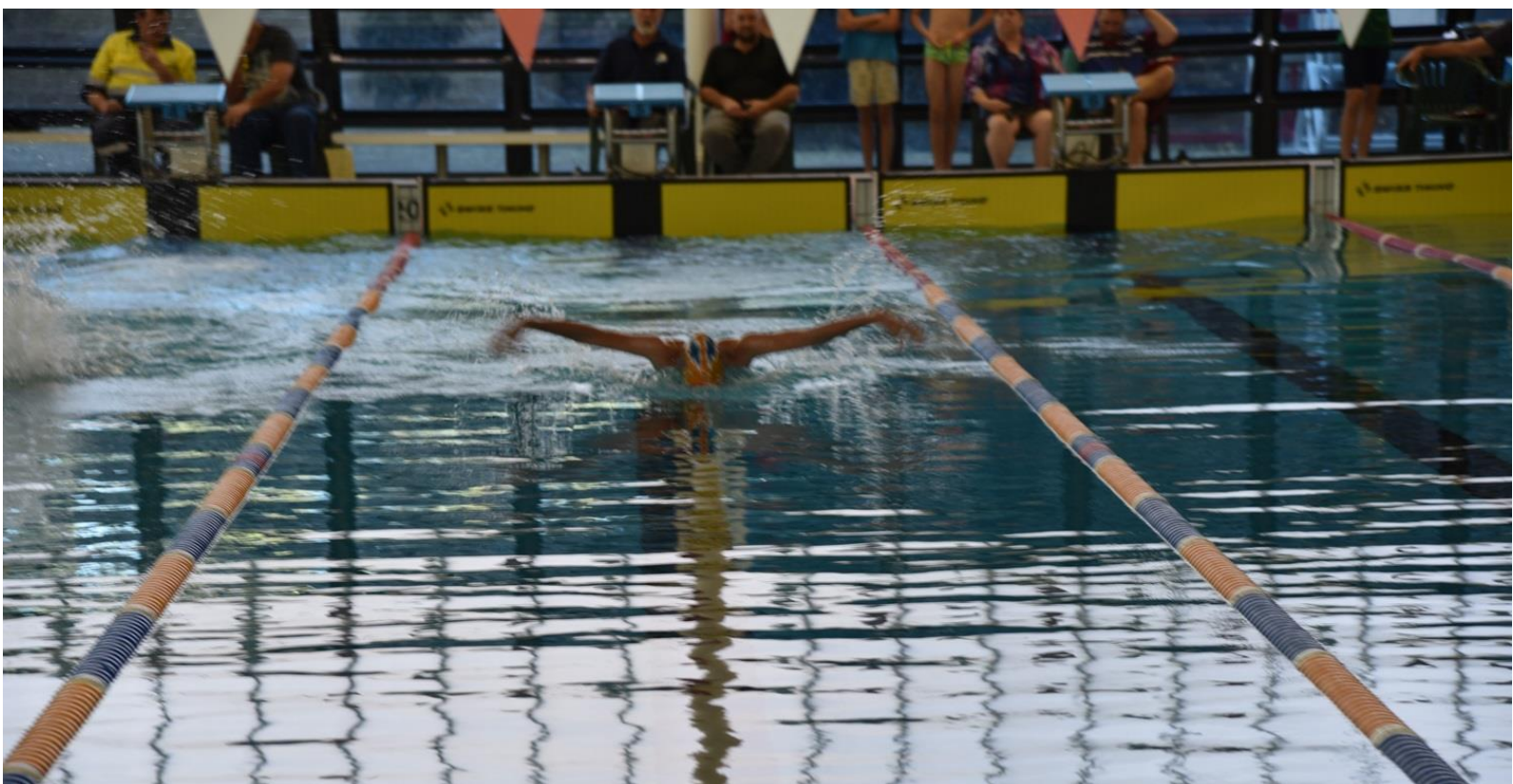




NT SHORT COURSE
SWIMMING
CHAMPIONSHIPS



Alice Springs Aquatic & Leisure Centre

Saturday – 3rd August 2024

Sunday – 4th August 2024

Warm-Up – 8:00am

Racing – 9:00am

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NATIONAL INTEGRITY FRAMEWORK

SAFEGUARDING CHILDREN AND YOUNG PEOPLE POLICY

Overview

The Safeguarding Children and Young People Policy is designed to protect children and young people in sport by putting in place rules and processes to ensure sporting environments are inclusive, positive and safe for everyone at all times.

The Policy includes:

- clear definitions of Prohibited Conduct
- a list of mandatory Children and Young People Safe Practices
- recruitment and screening requirements
- a procedure outlining how to respond to child abuse allegations and report possible Prohibited Conduct
- a Child/Young Person Safe Commitment Statement

Who does this Policy apply to?

The Policy applies to everyone involved in sport including participants, employees, coaches, officials, contractors and support personnel, at all levels, from the national level through to club sport.



Prohibited Conduct

The following actions and behaviours are breaches of the Policy:

- ❌ **Child Abuse** including physical, emotional, psychological and sexual abuse, as well as neglect and exposure to family violence.
- ❌ **Harmful behaviours towards a child/young person** including harmful training methods, excessive emphasis on appearance or weight, forcing a child/young person to train while ill or injured, threatening or humiliating a child/young person, physical punishment or any degrading, cruel, frightening or humiliating disciplinary actions, sexual or adult comments to or in the presence of a child/young person, or taking inappropriate photos or inappropriately touching a child/young person.
- ❌ **Any act affecting a child/young person that would be considered a breach of the Member Protection policy** including bullying, harassment, discrimination, victimisation and vilification.
- ❌ **Asking a child/young person to keep any communication secret.**
- ❌ **Supplying alcohol or drugs (including tobacco) to a child/young person.**
- ❌ **Failing to comply with recruitment and screening requirements.**
- ❌ **Failing to report a breach of Prohibited Conduct.**
- ❌ **Being found guilty of Child Abuse or Grooming** under state, territory or Commonwealth law.



- ❌ **Supplying medicines to a child/young person** unless permitted by law or to provide lifesaving treatment
 - without the consent of the child/young person and their parent/carer; or
 - without a valid prescription for that child/young person; or
 - at the incorrect dosage.

