



Peakhurst ASC Inc Newsletter

Summer Season

<https://peakhurst.swimmingclub.org.au>

Thought of the Week – “Be the reason someone smiles today.”

25 February 2023

Today's Events: 200m Breaststroke Championship Swims, Freestyle (100m*), Butterfly, Medley (Bk)

Summer Registration Fees

Please see Donna Lane for all registration details.

Fees are \$155.00 for Full Swimmer or \$140.00 for Club Swimmer, this covers both summer and winter seasons 2022/23.

Weekly Swimming Stats

Week	Date	Swimmers	Pb's	Upgrades
14	28-01	41	69	4
15	04-02	68	94	8
16	11-02	60	66	5
17	18-02	41	49	5

Upgrades

Upgrades Week 16 – 18-02-2023

Chloe Lin → 50mtr Freestyle

Dexter Kaing → 75mtr Medley

Jason Van Ryn → 100mtr Medley

Lotte-Mae Riley → 50mtr Medley

Lucas Guindi → 75mtr Medley

Congratulations to all these swimmers.

Birthday Wishes

Lauren Griffiths turns 14 on Monday.

We hope you have a wonderful birthday Lauren.

200mtr Breaststroke Qualifiers

These swimmers are listed on page 4 of this newsletter.

Upcoming Events

01-03-2023 - Monthly Club Meeting

25-03-2023 - Day 1 Summer Championships

01-04-2023 - Day 2 Summer Championships

01-04-2023 - Easter Raffle

28-05-2023 - Jnr Sprint Meet

Easter Raffle

We will be drawing our Giant Easter Raffle on Day 2 of Summer Championships 1-4-2023.

We ask every family to bring in an item for this raffle.

You can start bringing these items in from the start of March.

Monthly Club Meeting

Wednesday 1 March 2023 at 7.30pm is Club Meeting night. The meeting is held at Club Rivers, Littleton St, Riverwood.

Come along and be part of the decision making.

New 200mtr Record

Congratulations to Jordan on breaking the 200mtr Butterfly in the Boys 17yrs & Over last Saturday, setting a new time of 2:36.26.

Sans Souci Carnival Results

Ruby Lane 7yrs Girls

25mtr Freestyle 3rd

25mtr Breaststroke 3rd

25mtr Butterfly 3rd

25mtr Backstroke 4th

Ivy Lane 9yrs Girls

50mtr Breaststroke	3 rd
50mtr Freestyle	4 th
50mtr Backstroke	5 th
100mtr Backstroke	1 st
100mtr Freestyle	3 rd

Joke of the Week

A man walks into a library and asks the librarian for books about paranoia. She whispers, "They're right behind you!"

Carnival Calendar

Date	Club	Location	Entry Format	Cost and Closing Date
Fri 10 to Sun 12-3-2023	2023 NSW State Open Champs	Sydney Olympic Park Aquatic Centre	Online via Swim Central	\$21.00 per event Entries close 28-2-2023 QT's apply
Sat 25 to Sun 26-3-2023	2023 Jnr State Age Champs	Sydney Olympic Park Aquatic Centre	Online Via Swim Central	\$21.00 per event Entries close 14-3-2023 QT's apply

Please note these events may change depending on Covid restrictions. Keep watch on the Swimming NSW or Metsea websites for updates.

Please note the closing dates of the above carnivals are a guide only as some carnivals are very popular and they can close weeks prior to the published closing date. If you wish to enter any of these carnivals please get your entries in ASAP to avoid disappointment.

These are only a few of the carnivals that are available. To see all the available carnivals go to the Swimming NSW website for further information. <https://nsw.swimming.org.au>

If you require any further information on how to enter outside carnivals please come and see Race Secretary George Ross.

Anyone with any news, swimming results or other relevant information you would like included in the newsletter, please contact Robin Ede on 0417 418 334 or at robin.ede61@gmail.com by 6pm Thursday.

Anyone with information for administrative matters please direct them to peakhurstasc@gmail.com

Summer Championships Information

With 4 weeks to go before Summer Championships, there is still plenty of time to qualify.

Entries will be open later in the season. You will need a Summer Championships Event List to complete your entry cards this will be printed in the newsletter in late February.

Entry into Championships will be online just like the usual weekly entries.

Swimmers need to be registered and must have swum 8 Freestyle swims and 4 of each of the other form strokes.

A Black Line sheet is available at the Recording Table and the website so you can see what swims are required to qualify for Championships.

If next to your child's name is a black line that means that they have qualified for all swims in their age group. If there is a number next to their name that means they still have to swim that number of swims to qualify for Championships.

If any swimmers have not swum the required number of swims to qualify they can still swim in Championships as an Exhibition Swimmer. This will give them the experience of Championships for next time.

There is 1 more opportunity for our senior swimmers to contest the Dash on 4-3.

Championships are swum over 2 weeks:-

Day 1 – 25-03-22 – Breaststroke, Butterfly & Freestyle

Day 2 – 01-04-23 – Medley, Backstroke, 25mtr Dash & McAlpine Relay

Cost of each swim is \$1.50 per event, program will be available free on line the night before, Gate entry is free.

