188	151	118	19	7	144	-4.6
KANDOS RYLSTONE       55       48       44       44       4       0       48         KATOOMBA RSL SWIMMING CLUB       76       64       54       55       32       5       92       5         KINROSS WOLAROI       56       47       43       31       6       0       37       -         LAKE CARGELLIGO       26       61       0       0       0       0       0       0         LAWSON       73       102       97       67       12       1       80       -         LITHGOW       132       171       173       90       49       1       140       -         MANILDRA       46       51       67       41       3       0       44       -         MOLONG       0       0       6       22       89       1       112       4         PARKES       169       96       101       113       11       1       125       2         PEAK HILL       44       52       51       36       2       0       38       -         SPRINGWOOD       99       105       118       85       25       2       112	GRENFELL	117	93	125	105	6	7	118	-5.6
KATOOMBA RSL SWIMMING CLUB       76       64       54       55       32       5       92       5         KINROSS WOLAROI       56       47       43       31       6       0       37       5         LAKE CARGELLIGO       26       61       0       0       0       0       0       0         LAWSON       73       102       97       67       12       1       80       -         LITHGOW       132       171       173       90       49       1       140       -         MANILDRA       46       51       67       41       3       0       44       -         MOLONG       51       79       53       47       6       0       53       -         ORANGE EX-SERVICES JR POLAR       51       79       53       47       6       0       53       -         PARKES       169       96       101       113       11       1       125       2         PEAK HILL       44       52       51       36       2       0       38       -         SPRINGWOOD       99       105       118       85       25       2<	JETS SWIM CLUB	0	0	0	48	18	0	66	0.0
KINROSS WOLAROI       56       47       43       31       6       0       37       -         LAKE CARGELLIGO       26       61       0	KANDOS RYLSTONE	55	48	44	44	4	0	48	9.1
LAKE CARGELLIGO       26       61       0       0       0       0       0       0         LAWSON       73       102       97       67       12       1       80       -         LITHGOW       132       171       173       90       49       1       140       -         MANILDRA       46       51       67       41       3       0       44       -         MOLONG       0       0       62       22       89       1       112       8         ORANGE EX-SERVICES JR POLAR       169       96       101       113       11       1       125       2         PARKES       169       96       101       113       11       1       125       2         PEAK HILL       44       52       51       36       2       0       38       -         SPRINGWOOD       99       105       118       85       25       2       112       44         TULLAMORE       50       35       39       36       8       0       44       44	KATOOMBA RSL SWIMMING CLUB	76	64	54	55	32	5	92	70.4
LAWSON       73       102       97       67       12       1       80       -         LITHGOW       132       171       173       90       49       1       140       -         MANILDRA       46       51       67       41       3       0       44       -         MOLONG       51       79       53       47       6       0       53       -         ORANGE EX-SERVICES JR POLAR       0       0       62       22       89       1       112       4         PARKES       169       96       101       113       11       1       125       4         PEAK HILL       44       52       51       36       2       0       38       -         SPRINGWOOD       99       105       118       85       25       2       112       4         TULLAMORE       50       35       39       36       8       0       44       4	KINROSS WOLAROI	56	47	43	31	6	0	37	-14.0
LITHGOW       132       171       173       90       49       1       140       -         MANILDRA       46       51       67       41       3       0       44       -         MOLONG       51       79       53       47       6       0       53       -         ORANGE EX-SERVICES JR POLAR       0       0       62       22       89       1       112       8         PARKES       169       96       101       113       11       1       125       2         PEAK HILL       44       52       51       36       2       0       38       -         SPRINGWOOD       99       105       118       85       25       2       112       44         TULLAMORE       50       35       39       36       8       0       44       44	LAKE CARGELLIGO	26	61	0	0	0	0	0	0.0
MANILDRA       46       51       67       41       3       0       44       -         MOLONG       51       79       53       47       6       0       53       6       53       53       6       53       6       53       6       53       6       53       6       53       6       53       6       53       6       53       6       53       6       53       6       53       6       53       6       53       6       53       6       53       6       54       53       6       79       53       47       6       0       53       6       54       53       6       54       53       6       54       55       54       54       55       54       54       52       51       56       35       112       54       <	LAWSON	73	102	97	67	12	1	80	-17.5
MOLONG ORANGE EX-SERVICES JR POLAR BEARS         51         79         53         47         6         0         53           PARKES         0         0         62         22         89         1         112         8           PARKES         169         96         101         113         11         1         125         2           PEAK HILL         44         52         51         36         2         0         38         -           SPRINGWOOD         99         105         118         85         25         2         112         -           TRUNDLE         52         35         45         32         12         0         44         -	LITHGOW	132	171	173	90	49	1	140	-19.1
ORANGE EX-SERVICES JR POLAR       0       0       62       22       89       1       112       43         BEARS       169       96       101       113       11       1       125       25         PARKES       169       96       101       113       11       1       125       25         PEAK HILL       44       52       51       36       2       0       38       -         SPRINGWOOD       99       105       118       85       25       2       112       -         TRUNDLE       52       35       45       32       12       0       44       -         TULLAMORE       50       35       39       36       8       0       44       -	MANILDRA	46	51	67	41	3	0	44	-34.3
BEARS       0       0       62       22       89       1       112       42         PARKES       169       96       101       113       11       1       125       2         PEAK HILL       44       52       51       36       2       0       38       -         SPRINGWOOD       99       105       118       85       25       2       112       -         TRUNDLE       52       35       45       32       12       0       44       -         TULLAMORE       50       35       39       36       8       0       44       -		51	79	53	47	6	0	53	0.0
PARKES       169       96       101       113       11       1       125       2         PEAK HILL       44       52       51       36       2       0       38       -         SPRINGWOOD       99       105       118       85       25       2       112       -         TRUNDLE       52       35       45       32       12       0       44       -         TULLAMORE       50       35       39       36       8       0       44       -		0	0	62	22	80	1	112	80.6
PEAK HILL       44       52       51       36       2       0       38       -         SPRINGWOOD       99       105       118       85       25       2       112       12         TRUNDLE       52       35       45       32       12       0       44       44         TULLAMORE       50       35       39       36       8       0       44       44	-	-	-				-		23.8
SPRINGWOOD       99       105       118       85       25       2       112         TRUNDLE       52       35       45       32       12       0       44         TULLAMORE       50       35       39       36       8       0       44	-			-			-	-	-25.5
TRUNDLE     52     35     45     32     12     0     44       TULLAMORE     50     35     39     36     8     0     44							-		
TULLAMORE         50         35         39         36         8         0         44				-		-			-5.1 -2.2
	-	-		-			-		-2.2 12.8
22/2 2224 2189 2245	IULLAWORE				30	o	U		
		2272	2224	2189				2245	2.6