- ❌ **Breaching any of the child/young person safe practices** that cover actions such as photographing/filming children/young people, travel arrangements, overnight stays, change room arrangements, electronic and online communications, discipline and physical contact, amongst others.

The full definitions of Prohibited Conduct and Child/Young Person Safe Practices are available in the Policy.

What is the reporting process?

Step 1: If a person is in immediate risk or danger, call Police on 000.

Step 2: If you suspect, on reasonable grounds that a child/young person has been, or is at risk of being harmed, you must report it to the police and/or the relevant state/territory child protection agency.

Step 3: Report all relevant information to the appropriate person within your club/sport.

Step 4: Inform Sport Integrity Australia through a Complaint or Report by filling in the online form at [Making An Integrity Complaint or Report](#).

What happens if someone commits a breach of this Policy?

Any alleged Prohibited Conduct that is reported will be dealt with under the Complaints Disputes and Discipline Policy. This could result in a sanction ranging from a warning or mandatory education to a ban from sport. Criminal conduct will be managed outside of this process by law enforcement.

Disclaimer

This fact sheet does not replace the National Integrity Framework Safeguarding Children and Young People Policy. The Policy applies and overrules this fact sheet in any instances.



On behalf of the Board and staff of Swimming NT, I would like to welcome all competitors, coaches, technical officials' volunteers and parents to the 2024 Swimming Northern Territory Short Course Championships, at the Alice Springs Aquatic & Leisure Centre from Saturday 3rd and Sunday 4th August 2024.

This meet is held in conjunction with the Junior Participation Meet, which will take place during Session 1 Saturday 3rd August 2024.

The following clubs are represented at these Championships:

Team		Swimmers
1	Alice Springs Swimming Club	22
2	Katherine Swimming Club	3
3	Mountain Pool	1
4	Starplex	1
Total		27

Swimming Northern Territory would like to thank the following people / organisations for their support and contribution to this meet and swimming in the Northern Territory in general.

- McDonald's for continuing their support of Swimming Northern Territory for the last 15 years.
- Our other incredible supporters of Swimming Northern Territory, the NT Government, Territory Sports Medicine, Snap Fitness and Team Elite, who have a phenomenal range of merchandise available.
- To all the fantastic local and visitor clubs, their committee members, coaches, club team managers and volunteers who enable swim clubs to continue to promote this great sport in the Northern Territory.
- All of our Technical Officials who volunteer their time to make it possible to run our meets, especially the Championship Meets. I would encourage all of you to dip a toe into volunteering; your clubs need your time and effort to enable your kids to thrive and reach their potential. For all those that do, there is an inherent reward in assisting others. Thank you to all volunteers.
- All parents who drive, feed, support, congratulate and encourage their swimmers.
- And mostly, the swimmers. Thank you for your hard work, dedication and effort in becoming better people, whilst gaining lifetime memories and friendships through your participation and fulfilment of your potential in the pool. Have a great week in the pool and be proud of your efforts.

Thank You



Warren Dopson

CEO Swimming Northern Territory

Technical Officials 2024 Swimming NT Age and Open Championships

SNT would like to thank all our Technical Officials who have volunteered their time to assist with the event. All Technical briefings will occur 45min prior to race commencement at the starting end of the pool.

Kate Reynolds – SNT Technical Manager – Meet Director

Nick Reynolds - Announcer

Michelle Francis (Alice Springs)

Rebecca Masempela (Alice Springs)

Craig Markham (Alice Springs)

We would also like to thank in advance all our other volunteers including timekeepers.



**All your Macca's
faves at your
fingertips.**



Championship Notes

1. These Championships will be conducted under the World Aquatics, SAL rules and the SNT Competition Rules – found [HERE](#).
2. All competitors, by way of entering and spectators by way of being in attendance agree to adhere to the SNT Code of Conduct during these Championships – found [HERE](#).
3. All competitors must at the time of competing, be a registered Competitive Member of a Swimming Club, which is duly affiliated, with SNT or SAL if they are a permitted visitor.
4. The age of competitors shall be as of the August 3rd 2024.
5. On the day late entries will **NOT** be accepted, under any circumstances.
6. Warm-up and racing commence as per below table.

Day	Session	Warm-Up	Racing Start
Saturday	1	8:00am	9:00am
Sunday	2	8:00am	9:00am

7. The competition / warmup pool may **ONLY** be used by competitors for warm-up/warm-down, while a lifeguard is present.
8. Dive starts and pace work during warm-up will be allocated for Lane 1 and 8 of the indoor 25m competition pool.
9. **Any disruption to the events from swimmers in the warm-up portion of the pool will result in possible withdrawal from the swimmers next event and possible expulsion from the entire event for repeated indiscretions.**
10. **NOTE: the other pools in the complex are open to the public and are out of bounds to swimmers at the meet.**
11. The Pool Deck area must be kept clear to enable all officials to carry out their duties during the running of the Meet.
 - No person shall walk on the pool deck between the pool end and the timekeepers.
 - No person shall walk along the poolside during any event.
 - No person shall enter the water between races unless instructed to do so by an official.
 - Only people with a deck pass wristband may be within the confines of the crowd control barricades.
12. **TAPING** – Any sort of tape on the body is subject to approval. SNT requires a certificate from a medical professional (doctor/physio etc) stating the purpose of the taping and that the swimmer is fit to swim. The Technical Manager will approve the certificate and ascertain that the taping does not provide any advantage to the competitor. The certificate need only be presented once for the duration of the competition.
13. **SELF-MARSHALLING** – will be used for this Championship. Swimmers entered in the first two events of each session must report to the marshalling zone at least five minutes prior to the start time for each session. Following this, all swimmers will need to be in the self-marshalling zone at least 4 heats prior to the commencement of their heat for 50m-200m events and 2 heats for 400m events and over. Please ensure you are in the self-marshalling zone at the appropriate time. Clubs are encouraged to have a team manager in the self-marshalling area for the Championship.
14. **CHECK-IN** – ALL swimmers competing in the 400m, 800m, and 1500m events **MUST** check-in with the technical manager a minimum of 1 hour prior to the scheduled start time, listed in the program. These times are listed in the program.
15. Heats may be combined at the discretion of the Referee / Technical Manager.
16. All events are timed finals – there are no heats and finals.
17. The 'one start' rule will be used at this Championship.
18. The Referee will call the swimmers to their position on their blocks with a long whistle blast.