No of Swims available:-

Freestyle – 4

Backstroke – 2

Breaststroke – 2

Butterfly – 3

Ind Medley – 2

Swimmers can enter just their age events or can enter 11yrs & Under and age events (11yrs & under swimmers) or Age and Open Events (12yrs & Over swimmers).

25mtr Dash by Invitation

During the Summer Season there are 4 opportunities for swimmers who have qualified to swim 100mtr freestyle to take part in the 25mtr dash event, there is one more opportunity on 4-3.

This event is open to both boys and girls.

At the conclusion of the 4th Dash swim, the Race Committee will then select the 10 swimmers (5 boys & 5 girls) who will be invited to swim in the 25mtr Dash on Day 2 of Summer Championships.

This event is one of the highlight events of Summer Championships, very exciting and prestigious to be part of.

McAlpine Relay

All swimmers are eligible to be chosen to swim in the exciting McAlpine Handicapped Relay. This relay is the second highlight of Day 2 of Summer Championships.

Freestyle events are swum on Day 1 of Championships and from these events the swimmers will be selected to swim in the McAlpine Relay, which is a relay made up of 4 teams of 13 swimmers.

This relay is a handicapped event and the fastest swimmers from the 25mtr and 50mtr individual Freestyle events are chosen to swim in this relay.

The seeding and handicapping for this relay event is a lengthy and complex process. If you are not coming on Day 2 of Championships or are leaving early please let George Ross know ASAP so your child can be eliminated from the relay before the seeding process takes place.

We encourage all our swimmers to take part in the end of season championships

200mtr Breaststroke Championship Events

Saturday 25 February 2023

200m Breaststroke Boys Qualifiers

12 Years & Under

Record 2:44.79 Marc Barry 23-02-1997

- | | | |
|----|-------------|---------|
| 1. | Arin Pandit | 3:47.14 |
| 2. | Corey Hogan | 3:51.84 |

13-16 Years

Record 2:40.30 Henry Lee 11-02-2001

- | | | |
|----|----------------|---------|
| 1. | Kyle Chen | 3:34.73 |
| 2. | Ryder O'Gradey | 3:41.71 |

17 Years and Over

Record 2:42.84 Alexander Scarfe 25-10-2008

- | | | |
|----|------------------|---------|
| 1. | Jordan Henry | 2:50.56 |
| 2. | George Ross | 2:57.19 |
| 3. | Harrison Taranec | 3:03.14 |
| 4. | Anup Pandit | 3:26.24 |
| 5. | Mitchell Ede | 3:31.65 |

Open Record 2:40.30 Henry Lee 11-02-2001

200m Breaststroke Girls Qualifiers

12 Years & Under

Record 3:05.00 Caitlin Gratsounas 04-12-2005

- | | | |
|----|--------------|---------|
| 1. | Sienna Lynch | 3:42.66 |
|----|--------------|---------|

13-16 Years

**Record 2:46.77 Caitlin Gratsounas
19-07-2008**

- | | | |
|----|------------------|---------|
| 1. | Isabella Skead | 3:46.73 |
| 2. | Alanna Griffiths | 3:51.98 |

17 Years and Over

Record 3:13.99 Nicole Delle Coste 28-02-1993

- | | | |
|----|-------------|---------|
| 1. | Kaitlin Ede | 3:37.51 |
|----|-------------|---------|

**Open Record 2:46.77 Caitlin Gratsounas
19-07-2008**

These 200mtr Championship Events will be swum
at the beginning of today's program

Junior Sprint Meet

After a forced 3 year covid lock down we are pleased to announce that our Junior Sprint Meet will be back in the water this year.

It will be here at our pool on Sunday 28 May 2023.

We are so glad to be hosting this carnival again after the success of the Mini Meet last November.

The Sprint Meet carnival is for swimmers 12yrs & under offering distances from 15mtrs to 100mtrs in all strokes. The 15mtr and 25mtr events are for our younger swimmers.

The carnival starts setting up around 7am in the morning with warm up at 8am and the carnival beginning at 9.00am.

Places will be limited, so once entries are open get yours in straight away.

Cost of events TBA.

Entry will be online via Swim Central and will be open shortly.

Full program of events will be available online the day before the carnival.

We will need lots of helpers on the day to fill the many positions available, timekeepers, recorders, marshals, bbq chef, canteen assistants, medal presenters, front desk operators.

Consider one of these jobs and let George know so he can fill the roster.

We are looking forward to a great day, come along and support our wonderful club.



PEAKY SWIM STAR

Name:	Oliver Lane
Age:	5
Favourite Swimming Stroke:	Backstroke
Hobbies:	Monster Trucks
When I Grow Up I Want To Be:	A Doctor
School I Attend:	Big School
Favourite School Subjects:	English
Favourite Sports Team:	Sydney Swans (AFL)
Favourite Food:	Banana
Favourite Movie:	Buzz Lightyear
Favourite TV Show:	How Things Are Made (ABC)
Favourite Song:	Don't Worry Be Happy
Whom I Most Admire:	My Family
Likes:	Tomato Sauce
Dislikes:	Cleaning My Room
In 5 Years Time I Would Like To Be:	A State Swimmer
How Would You Describe Yourself:	Cheeky
I am Really Good At:	Discus & Shot Put



04-03-2023 – SPRINT - Butterfly, Breaststroke, Backstroke, Freestyle, 25m Dash

