



2025 CARMEL COLLEGE SWIMMING SPORTS

Age groups that athletes need to compete in:

Year 7

Year 8

Junior - Under 14 as of 1st January 2025 (THIS IS NOT YEAR 7 OR YEAR 8 STUDENTS)

Intermediate - Under 16 as of 1st January 2025

Senior - 16 and over as of 1st January 2025

<u>Main Pool</u> <i>(Times are approximate)</i>	<u>Dive Pool</u>
<u>10am - FUN EVENT</u> Noodle Hammock Race <u>10.30am - COMPETITIVE RACE</u> Freestyle 33m - Senior, Intermediate, Junior, Y8, Y7 Backstroke 33m - Senior, Intermediate, Junior, Y8, Y7 Butterfly 33m - Open (Year 9-13), Open (Y7/8) <u>11am - FUN EVENT</u> Pairs Running Race <u>11.30am - COMPETITIVE RACE</u> Freestyle 100m Open (Year 9-13) Breaststroke 33m - Senior, Intermediate, Junior, Y8, Y7 <u>12pm - FUN EVENT</u> Beach Ball Race <u>12.30pm - COMPETITIVE FINALS</u> 33m - Freestyle, Backstroke, Breaststroke <u>Free Swim (Time Dependent)</u> <i>Mainpool Shallow Area Only</i> <u>1.15pm - HOUSE RELAYS</u> 33m Freestyle (4 girls per house, Y7, Y8, Junior, Intermediate & Senior)	10.15am Justine House Bomb Competition 10.45am Kelly House Bomb Competition 11.15am Pompallier House Bomb Competition 11.45am Cecilia Maher Bomb Competition 12.15pm Alex House Bomb Competition 12.45pm McAuley House Bomb Competition

BY 1.45pm

Pack Up And Leave Pt Erin Pools