19. For backstroke events swimmers will enter the water, feet first, on the first long whistle blast. Upon the second whistle, swimmers will assume their starting positions.
20. Backstroke ledges will be available for all backstroke events for ages 11yrs and over.
21. The Starter will call "take your marks"; the swimmers will assume their starting positions and remain stationary until the starting device is sounded.
22. Any swimmer may be disqualified if they delay the start or wilfully disobey an instruction from the Starter.
23. At the completion of each heat, the swimmers must remain in their lanes until all competitors in the race have finished. Swimmers will then leave the water at the direction of the Referee, with a quick double blast of the whistle, or as soon as possible after the start of the following heat, where over the top starts are being utilised. **ALL swimmers are to exit via the side of the pool.**
24. **PROTESTS** – All protests are to be submitted in writing by a responsible team manager / coach (not parent) together with a \$100 deposit with the Referee no later than 30 minutes after the announcement of the results or disqualifications.
25. The Technical Manager will be the sole arbitrator of all disputes and their decision will be final.
26. In nominating for this Meet, swimmers agreed that they may be photographed by Swimming Northern Territory and their approved photographers, that the images may be used by Swimming Northern Territory and Swimming Australia at their discretion.

Multi - Class Events

27. Multi-Class Swimmers must be registered as 'competitive' swimmers with a SNT Club and have a classification registered on Swim Central.
28. The events are for 10 years & over and run as Open events. There are no qualifying times.
29. All MC events are Timed Finals.
30. Medals will be awarded for 1st, 2nd & 3rd place according to the Swimming Australia Multi-Class Points Scoring Calculator.
31. Northern Territory and Australian records can only be achieved in single gender events.
32. **NOTE:** MC events have been combined with non-MC events given there were insufficient entries to form an event.

Relays

33. Club relay teams may enter with a 'No Time'.
34. Relay changes must be made on the official form available from the Control Room and submitted **within 45 mins prior to the session in which the relay is to be held.** For relays scheduled for Session 1, changes must be made **no later than 15 minutes after the scheduled warm-up start time.** Swimmers must swim in the order shown on the form submitted.
35. Unless changes have been submitted as above, **swimmers must swim in the order published in the program.**
36. Additional relay teams for exhibition purposes may be entered **ONLY** where there is no team for that Club currently in the event and **ONLY** where there are spare lanes once the program is set, at the Meet Director's discretion. Such teams will swim for no points and will not be formally placed in the program. Submissions for such exhibition relay teams must be made in accordance with the timeframe for relay changes set out above.

Combined Events

37. At the discretion of SNT, some events have been combined due to the low entry numbers. These event numbers are events 9 & 10 as well as events 41 & 42. Results will be split into their respective events upon completion.

RESULTS

38. Results will be published in near real time during this meet via the Meet Mobile application. However, please note:
- Results published via Meet Mobile **ARE NOT OFFICIAL** and should be used as a guide only.
 - Official meet results are printed by officials during this Championship and posted in a prominent position, as above.
 - Official results will also be published within 48hrs of the completion of this Championship on the SNT website event pages as well as uploaded to Swim Central.
39. After the completion of the timed final events conducted, results will be announced by the announcer, then displayed at the venue, as they become available.
40. The medals shall be awarded to 1st, 2nd & 3rd place getters in each event after the results are combined from both the Alice Springs and Parap portion of the Championships. If equal placing occurs then medals will be awarded to each equal placing, but the next following medal will be omitted.
41. Visitors will ONLY be awarded medals for 1st, 2nd and 3rd placings.
42. NT Swimmers will be awarded medals for 1st, 2nd and 3rd NT placings.
43. There will be no formal medal presentations during the 2024 SNT Short Course Championships.
44. Medals will be available for collection from the medal desk / announcers table near the control room throughout the respective sessions, after they have been announced.
45. **Please do not approach the recording area / control booth for results or medals.**



AWARDS

46. Points will be awarded to swimmers placed as follows in all Championship events: 1st – 10 points, 2nd – 9 points, 3rd – 8 points, 4th – 7 points, 5th – 6 points, 6th – 5 points, 7th – 4 points, 8th – 3 points, 9th – 2 points, 10th and subsequent swimmers – 1 point.
47. Relay points will be awarded as follows: 1st – 20 points, 2nd – 18 points, 3rd – 16 points, 4th -14 points, 5th – 12 points, 6th – 10 points, 7th – 8 points, 8th – 6 points, 9th – 4 points, 10th and subsequent relays – 2 points.
48. Points awarded for records set will only be used to break any ties in points for trophies. If those tying have set no records, or if there is still a tie after record points have been allocated, then trophies will be awarded to those tying:
- ❖ SNT or NT All Commers Record – additional 5 points
 - ❖ Australian (Age or Open) – additional 10 points
 - ❖ Australian All-Comers Record – additional 20 points
49. Swimming Northern Territory Short Course Championships (awarded for performances at this Championship meet only)
- 🏆 Swimmer of the Meet - Awarded to the Northern Territory athlete with the most outstanding performances in five events, as measured by the combined total of the Hy-Tek single year Points System.
 - 🏆 Junior Champion Male/Female Trophy – Awarded to the Northern Territory male and female swimmer gaining the most points, in their best 7 events, across all 9-12 years swimming events not including relays.
 - 🏆 Champion Male/Female Trophy – Awarded to the Northern Territory male and female swimmer gaining the most points, in their best 7 events, across all 13 & Over events not including relays.
 - 🏆 SNT SC Championships Club Trophy – Awarded to the Northern Territory Club gaining most points, from individual and relay events, during the Northern Territory Championships as a percentage of total swimmers. Must have a minimum of 5 swimmers competing in individual events to be eligible.



SPORT INTEGRITY
AUSTRALIA

BE RESPECTFUL

As an adult involved in sport, you have a responsibility to ensure everyone involved in sport is treated with respect and dignity.



Display control, respect and professionalism.



Settle disagreements without hostility or violence.



Ensure any physical contact is appropriate to the situation.



Show appreciation for volunteer officials.



Respect officials' decisions.



Respect everyone's rights, dignity and worth.

And call out any inappropriate behaviours like:



Disrespect



Violence



Foul Language



Abuse



Discrimination

Build a respectful sporting community, one behaviour at a time.