New England and North West								
ARMIDALE	58	82	56	71	3	0	74	32.1
ARMIDALE ALLIGATORS	101	96	118	61	46	0	107	-9.3
ASHFORD	42	38	38	30	5	0	35	-7.9
BARRABA	86	46	56	28	46	0	74	32.1
BINGARA	54	38	10	0	3	0	3	-70.0
BOGGABRI	48	36	22	4	1	1	6	-72.7
COLLARENEBRI	0	0	0	0	0	0	0	0.0
DENMAN	98	69	80	74	22	7	103	28.8
EMMAVILLE DEEPWATER	59	40	57	25	12	0	37	-35.1
GLEN INNES	147	147	97	55	34	2	91	-6.2
GUNNEDAH	372	465	446	80	344	9	433	-2.9
GUYRA AS & LSC	47	43	42	36	3	0	39	-7.1
INVERELL	101	93	57	51	18	6	75	31.6
KOOTINGAL MOONBI	106	118	106	66	41	0	107	0.9
MANILLA	77	83	87	28	30	5	63	-27.6
MERRIWA	0	50	0	9	8	0	17	0.0
MOREE	110	117	104	106	3	0	109	4.8
MUNGINDI	0	0	0	16	1	0	17	0.0
MUSWELLBROOK	78	83	79	51	35	12	98	24.1
NARRABRI SC STINGRAYS	102	122	120	93	51	0	144	20.0
NUNDLE	38	32	27	19	12	0	31	14.8
PENGUINS	53	27	6	0	0	0	0	-100.0
QUIRINDI	126	95	51	35	20	3	58	13.7
SCONE	220	121	97	86	6	2	94	-3.1
SCULLY PARK TAMWORTH	233	192	219	124	28	0	152	-30.6
TAMWORTH CITY	96	110	158	104	63	2	169	7.0
TENTERFIELD	86	79	61	44	3	3	50	-18.0
URALLA	0	0	40	35	6	0	41	2.5
WALCHA	48	59	0	0	0	0	0	0.0
WARIALDA	54	68	81	41	21	0	62	-23.5
WEEWAA	65	68	72	52	15	0	67	-6.9
WERRIS CREEK	40	37	57	42	6	3	51	-10.5
	2745	2654	2444				2407	-1.5
South Eastern	1	1	I	1				1
ALBION PARK	80	60	65	57	8	0	65	0.0
BATEMANS BAY	88	105	91	60	11	5	76	-16.5
BAY & BASIN	52	45	42	86	10	0	96	128.6
BEGA	169	135	123	55	41	0	96	-22.0
BEMBOKA	0	0	0	0	0	0	0	0.0
BERKELEY	97	86	101	40	38	1	79	-21.8
BOMADERRY	149	130	118	90	11	0	101	-14.4
BOMBALA	22	14	14	0	37	0	39	178.6
BOWRAL	80	69	52	1	64	0	65	25.0
BUNDANOON	56	44	0	48	7	0	55	0.0
CANDELO KAMERUKA	53	51	0	0	0	0	0	0.0
COBARGO	61	59	42	36	24	1	61	45.2
COOMA	50	59	98	40	21	3	64	-34.7
CORRIMAL	159	248	240	144	92	9	245	2.1
DAPTO	112	155	163	114	23	3	140	-14.1
EDEN	112	106	98	55	23	4	82	-16.3
HELENSBURGH HAWKS	135	118	76	59	6	4	69	-9.2
JINDABYNE	143	163	146	65	38	3	106	-27.4
KIAMA	76	70	13	60	2	0	62	376.9
MITTAGONG	138	0	0	0	0	0	0	0.0
	0	30	32	5	5	0	10	-68.8

