



Carmel Adventist College SWIMMING PROGRAM

TIME		ACTIVITY			
9:00 AM		Students leave school			
9:15 AM		Students arrive at venue and teachers mark roll			
9:20 AM		Students sent to change and wait in house areas			
9:30 AM		Announcements/Prayer/House meetings			
9:40 AM		Students begin preparing for first event			
Event	Time	Gender	Year Group	Event	Division
1	9:45 AM	G	7/8	50m Freestyle	B
2	9:47 AM	G	7/8	50m Freestyle	A
3	9:49 AM	B	7/8	50m Freestyle	B
4	9:51 AM	B	7/8	50m Freestyle	A
5	9:53 AM	G	9/10	50m Freestyle	B
6	9:55 AM	G	9/10	50m Freestyle	A
7	9:57 AM	B	9/10	50m Freestyle	B
8	9:59 AM	B	9/10	50m Freestyle	A
9	10:01 AM	G	11/12	50m Freestyle	B
10	10:03 AM	G	11/12	50m Freestyle	A
11	10:05 AM	B	11/12	50m Freestyle	B
12	10:07 AM	B	11/12	50m Freestyle	A
13	10:09 AM	G	7/8	50m Breaststroke	B
14	10:12 AM	G	7/8	50m Breaststroke	A

15	10:15 AM	B	7/8	50m Breaststroke	B
16	10:18 AM	B	7/8	50m Breaststroke	A
17	10:21 AM	G	9/10	50m Breaststroke	B
18	10:24 AM	G	9/10	50m Breaststroke	A
19	10:27 AM	B	9/10	50m Breaststroke	B
20	10:30 AM	B	9/10	50m Breaststroke	A
21	10:33 AM	G	11/12	50m Breaststroke	B
22	10:36 AM	G	11/12	50m Breaststroke	A
23	10:39 AM	B	11/12	50m Breaststroke	B
24	10:42 AM	B	11/12	50m Breaststroke	A
25	10:45 AM	G	7/8	50m Backstroke	B
26	10:48 AM	G	7/8	50m Backstroke	A
27	10:51 AM	B	7/8	50m Backstroke	B
28	10:54 AM	B	7/8	50m Backstroke	A
29	10:57 AM	G	9/10	50m Backstroke	B
30	11:00 AM	G	9/10	50m Backstroke	A
31	11:03 AM	B	9/10	50m Backstroke	B
32	11:06 AM	B	9/10	50m Backstroke	A
33	11:09 AM	G	11/12	50m Backstroke	B
34	11:12 AM	G	11/12	50m Backstroke	A
35	11:15 AM	B	11/12	50m Backstroke	B
36	11:18 AM	B	11/12	50m Backstroke	A
37	11:21 AM	G	ALL	Open Butterfly *Chance to break record*	A
38	11:24 AM	B	ALL	Open Butterfly *Chance to break record*	A

Relay Preparation Time (5 mins)					
39	11:30 AM	G & B	7/8	200m Freestyle Relay	A
40	11:35 AM	G & B	9/10	200m Freestyle Relay	A
41	11:40 AM	G & B	11/12	200m Freestyle Relay	A
42	11:45 AM	G & B	7/8	200m Medley Relay (NO BUTTERFLY)	A
43	11:50 AM	G & B	9/10	200m Medley Relay (NO BUTTERFLY)	A
44	11:55 AM	G & B	11/12	200m Medley Relay (NO BUTTERFLY)	A
45	12:00 PM	G & B	ALL	Open 200m Medley Relay (WITH BUTTERFLY) *Chance to break record*	N/A
12:10 PM – 12:50 PM					
LUNCH					
Water Polo					
12 minute games, 3 minute swap over					
46	12:50 PM	G	7 – 9 & 10 - 12	Forrest Vs O'Connor	N/A
47	1:05 PM	B	7 – 9 & 10 – 12	Forrest Vs O'Connor	N/A
48	1:20 PM	G	7 – 9 & 10 – 12	O'Connor Vs Sturt	N/A
49	1:35 PM	B	7 – 9 & 10 – 12	O'Connor Vs Sturt	N/A
50	1:50 PM	G	7 – 9 &	Sturt Vs	N/A

			10 – 12	Forrest	
51	2:05 PM	B	7 – 9 & 10 - 12	Sturt Vs Forrest	N/A
52	2:20 PM	G & B	10 - 12	House Captains vs Staff Water Polo	N/A
2:40 PM		Change and clean-up house areas			
2:50 PM		Close with prayer			
2:55 PM		Load buses to return to school			
3:10 PM		Arrive back at school			