FOR MORE INFORMATION

Visit our website sportintegrity.gov.au, contact us at education@sportintegrity.gov.au,
phone our Safe Sport Hotline **1800 161 361**, or enquire **1300 027 232**

IMPORTANT INFORMATION

All persons participating in the 2024 SNT Short Course Championships must adhere to the Swimming Australia National Integrity Framework which can be found [HERE](#).

Venue Access - Entry Procedure

Entry will be through the main entrance to the Alice Springs Aquatic & Leisure Centre.

The entire venue is a **non-smoking** area and **alcohol is prohibited**.

Gates will be open for all attendees from 8.00am.

In nominating for and competing in the 2024 SNT Short Course Championships, you have agreed to adhere to the current health directives related to COVID-19 and other respiratory illnesses.

WELLNESS INFORMATION

DO NOT ATTEND IF:

- You have tested positive for COVID or any other respiratory illness within the last 7 days
- You are experiencing any symptoms of COVID19 or respiratory illness
- You are experiencing any cold or flu-like symptoms or feel unwell
- You have been tested for COVID19 and have not yet received your results
- You have been deemed a close contact with a positive COVID19 case within the last 7 days

Allocated Seating Areas

There is no allocated seating for these Championships.

Please ensure that your club area is left tidy at the end of each session, there are bins around the facility. Also, please ensure your tent and chairs etc., are secure or collapsed to ensure the safety of patrons in and around the pool during session breaks and overnight.

Pool Deck Access and Flow

Walkways around the pool are always to be kept clear and unobstructed, with no congregating. These walkways provide access to all necessary areas of the pool and should be utilised to get to the competition and warm-up/warm-down pool, to speak to your coaches, the toilets / change rooms, the competition area entry and exit, if required.

Team Packs

Each Swim Club will be provided with one full Meet Program which will be available for collection from the SNT Technical Manager on Saturday morning prior to the commencement of the meet. Contact SNT directly to arrange collection.



SPORT INTEGRITY
AUSTRALIA

FOOD FIRST

REAL FOOD.
REAL BENEFITS.
NO RISK.

NO ONE EVER
TESTED **POSITIVE**
FOR **DRUMSTICK.**

Research shows that fat burners,
muscle builders and pre-workouts
are the most likely supplements to
contain ingredients banned in sport.

Why risk it?

DRUM GUNS

A state of physical eliteness
gained from the consumption
of chicken drumsticks.



Download the **Sport Integrity app** to
reduce your risk of testing positive
from a supplement or medication.

Warm-up Procedures

Clubs will not be allocated warm-up lanes. General warm up lanes are to be used for circular swimming.

Diving may take place in the General Warm up lanes under the direction of an Accredited Coach.

Warm up will conclude 15 minutes prior to competition starting. This will be announced by the announcer of each session. Warm up is available on both sides of the boom until the end of the warmup period.

Lane 1 – Dive Sprints
Lane 2 – General Warm Up
Lane 3 - General Warm Up
Lane 4 – General Warm Up
Lane 5 – General Warm Up
Lane 6 – General Warm Up
Lane 7 – General Warm Up
Lane 8 – Dive Sprints

Self-Marshalling

Self-Marshalling will be used for this Championship. Please be mindful of your events, heats and lane numbers. Swimmers entered in the first two events of each session must report to the marshalling zone at least five minutes prior to the start time for each session. Following this, all swimmers will need to be in the self-marshalling zone at least 4 heats prior to the commencement of their heat for 50m-200m events and 2 heats for 400m events and over. Please ensure you are in the self-marshalling zone at the appropriate time, ready to go so you can be verified by the check starter prior to swimming.

If you happen to miss your race, you are to quickly make your way to the referee to be reallocated, if possible. The help desk official will inform the referee. At the discretion of the referee, you will then be placed into another heat, if possible.

Team managers may be utilised by clubs to assist swimmers throughout the meet. Please assist your team managers by ensuring you are paying attention to their given directions. Team managers will be made up of club parents or coaches, so please make yourself known to them on arrival.

Timekeepers

If you are allocated as a timekeeper as per the schedule below, please report to the finish end at least 10 minutes prior to the commencement of the session. If you are new to the role, please don't hesitate to call out for some support, the role of timekeeper is very important to the meet, especially the swimmers.

Withdrawals and Relay Changes

Any changes to the program, including Relay changes must be brought to the SNT Technical Manager, as per the guidelines outlined in point 35 of the Competition Notes above.

Club Allocated Volunteer Roster – All Sessions – 1 timekeeper per lane.

Lane 1	Alice Springs
Lane 2	Alice Springs
Lane 3	Alice Springs
Lane 4	Alice Springs (If visiting clubs could assist where needed here, that would be greatly appreciated)
Announcer & Medal Table	Nick Reynolds

Lost Property

Any lost property is to be handed into the pool front desk, lost property will be available for collection from the kiosk throughout the duration of the competitions.

First Aid

Venue staff are trained in first aid and will be providing general first aid coverage for all people attending the event.

Emergency Evacuation

In case of an emergency all persons are to proceed out through the main entrance. The emergency assembly point is in the car park. Please take note of the emergency evacuation notice at the entrance of the facility upon your entry.

Participating and Officiating

Have you ever wondered what it takes to be able to help at a meet? Have you considered what it takes to run a sanctioned meet? Would you like to participate in your child's sport, and support yours and many other kids as they strive to achieve their best?

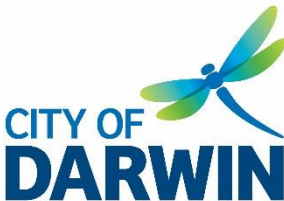
Becoming an accredited official is a simple process and we are very fortunate to have highly qualified officials who are willing to help you learn. There are many ways you can become involved, from timekeeping, check starting, announcing, recording, starting, right through to referee. For more information please be sure to talk to one of the SNT Technical Officials at the meet or email technicalmanager@nt.swimming.org.au

What's next in the NT?