MORUYA	76	179	184	95	70	6	171	-7.1
MOSS VALE	58	81	0	0	0	0	0	0.0
NAROOMA	92	83	55	44	25	10	79	43.6
NOWRA	145	138	155	152	13	5	170	9.7
OAK FLATS	147	163	100	156	9	3	168	68.0
PAMBULA COMMUNITY	107	107	129	73	50	3	126	-2.3
PORT KEMBLA	42	39	50	39	0	0	39	-22.0
SHELLHARBOUR WARRIGAL	89	84	34	24	4	9	37	8.8
THIRROUL	86	77	44	29	2	0	31	-29.5
ULLADULLA	61	78	71	59	13	9	81	14.1
UNIVERSITY OF WOLLONGONG	48	53	49	25	8	0	33	-32.7
WESTS ILLAWARRA AQUATIC	249	217	166	132	77	2	211	27.1
WOLLONGONG	123	99	145	102	56	2	158	9.0
	3155	3145	2696			-	2815	4.4
								u
Southern Inland	1	1	1	1				
ACE	0	0	0	0	0	0	0	0.0
ADELONG	33	41	64	3	37	0	40	-37.5
ALBURY	170	233	282	197	33	4	234	-17.0
ALBURY NORTH LAVINGTON	164	123	103	96	37	8	141	36.9
ARDLETHAN	33	33	24	34	4	0	38	58.3
ARIAH PARK	56	73	53	42	22	0	64	20.8
BARELLAN	17	15	6	7	0	5	12	100.0
BATLOW	67	51	52	25	46	0	71	36.5
BOOROWA	124	99	107	93	7	0	100	-6.5
BORAMBOLA	114	113	68	68	40	0	108	58.8
CARMYLE	39	36	0	0	0	0	0	0.0
COLEAMBALLY	67	71	90	62	9	0	71	-21.1
COOLAH	98	151	147	63	51	0	114	-22.4
COOLAMON	84	77	51	59	2	1	62	21.6
COOTAMUNDRA	65	70	44	65	31	6	102	131.8
COROWA AS & LSC	68	88	95	69	33	1	103	8.4
CULCAIRN	46	50	38	32	0	0	32	-15.8
DENILIQUIN	118	124	117	85	10	4	99	-15.4
FINLEY	127	193	247	108	41	5	154	-37.7
GANMAIN	39	48	37	27	3	0	30	-18.9
GOOLGOWI	63	69	56	0	0	0	0	-100.0
GRIFFITH	102	114	92	43	19	6	68	-26.1
GT AQUATICS	0	61	86	83	5	0	88	2.3
GUNDAGAI	101	88	69	53	5	0	58	-15.9
HARDEN MURRUMBURRAH	27	71	61	17	1	0	18	-70.5
HAY	92	46	43	45	5	2	52	20.9
HENTY	88	98	81	0	0	0	0	-100.0
HILLSTON	47	47	58	35	3	0	38	-34.5
HOLBROOK	111	98	87	65	5	2	72	-17.2
JERILDERIE AS & LSC	45	51	46	37	8	0	45	-2.2
JUGIONG	0	38	38	34	3	0	37	-2.6
JUNEE	119	136	136	66	38	7	111	-18.4
LEETON	121	170	121	105	19	0	124	2.5
LOCKHART	35	1	29	19	5	0	24	-17.2
NARRANDERA	84	124	137	42	72	4	118	-13.9
QUANDIALLA	73	86	103	41	18	0	59	-42.7
TEMORA	212	197	233	127	108	5	240	3.0
TUMBARUMBA	64	57	49	431	6	0	49	0.0
	141	110	105	84	2	3	89	-15.2
TUMUT UNGARIE	0	0	0	24	0	Ο	24	0.0
UNGARIE WAGGA ASTHMA	0 88	0 116	0 65	24 30	0 22	0 0	24 52	0.0 -20.0

