

Meet Program



2024 Winter Wipeout LC Meet

Parap Pool
77 Ross Smith Avenue, Parap
Saturday 17th August 2024

Warm-up - 8:00am Racing - 9:00am















WHAT IS THE NATIONAL INTEGRITY FRAMEWORK FRAMEWORK?

The National Integrity Framework is a suite of policies which sets out rules for unacceptable behaviour in your sport and explains the way Complaints about breaches of these rules are managed.

The Framework was developed by the independent government agency Sport Integrity Australia in consultation with sports to keep your sport safe and fair.

The Framework is a set of rules that all members of your sport need to follow when it comes to their behaviour and conduct in your sport.

There are four core policies which make up the National Integrity Framework. These are:

- 1. Safeguarding Children and Young People Policy
- 2. Member Protection Policy
- 3. Competition Manipulation and Sports Gambling Policy
- 4. Improper Use of Drugs and Medicines Policy

These policies outline what types of behaviour are unacceptable in your sport – these behaviours are called Prohibited Conduct. Prohibited Conduct is an action that is a breach of a policy – for example, bullying is Prohibited Conduct under the Member Protection Policy.

These core policies are underpinned by the Complaints, Disputes and Discipline Policy.

The Complaints, Disputes and Disciplines Policy explains how people who have breached a National Integrity Framework policy are held accountable for doing the wrong thing.

Under this policy, any person or organisation who breaches a policy may be sanctioned. A sanction could range from mandatory education all the way up to a ban from participating in sport.

Under the National Integrity Framework, Sport Integrity Australia can manage all Complaints about discrimination, or any behaviour which might be considered Prohibited Conduct under the Safeguarding Children and Young People Policy.

This means that the majority of Complaints under the National Integrity Framework, including the highest risk and most complex Complaints, will be handled independent of the sport where they occurred.

All other Complaints under the National Integrity Framework can be made to your sport, who will handle these Complaints under the Complaints, Disputes and Discipline Policy.

This means, whether a Complaint is handled by Sport Integrity Australia or your sport, there is a consistent process for handling Complaints.

What does it mean for me?

As a member of a sport that has signed up to the National Integrity Framework, if someone behaves poorly by breaching one of the Policies, you can make a Complaint about the breach.









Swimming Northern Territory sincerely welcomes all competitors, coaches, team managers, volunteers and technical officials to the 2024 SNT Winter Wipeout LC Meet, held at Parap Pool on Saturday 17th August 2024, the first long course meet of the new 2024-25 season.

The following clubs are represented at this meet:

Team		Swimmers
1	Casuarina Swim Club	20
2	Darwin Buffaloes Swim Club	4
3	Darwin Stingers Swim Club	2
4	Darwin Swim Club	45
5	Nightcliff Swim Club	41
	Total	112

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

- Parap Pool management (YMCA) for hosting this meet and the City of Darwin for their ongoing support.
- Our Clubs, their committee members, coaches, club team managers and volunteers who enable swim clubs to continue to promote this great sport.
- All our Officials & Committee members who volunteer their time to make it possible to run our meets in the territory.
- 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.

Interested in becoming a Technical Official?

Have you ever wondered what it takes to be able to help at a meet? Have you considered what it takes to run an SQ-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?

Swimming NT offers pathways for all levels of TO's.

The best place to be pool side!

Come down and see Swimming NT staff to get involved!

Please contact Kate Reynolds – technicalmanager@nt.swimming.org.au















Notes for the event

- 1. This meet will be conducted under the Swimming Australia and World Aquatics rules, as well as the SNT Competition Rules, where applicable.
- 2. All competitors must at the time of competing, be a registered Competitive Member of a Swimming Club, which is duly affiliated, with SAL.
- 3. The age of competitors shall be as of the 17th August 2024.
- 4. On the day late entries will **NOT** be accepted, under any circumstances.
- 5. Any withdrawals seeking a refund of entry fees MUST be accompanied with a medical certificate.
- 6. By entering this swim meet all swimmers and attendees agree to adhere to the Swimming Northern Territory code of conduct. The code of conduct can be found at the following link.

 CODE OF CONDUCT LINK.
- 7. Warm-up commences for at 8:00am, with the first race to commence at 9:00am.
- 8. Dive starts and pace work during warm-up will be allocated for Lanes 0 and 9.
- 9. After the commencement of the meet, there is no allocated warm-up / warm-down swimming area.
- 10. 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.
- 11. Heats may be combined / eliminate or changed at the discretion of the Referee / Chief Referee.
- 12. The 'one start' rule will be used at this meet.
- 13. All event finishes will take place at the shallow end of the pool.
- 14. Self-Marshalling will be used for this meet. Swimmers will need to be in the self-marshalling zone at least 4 heats prior to the commencement of their heat for all 50m and 100m events. All clubs are recommended to provide team managers to assist their swimmers keep track of proceedings and to ensure swimmers are in the self-marshalling zone at the appropriate time.
- 15. The Referee will call the swimmers to their position on their blocks with a long whistle blast.
- 16. The Starter will call "take your marks"; the swimmers will assume their starting positions and remain stationary until the starting device is sounded.
- 17. Any swimmer may be disqualified if they delay the start or wilfully disobey an instruction from the Starter.
- 18. 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, **by the side of the pool**.
- 19. All protests are to be submitted in writing by a responsible team leader together with a \$100 deposit with the Referee no later than 30 minutes after the announcement of the results or disqualifications.
- 20. The Referee will be the sole arbitrator of all disputes and his/her decision will be final.
- 21. In nominating for this meet, swimmers agreed that they may be photographed by Swimming Northern Territory and approved Club photographers; the images may used by Swimming Northern territory and the Club at its discretion.