For information on all meets and more, check the Swimming Northern Territory website:

<https://nt.swimming.org.au/>

Swimming Northern Territory would like to thank the following sponsors:





NT SHORT COURSE
SWIMMING
CHAMPIONSHIPS

Session 1 – Saturday 3rd August 2024

Warm-Up – 8:00am

Racing – 9:00am

NT Short Course Championships - Alice Springs - 3/08/2024 to 4/08/2024 Session Report

Session: 1 SNT SC Championships - Session 1

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Boys 12 & Over 800 Freestyle	1	1	09:00 AM	Check In at 8:00am
Finals	2 Girls 12 & Over 800 Freestyle	0	0	09:14 AM	_____
Finals	3 Boys 9 & Over 100 IM	7	2	09:14 AM	_____
Finals	4 Girls 9 & Over 100 IM	4	1	09:21 AM	_____
Finals	5 Boys 100 IM Multi-Class	0	0	09:29 AM	_____
Finals	6 Girls 100 IM Multi-Class	0	0	09:29 AM	_____
Finals	101 Mixed 10 & Under 25 Butterfly	2	1	09:29 AM	_____
Finals	7 Boys 12 & Over 200 Breaststroke	0	0	09:33 AM	_____
Finals	8 Girls 12 & Over 200 Breaststroke	3	1	09:37 AM	_____
Finals	9 Mixed 9 & Over 100 Butterfly	3	1	09:45 AM	_____
Finals	10 Girls 9 & Over 100 Butterfly	0	0	09:49 AM	_____
Finals	11 Boys 100 Butterfly Multi-Class	0	0	09:49 AM	_____
Finals	12 Girls 100 Butterfly Multi-Class	0	0	09:49 AM	_____
Finals	102 Mixed 10 & Under 25 Freestyle	5	2	09:49 AM	_____
Finals	13 Boys 11 & Over 200 Freestyle	5	2	09:55 AM	_____
Finals	14 Girls 11 & Over 200 Freestyle	6	2	10:02 AM	_____
Finals	15 Boys 200 Freestyle Multi-Class	0	0	10:10 AM	_____
Finals	16 Girls 200 Freestyle Multi-Class	0	0	10:10 AM	_____
Finals	103 Mixed 10 & Under 25 Breaststroke	5	2	10:10 AM	_____
Finals	17 Boys 9 & Over 50 Breaststroke	8	2	10:14 AM	_____
Finals	18 Girls 9 & Over 50 Breaststroke	13	4	10:21 AM	_____
Finals	19 Boys 50 Breaststroke Multi-Class	0	0	10:27 AM	_____
Finals	20 Girls 50 Breaststroke Multi-Class	0	0	10:27 AM	_____
Finals	21 Boys 12 & Over 200 Backstroke	0	0	10:27 AM	_____
Finals	22 Girls 12 & Over 200 Backstroke	2	1	10:31 AM	_____
Finals	104 Mixed 10 & Under 25 Backstroke	6	2	10:36 AM	_____
Finals	23 Boys 9 & Over 50 Butterfly	5	2	10:41 AM	_____
Finals	24 Girls 9 & Over 50 Butterfly	4	1	10:48 AM	_____
Finals	25 Boys 50 Butterfly Multi-Class	0	0	10:55 AM	_____
Finals	26 Girls 50 Butterfly Multi-Class	0	0	10:55 AM	_____
Finals	27 Boys 12 & Over 400 IM	1	1	10:55 AM	Check In at 9:55am
Finals	28 Girls 12 & Over 400 IM	0	0	11:02 AM	_____
Finals	29 Mixed 12 & Under 200 Medley Relay	3	1	11:02 AM	_____
Finals	30 Mixed 13 & Over 200 Medley Relay	1	1	11:07 AM	_____
Finals	31 Mixed 12 & Under 200 Freestyle Relay	3	1	11:14 AM	_____
Finals	32 Mixed 13 & Over 200 Freestyle Relay	1	1	11:19 AM	_____
	Swimmers Counts for Warm-ups: 25	====	====		
	Entry / Heat Totals:	88	32		
	Finish Time			11:25 AM	_____

Please Note - the timeline has been designed to match the timeline for the same events in Darwin to ensure adequate and equal breaks for all swimmers.



SPORT INTEGRITY
AUSTRALIA

FOOD FIRST

REAL FOOD.
REAL BENEFITS.
NO RISK.

NO ONE EVER
TESTED **POSITIVE**
FOR **BANANA.**

Many supplements contain ingredients not listed on the label, some of which are banned in sport.

Do you know what you're putting into your body?

BANANACEP

A state of physical eliteness gained from the consumption of bananas.



Download the **Sport Integrity app** to reduce your risk of testing positive from a supplement or medication.

NT Short Course Championships - Alice Springs - 3/08/2024 to 4/08/2024
Meet Program - SNT SC Championships - Session 1

Event 1 Boys 12 & Over 800 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

Heat 1 of 1 Finals - CHECK IN - 8:00am

1			
2	Smith (V), Jarrad	16 Starplex	8:59.65
3			
4			

Event 3 Boys 9 & Over 100 SC Meter IM

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

Heat 1 of 2 Finals

1	Prime, Lachlan	9 KATH	2:12.86
2	Prime, Samuel	12 KATH	1:36.15
3	Moore, Ethan	12 Assc	1:38.70
4	Markham, Thomas	14 Assc	NT

Heat 2 of 2 Finals

1	Son, Jiho	11 Assc	NT
2	Francis, Declan	14 Assc	NT
3	Lijanga, Alfie	11 Assc	NT
4			

Event 4 Girls 9 & Over 100 SC Meter IM

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

Heat 1 of 1 Finals

1	Markham, Hannah	17 Assc	NT
2	Mann (V), Kayla	15 MP	1:16.86
3	Dodd, Lily	13 Assc	1:36.93
4	Frey, Pippa	10 Assc	NT

Event 101 Mixed 10 & Under 25 SC Meter Butterfly

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

Heat 1 of 1 Finals

1			
2	Frey, Pippa	W10 Assc	NT
3	Prime, Lachlan	M9 KATH	NT
4			

Event 8 Girls 12 & Over 200 SC Meter Breaststroke

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

Heat 1 of 1 Finals

1	Fong, Lilyan	14 Assc	NT
2	Markham, Hannah	17 Assc	3:09.64
3	Dodd, Lily	13 Assc	3:50.27
4			

Event 9 Mixed 9 & Over 100 SC Meter Butterfly

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

Heat 1 of 1 Finals

1	Moore, Ethan	M12 Assc	NT
2	Markham, Thomas	M14 Assc	1:21.68
3			
4	Mann (V), Kayla	W15 MP	1:14.98

Event 102 Mixed 10 & Under 25 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