WEST WYALONG	91	133	113	73	2	7	82	-27.4
YANCO	61	34	52	40	22	0	62	19.2
YASS	93	85	99	116	13	4	133	34.3
YASS MAGPIES	56	33	29	12	1	0	13	-55.2
YOUNG	180	205	235	198	28	6	232	-1.3
	3945	4273	4110				3745	-8.9
Western		_		_				
BARADINE	38	22	40	24	5	1	30	-25.0
BINNAWAY	0	0	0	0	0	0	0	0.0
BOURKE	192	231	178	109	51	0	160	-10.1
COBAR	117	30	104	30	8	0	38	-63.5
COOLAH	98	151	147	63	51	0	114	-22.4
COONABARABRAN	101	111	56	61	31	0	92	64.3
COONAMBLE	120	63	75	43	29	2	74	-1.3
DUBBO CITY SWIMTECH	100	94	152	108	28	0	136	-10.5
DUBBO RSL AMATEUR	47	51	61	55	5	6	66	8.2
DUNEDOO	62	60	87	66	1	0	67	-23.0
GILGANDRA	94	84	39	32	20	0	52	33.3
GULARGAMBONE	35	35	38	32	3	0	35	-7.9
GULGONG	45	63	33	2	0	1	3	-90.9
LIGHTNING RIDGE	96	69	63	52	15	0	67	6.3
MENDOORAN MERRYGOEN	63	57	54	36	2	0	38	-29.6
MUDGEE	101	110	124	156	39	9	204	64.5
MUDGEE INDOOR SWIMMING CLUB	63	48	56	41	9	0	50	-10.7
NARROMINE	70	48	63	16	0	0	16	-74.6
NYNGAN AMATEUR	117	149	120	123	8	0	131	9.2
ORANA AQUATIC	70	91	69	51	10	0	61	-11.6
TOTTENHAM	47	65	60	49	24	1	74	23.3
TRANGIE	68	55	90	51	25	0	76	-15.6
WALGETT	53	55	72	37	5	0	42	-41.7
WARREN	78	78	73	54	4	1	59	-19.2
WELLINGTON	176	176	234	153	23	17	193	-17.5
YEOVAL	43	28	52	36	5	0	41	-21.2
	2094	2024	2140				1919	-10.3

## SPONSORSHIP ACKNOWLEGEMENT

#### **NSW COMMUNITIES - SPORT & RECREATION**

NSW Communities - Sport and Recreation is a major supporter of Swimming New South Wales, providing Sport Development Grants and advice and assistance in many varied areas. The Department's Industry and Partnerships section in particular, provide a valuable service to our sport.

#### SPEEDO

Speedo is the official supplier of swimwear and equipment to our representative teams and squads. Speedo is also the naming rights sponsor of the NSW State Age Championships, both Summer and Winter. Speedo is a strong supporter of our goal of developing and maintaining the high calibre of swimmers in NSW and exceeding the fine performances our squads and teams have achieved in the past. Speedo also supports our grassroots meet, the Speedo Sprint Series, providing a valuable introduction into the competitive area of Swimming.

#### SCU

SCU is the naming rights sponsor of the NSW Summer and Winter Metropolitan Championships. The Metropolitan Championships are a key event for metropolitan swimmers in their preparation for State and National Championships. The sponsorship by the SCU will ensure the continued success of these Championships

#### **TELSTRA**

Telstra completes its longstanding support of swimming this year and Swimming NSW would like to thank them for providing valuable resources for State development programs. Swimming New South Wales also used Telstra for its telecommunications needs, including land and mobile phone services.

#### COURTYARD BY MARRIOTT NORTH RYDE

The Courtyard by Marriott North Ryde is the naming rights sponsor of the NSW Summer and Winter Country Championships. The Country Championships are a key event for country swimmers in their preparation for State and National Championships. The sponsorship by the Courtyard by Marriott North Ryde will ensure the continued success of these Championships.

#### UNION OF OLD SWIMMERS

The Union of Old Swimmers has been a very significant supporter of Swimming New South Wales for many years, particularly through their provision of funds to assist in the development of talented young swimmers.







SYDNEY-NORTH RYDE