- 22. 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 meet and posted in a prominent position.
 - Official results will also be published within 48hrs of the completion of this Championship on the Swimming Northern Territory website event pages as well as uploaded to Swim Central.

IMPORTANT INFORMATION

Venue Access - Entry Procedure

Entry will be through the main entrance to Parap Pool.

SNT Strongly encourages that YOU DO NOT ATTEND IF:

- You have tested positive for COVID within the last 7 days.
- You are experiencing any symptoms of COVID19.
- 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 areas for clubs. Swimmers and parents are free to sit where they feel comfortable, but preferably within their own club areas.

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.

Self-Marshalling

This is a self-marshalling event. Please be mindful of your events, heats and lane numbers. You are to report to the self-marshalling zone at least 4 heats prior to your own, so you are ready to go and can be verified by the check starter as swimming. If you happen to miss your race, you are to quickly make your way to the help desk 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 each club to assist swimmers throughout the day. Please assist your team managers by listening and 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.















Food and Drinks

All meet attendees are encouraged to bring some food and drink with you to the meet as there will be no food provided at the meet. However, the canteen at the pool is open for takeaway.

Timekeeping Roster

Timekeepers are required to be supplied by the following clubs please. At this stage, we are only requiring 1 timekeeper per lane for this meet.

Lane 0	Nightcliff
Lane 1	Nightcliff
Lane 2	Nightcliff
Lane 3	Nightcliff
Lane 4	Darwin
Lane 5	Darwin
Lane 6	Darwin
Lane 7	Darwin
Lane 8	Casuarina
Lane 9	Casuarina

Warm-Up Procedures

NOTE: Warm up commences at 8:00am for this meet. Diving may only take place in lanes 0 and 9 during the warm-up under the direction of an accredited coach.

Warm Up Concludes 10min Prior to the Scheduled race start time

Lane 0	Dives and Short Sprints
Lane 1	General Warm-up
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	Dives and Short Sprints
Lane 9	MC Swimmers Only













2024 SNT Winter Wipeout - 17/08/2024 Session Report

Session: 1 2024 SNT Winter Wipeout Day of Meet: 1 Starts at 09:00 AM

Round		Event	Entries	Heats	Starts at	
Finals	1	Mixed 8 & Over 50 Butterfly	54	6	09:00 AM	
Finals	2	Mixed 25 Butterfly	16	2	09:10 AM	
Finals	3	Mixed 9 & Over 100 Backstroke	28	3	09:14 AM	
Finals	4	Mixed 25 Breaststroke	16	2	09:23 AM	
Finals	5	Mixed 8 & Over 50 Breaststroke	53	6	09:26 AM	
Finals	6	Mixed 9 & Over 100 Freestyle	55	6	09:37 AM	
Finals	7	Mixed 25 Backstroke	14	2	09:52 AM	
Finals	8	Mixed 8 & Over 50 Backstroke	48	5	09:55 AM	
Finals	9	Mixed 9 & Over 100 Breaststroke	33	4	10:06 AM	
Finals	10	Mixed 25 Freestyle	14	2	10:18 AM	
Finals	11	Mixed 8 & Over 50 Freestyle	73	8	10:21 AM	
Finals	12	Mixed 9 & Over 100 Butterfly	13	2	10:33 AM	
		Swimmers Counts for Warm-ups: 112	====	====		
		Entry / Heat Totals:	417	48		
		Finish Time			10:39 AM	