Heat 1 of 2 Finals

1	Masempela, Chipego	W10 Assc	NT
2	Bramley, Gisella	W10 Assc	NT
3	Hansen, Noah	M10 Assc	NT
4			

Heat 2 of 2 Finals

1			
2	Lijanga, Winnie	W9 Assc	NT
3	Son, Yuna	W8 Assc	NT
4			

Event 13 Boys 11 & Over 200 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

Heat 1 of 2 Finals

1	Francis, Declan	14 Assc	2:41.70
2	Smith (V), Jarrad	16 Starplex	2:03.88
3	Markham, Thomas	14 Assc	2:16.79
4			

Heat 2 of 2 Finals

1			
2	Prime, Samuel	12 KATH	2:52.26
3	Moore, Ethan	12 Assc	2:53.73
4			

Event 14 Girls 11 & Over 200 SC Meter Freestyle

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

Heat 1 of 2 Finals

1	Dodd, Lily	13 Assc	2:45.22
2	Mann (V), Kayla	15 MP	2:26.42
3	Markham, Hannah	17 Assc	2:28.82
4			

Heat 2 of 2 Finals

1	Fong, Lilyan	14 Assc	NT
2	Prime, Ruby	13 KATH	3:13.16
3	Fendt, Rachel	11 Assc	3:39.87
4			

Event 103 Mixed 10 & Under 25 SC Meter Breaststroke

Lane Name	Age	Team	Seed Time
-----------	-----	------	-----------

Heat 1 of 2 Finals

1	Hansen, Noah	M10 Assc	NT
2	Masempela, Chipego	W10 Assc	NT
3	Bramley, Gisella	W10 Assc	NT
4			

Heat 2 of 2 Finals

1			
2	Lijanga, Winnie	W9 Assc	NT
3	Son, Yuna	W8 Assc	NT
4			

NT Short Course Championships - Alice Springs - 3/08/2024 to 4/08/2024
Meet Program - SNT SC Championships - Session 1

Event 17 Boys 9 & Over 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1	Francis, Declan	14	Assc	41.34
2	Smith (V), Jarrad	16	Starplex	33.75
3	Markham, Thomas	14	Assc	37.75
4	Moore, Ethan	12	Assc	50.19

Heat 2 of 2 Finals

1	Prime, Lachlan	9	KATH	1:16.68
2	Lijanga, Alfie	11	Assc	58.60
3	Son, Jiho	11	Assc	1:10.19
4	Hansen, Noah	10	Assc	NT

Event 18 Girls 9 & Over 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1	Fong, Lilyan	14	Assc	45.53
2	Markham, Hannah	17	Assc	39.77
3	Osborne, Kakala	14	Assc	43.27
4	Dodd, Lily	13	Assc	49.80

Heat 2 of 4 Finals

1	Fendt, Rachel	11	Assc	56.90
2	Osborne, Makare	11	Assc	52.27
3	Frey, Pippa	10	Assc	54.30
4	Francis, Chloe	11	Assc	56.91

Heat 3 of 4 Finals

1	Masempela, Chipego	10	Assc	1:02.94
2	Lijanga, Winnie	9	Assc	1:01.82
3	Osborne, Liya	9	Assc	1:01.96
4				

Heat 4 of 4 Finals

1				
2	Satour, Dulcie	11	Assc	1:13.57
3	Bramley, Gisella	10	Assc	NT
4				

Event 22 Girls 12 & Over 200 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 1 Finals

1				
2	Mann (V), Kayla	15	MP	2:41.91
3	Fong, Lilyan	14	Assc	NT
4				

Event 104 Mixed 10 & Under 25 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2 Finals

1	Frey, Pippa	W10	Assc	NT
2	Lijanga, Winnie	W9	Assc	27.45
3	Bramley, Gisella	W10	Assc	31.38
4				

Heat 2 of 2 Finals

1	Son, Yuna	W8	Assc	NT
2	Masempela, Chipego	W10	Assc	NT
3	Hansen, Noah	M10	Assc	NT
4				

Event 23 Boys 9 & Over 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2 Finals

1	Moore, Ethan	12	Assc	50.39
2	Markham, Thomas	14	Assc	29.69
3	Prime, Samuel	12	KATH	40.79
4				

Heat 2 of 2 Finals

1				
2	Francis, Declan	14	Assc	NT
3	Son, Jiho	11	Assc	NT
4				

Event 24 Girls 9 & Over 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1	Dodd, Lily	13	Assc	46.11
2	Mann (V), Kayla	15	MP	33.16
3	Frey, Pippa	10	Assc	45.55
4	Osborne, Makare	11	Assc	50.41

Event 27 Boys 12 & Over 400 SC Meter IM

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 1 Finals - CHECK IN - 9:55am

1				
2	Smith (V), Jarrad	16	Starplex	5:04.79
3				
4				

Event 29 Mixed 12 & Under 200 SC Meter Medley Relay

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 1 Finals

1	Assc	C	NT
2	1) Lijanga, Winnie W9	2) Bramley, Gisella W10	3:08.19
3	1) Frey, Pippa W10	2) Fendt, Rachel W11	
3	3) Moore, Ethan M12	4) Son, Jiho M11	
4	Assc	B	NT
4	1) Francis, Chloe W11	2) Lijanga, Alfie M11	
4	3) Osborne, Makare W11	4) Hansen, Noah M10	

Event 30 Mixed 13 & Over 200 SC Meter Medley Relay

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 1 Finals

1			
2	Assc	A	2:23.13
3	1) Francis, Declan M14	2) Markham, Hannah W17	
3	3) Osborne, Kakala W14	4) Markham, Thomas M14	
4			

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**SPORT INTEGRITY
AUSTRALIA**

NT Short Course Championships - Alice Springs - 3/08/2024 to 4/08/2024
Meet Program - SNT SC Championships - Session 1

Event 31 Mixed 12 & Under 200 SC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1	Assc	C	NT
		2) Bramley, Gisella W10	
	3) Masempela, Chipego W10		
2	Assc	A	2:30.85
	1) Osborne, Makare W11	2) Francis, Chloe W11	
	3) Son, Jiho M11	4) Moore, Ethan M12	
3	Assc	B	NT
	1) Frey, Pippa W10	2) Hansen, Noah M10	
	3) Fendt, Rachel W11	4) Lijanga, Alfie M11	
4			

Event 32 Mixed 13 & Over 200 SC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1			
2	Assc	A	2:07.91
	1) Markham, Thomas M14	2) Dodd, Lily W13	
	3) Fong, Lilyan W14	4) Francis, Declan M14	
3			
4			



NT SHORT COURSE
SWIMMING
CHAMPIONSHIPS

Session 2 – Sunday 4th August 2024

Warm-Up – 8:00am

Racing – 9:00am

NT Short Course Championships - Alice Springs - 3/08/2024 to 4/08/2024 Session Report

Session: 2 SNT SC Championships - Session 2

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	33 Boys 12 & Over 400 Freestyle	0	0	09:00 AM	_____
Finals	34 Mixed 12 & Over 400 Freestyle	3	1	09:00 AM	Check In at 8:00am
Finals	35 Boys 50 Backstroke Multi-Class	0	0	09:14 AM	_____
Finals	36 Girls 50 Backstroke Multi-Class	0	0	09:14 AM	_____
Finals	37 Boys 9-10 50 Backstroke	2	1	09:14 AM	_____
Finals	38 Girls 9-10 50 Backstroke	3	1	09:16 AM	_____
Finals	39 Boys 11 & Over 50 Backstroke	5	2	09:18 AM	_____
Finals	40 Girls 11 & Over 50 Backstroke	8	2	09:24 AM	_____
Finals	41 Boys 11 & Over 200 IM	0	0	09:32 AM	_____
Finals	42 Mixed 11 & Over 200 IM	3	1	09:32 AM	_____
Finals	43 Boys 200 IM Multi-Class	0	0	09:40 AM	_____
Finals	44 Girls 200 IM Multi-Class	0	0	09:40 AM	_____
Finals	45 Boys 9 & Over 100 Freestyle	7	2	09:40 AM	_____
Finals	46 Girls 9 & Over 100 Freestyle	8	2	09:49 AM	_____
Finals	47 Boys 100 Freestyle Multi-Class	0	0	09:59 AM	_____
Finals	48 Girls 100 Freestyle Multi-Class	0	0	09:59 AM	_____
Finals	49 Boys 9 & Over 100 Breaststroke	5	2	09:59 AM	_____
Finals	50 Girls 9 & Over 100 Breaststroke	5	2	10:04 AM	_____
Finals	51 Boys 100 Breaststroke Multi-Class	0	0	10:12 AM	_____
Finals	52 Girls 100 Breaststroke Multi-Class	0	0	10:12 AM	_____
Finals	53 Boys 9 & Over 50 Freestyle	8	2	10:12 AM	_____
Finals	54 Girls 9 & Over 50 Freestyle	14	4	10:19 AM	_____
Finals	55 Boys 50 Freestyle Multi-Class	0	0	10:27 AM	_____
Finals	56 Girls 50 Freestyle Multi-Class	0	0	10:27 AM	_____
Finals	57 Boys 12 & Over 200 Butterfly	0	0	10:27 AM	_____
Finals	58 Girls 12 & Over 200 Butterfly	0	0	10:31 AM	_____
Finals	59 Boys 9-10 100 Backstroke	0	0	10:31 AM	_____
Finals	60 Girls 9-10 100 Backstroke	1	1	10:34 AM	_____
Finals	61 Boys 11 & Over 100 Backstroke	4	1	10:37 AM	_____
Finals	62 Girls 11 & Over 100 Backstroke	6	2	10:43 AM	_____
Finals	63 Boys 100 Backstroke Multi-Class	0	0	10:48 AM	_____
Finals	64 Girls 100 Backstroke Multi-Class	0	0	10:48 AM	_____
Finals	65 Boys 12 & Over 1500 Freestyle	1	1	10:48 AM	Check In at 9:48am
Finals	66 Girls 12 & Over 1500 Freestyle	0	0	11:15 AM	_____
Finals	67 Mixed 12 & Under 100 Freestyle Relay	3	1	11:15 AM	_____
Finals	68 Mixed 13 & Over 100 Freestyle Relay	1	1	11:20 AM	_____
Finals	69 Mixed 12 & Under 100 Medley Relay	3	1	11:24 AM	_____
Finals	70 Mixed 13 & Over 100 Medley Relay	1	1	11:30 AM	_____
	Swimmers Counts for Warm-ups: 24	====	====		
	Entry / Heat Totals:	91	31		
	Finish Time			11:35 AM	_____

Please Note - the timeline has been designed to match the timeline for the same events in Darwin to ensure adequate and equal breaks for all swimmers.

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**SPORT INTEGRITY
AUSTRALIA**

NT Short Course Championships - Alice Springs - 3/08/2024 to 4/08/2024
Meet Program - SNT SC Championships - Session 2

Event 34 Mixed 12 & Over 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals - CHECK IN - 8:00am				
1	Fong, Lilyan	W14	Assc	NT
2	Mann (V), Kayla	W15	MP	5:09.83
3				
4	Smith (V), Jarrad	M16	Starplex	4:25.07

Event 37 Boys 9-10 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
1				
2	Prime, Lachlan	9	KATH	1:02.04
3	Hansen, Noah	10	Assc	NT
4				

Event 38 Girls 9-10 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
1	Lijanga, Winnie	9	Assc	NT
2	Frey, Pippa	10	Assc	42.25
3	Masempela, Chipego	10	Assc	59.10
4				

Event 39 Boys 11 & Over 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1	Moore, Ethan	12	Assc	39.62
2	Markham, Thomas	14	Assc	31.94
3	Francis, Declan	14	Assc	39.43
4				
Heat 2 of 2 Finals				
1				
2	Prime, Samuel	12	KATH	44.75
3	Lijanga, Alfie	11	Assc	55.12
4				

Event 40 Girls 11 & Over 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1	Fong, Lilyan	14	Assc	40.00
2	Osborne, Kakala	14	Assc	35.72
3	Mann (V), Kayla	15	MP	36.00
4	Francis, Chloe	11	Assc	41.40
Heat 2 of 2 Finals				
1	Dodd, Lily	13	Assc	47.17
2	Osborne, Makare	11	Assc	46.85
3	Fendt, Rachel	11	Assc	46.91
4	Satur, Dulcie	11	Assc	51.52

Event 42 Mixed 11 & Over 200 SC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
1	Dodd, Lily	W13	Assc	3:08.08
2	Mann (V), Kayla	W15	MP	2:41.92
3				
4	Markham, Thomas	M14	Assc	2:46.68

Event 45 Boys 9 & Over 100 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1	Moore, Ethan	12	Assc	1:20.09
2	Markham, Thomas	14	Assc	59.98
3	Francis, Declan	14	Assc	1:09.49
4	Prime, Samuel	12	KATH	1:20.81
Heat 2 of 2 Finals				
1	Prime, Lachlan	9	KATH	1:49.36
2	Son, Jiho	11	Assc	1:36.29
3	Lijanga, Alfie	11	Assc	1:39.07
4				

Event 46 Girls 9 & Over 100 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1	Dodd, Lily	13	Assc	1:20.70
2	Osborne, Kakala	14	Assc	1:11.78
3	Fong, Lilyan	14	Assc	1:13.58
4	Prime, Ruby	13	KATH	1:22.73
Heat 2 of 2 Finals				
1	Francis, Chloe	11	Assc	1:42.01
2	Fendt, Rachel	11	Assc	1:39.23
3	Frey, Pippa	10	Assc	1:40.21
4	Masempela, Chipego	10	Assc	1:59.78

Event 49 Boys 9 & Over 100 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1	Francis, Declan	14	Assc	1:33.72
2	Smith (V), Jarrad	16	Starplex	1:13.72
3	Markham, Thomas	14	Assc	1:31.43
4				
Heat 2 of 2 Finals				
1				
2	Moore, Ethan	12	Assc	1:48.46
3	Lijanga, Alfie	11	Assc	NT
4				

Event 50 Girls 9 & Over 100 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1	Dodd, Lily	13	Assc	1:50.39
2	Markham, Hannah	17	Assc	1:28.57
3	Fong, Lilyan	14	Assc	1:41.61
4				
Heat 2 of 2 Finals				
1				
2	Frey, Pippa	10	Assc	2:09.32
3	Osborne, Liya	9	Assc	NT
4				

NT Short Course Championships - Alice Springs - 3/08/2024 to 4/08/2024
Meet Program - SNT SC Championships - Session 2

Event 53 Boys 9 & Over 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1	Moore, Ethan	12	Assc	35.69
2	Markham, Thomas	14	Assc	26.58
3	Francis, Declan	14	Assc	31.73
4	Prime, Samuel	12	KATH	36.96

Heat 2 of 2 Finals

1	Prime, Lachlan	9	KATH	48.43
2	Son, Jiho	11	Assc	38.64
3	Lijanga, Alfie	11	Assc	41.60
4	Hansen, Noah	10	Assc	NT

Event 54 Girls 9 & Over 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 4 Finals

1	Fong, Lilyan	14	Assc	32.80
2	Mann (V), Kayla	15	MP	30.65
3	Osborne, Kakala	14	Assc	31.66
4	Dodd, Lily	13	Assc	36.80

Heat 2 of 4 Finals

1	Francis, Chloe	11	Assc	38.81
2	Osborne, Makare	11	Assc	37.70
3	Prime, Ruby	13	KATH	38.21
4	Frey, Pippa	10	Assc	40.36

Heat 3 of 4 Finals

1	Masempela, Chipecto	10	Assc	50.46
2	Fendt, Rachel	11	Assc	41.13
3	Satour, Dulcie	11	Assc	49.41
4				

Heat 4 of 4 Finals

1	Bramley, Gisella	10	Assc	52.81
2	Osborne, Liya	9	Assc	50.47
3	Lijanga, Winnie	9	Assc	52.78
4				

Event 60 Girls 9-10 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 1 Finals

1				
2	Frey, Pippa	10	Assc	1:35.97
3				
4				

Event 61 Boys 11 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 1 Finals

1	Moore, Ethan	12	Assc	1:41.09
2	Markham, Thomas	14	Assc	1:08.67
3	Francis, Declan	14	Assc	1:24.69
4	Son, Jiho	11	Assc	NT

Event 62 Girls 11 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2 Finals

1	Fong, Lilyan	14	Assc	1:38.45
2	Mann (V), Kayla	15	MP	1:15.63
3	Markham, Hannah	17	Assc	1:24.22
4				

Heat 2 of 2 Finals

1	Satour, Dulcie	11	Assc	NT
2	Fendt, Rachel	11	Assc	1:48.93
3	Francis, Chloe	11	Assc	NT
4				

Event 65 Boys 12 & Over 1500 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 1 Finals - CHECK IN - 9:48am

1				
2	Smith (V), Jarrad	16	Starplex	17:19.16
3				
4				

Event 67 Mixed 12 & Under 100 SC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 1 Finals

1	Assc	C	NT
		2) Osborne, Liya W9	
	3) Masempela, Chipecto W10		
2	Assc	A	NT
	1) Lijanga, Alfie M11	2) Hansen, Noah M10	
	3) Francis, Chloe W11	4) Frey, Pippa W10	
3	Assc	B	NT
	1) Moore, Ethan M12	2) Fendt, Rachel W11	
	3) Son, Jiho M11	4) Osborne, Makare W11	
4			

Event 68 Mixed 13 & Over 100 SC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 1 Finals

1			
2	Assc	A	NT
	1) Markham, Thomas M14	2) Dodd, Lily W13	
	3) Francis, Declan M14	4) Osborne, Kakala W14	
3			
4			

Event 69 Mixed 12 & Under 100 SC Meter Medley Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1	Assc	C	NT
	1) Frey, Pippa W10	2) Fendt, Rachel W11	
	3) Son, Jiho M11	4) Moore, Ethan M12	
2	Assc	A	NT
	1) Francis, Chloe W11	2) Lijanga, Alfie M11	
	3) Osborne, Makare W11	4) Hansen, Noah M10	
3	Assc	B	NT
	1) Lijanga, Winnie W9	2) Osborne, Liya W9	
4			

NT Short Course Championships - Alice Springs - 3/08/2024 to 4/08/2024
Meet Program - SNT SC Championships - Session 2

Event 70 Mixed 13 & Over 100 SC Meter Medley Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals

1			
2	Assc	A	NT
	1) Fong, Lilyan W14		2) Francis, Declan M14
	3) Osborne, Kakala W14		4) Markham, Thomas M14
3			
4			



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