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

Lane	Name	Age	Team	Seed Time
	1 of 6 Finals			
0	Loganathan, Isaac	M15	CAS	34.46
1	Shira, Harshdeep Sing		DAR	32.83
2	Baker Brown, Harriso		DAR	31.91
3	Dans, Andrei	M16	DAR	28.19
4	Young, Bayleigh	M17	DAR	26.39
5	Sheridan, Macey	W14	DAR	27.96
6	Brown, Patrick	M16	DAR	28.33
7	Bonson, Joseph	M16	Nightcliff	32.56
8	Kiranou, Stella	W16	Nightcliff	33.67
9	Kiranou, Christina	W14	Nightcliff	34.78
Heat	2 of 6 Finals			
0	Roscoe, Bailey	M12	Nightcliff	39.71
1	Blignaut, Joshua	M10	Nightcliff	39.19
2	Mercader, Samantha	W14	CAS	37.71
3	Perera, Sasini	W21	Nightcliff	36.11
4	Harris, Mia	W16	CAS	35.41
5	James, Isla	W11	DAR	36.10
6	Kiley, Emma	W14	DAR	36.35
7	Baylis, Andrew	M45	Darwin Buffalos	38.31
8	Lamont, Louis	M10	Nightcliff	39.68
9	Holm, Stella	W12	DAR	41.44
Heat	3 of 6 Finals			
0	Waromi, Timothy	M8	CAS	46.40
1	Smith, Olivia	W13	CAS	45.79
2	Perera, Sandharu	M11		44.30
3	Lamont, Oliver		Nightcliff	43.51
4	Conway, Kate		CDW	42.17
5	Slater, Sienna	W13		43.09
6	Sandell, Tiana	W14		44.21
7	Waromi, Immanuel	M11		45.58
8	Lefebvre, Ava		Nightcliff	45.83
9	Baldwin, Edward	M10	DAR	46.74
Heat	4 of 6 Finals			
0	Baksh, Steffi		Nightcliff	53.80
1	Collins, Olive	W13		52.45
2	Gleeson, Shannon		Nightcliff	51.19
3	Hoare, Saoirse		DAR	50.00
4	luu, Emilie		Nightcliff	46.75
5	Smith, Isabella	W12	CAS	47.26
6	Chin, Genevieve	W11	CAS	51.19
7	Besnard, Lucien	M10	CAS	51.25
8	Hewett, Fletcher	M11	Nightcliff	52.45
9	Shah, Prithvi	M12	DAR	55.47

Heat	5 of 6 Finals			
0	Malla, Nayana	W10	Nightcliff	1:09.11
1	James, Hazel	W10	DAR	1:06.58
2	Lamont, Charlotte	W8	Nightcliff	1:01.56
3	Grills, Danny	M11	Nightcliff	57.65
4	Hancock, Sahrah S6	W14	Nightcliff	55.49
5	McDonald, Jack	M13	DAR	55.50
6	McDonald, Matilda	W13	DAR	1:01.14
7	Grills, Kiara	W12	Nightcliff	1:03.98
8	Perera, Sarah	W8	CAS	1:06.62
9	Prentice, Lachlan	M9	DAR	1:12.21
Heat	6 of 6 Finals			
0				
1				
2				
3	Prentice, Michael	M41	Darwin Buffalos	NT
4	Bush, John	M9	Nightcliff	NT
5	Grills, Zeke	M8	Nightcliff	NT
6	Young, William	M55	Darwin Buffalos	NT
7				
8				
9				

Event 2 Mixed 25 LC Meter Butterfly

Lane	e Name	Age	Team	Seed Time
Heat	t 1 of 2 Finals	_		
0	Hedger, Thomas	M10	DAR	33.27
1	Culgan, Harper	W8	Nightcliff	32.10
2	Tan, Han	M9	CAS	28.43
3	Sharma, Anisha	W9	DAR	25.85
4	Roscoe, Asha	W9	Nightcliff	22.69
5	Culgan, Matilda	W11	Nightcliff	24.50
6	Doley, Eli	M8	CAS	27.43
7	James, Grady	M7	DAR	31.79
8	Cox, Ruby	W7	DAR	32.12
9	Dans, Aidan	M9	DAR	33.75
Heat	t 2 of 2 Finals			
0				
1				
2	Malla, Nayana	W10	Nightcliff	NT
3	Dang, Stella	W9	Nightcliff	NT
4	Hewett, Spike	M7	Nightcliff	37.33
5	Heslop, JiaQi	W7	CAS	55.79
6	Griffin, Elliot	М9	CAS	NT
7	Kiranou, Nicholas	M9	Nightcliff	NT
8				
9				

Event 3 Mixed 9 & Over 100 LC Meter Backstrok	Event	3	Mixed 9	& 0	ver 10	00 LC	Meter	Backstrok
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Lane	e Name	Age	Team	Seed Time
Hea	t 1 of 3 Finals			
0	Hallett, Thomas	M12	Nightcliff	1:25.68
1	Omnes, Elliott	M13	Nightcliff	1:21.94
2	Hunter, Pippa	W12	CAS	1:13.80
3	Roberts, Melissa	W15	DAR	1:10.80
4	Smith, James	M18	DAR	1:02.38
5	Baker Brown, Harris	on M14	DAR	1:10.49
6	Cox, Ella	W14	DAR	1:13.66
7	Reader, Chloe	W16		1:14.26
8	Rutene, McKenzie	W12	DAR	1:22.12
9	Baldwin, Edward	M10	DAR	1:28.83
Hea	t 2 of 3 Finals			
0	Hewett, Fletcher	M11	Nightcliff	1:47.63
1	McInerney, Odette	W11	Nightcliff	1:39.76
2	Tonkin, Eloise	W13		1:36.22
3	Sandell, Tiana	W14	CAS	1:34.94
4	Roscoe, Bailey	M12	Nightcliff	1:28.95
5	James, Isla	W11	DAR	1:29.59
6	Smith, Isabella	W12	CAS	1:36.04
7	Bury, Sharyn	W53	CDW	1:38.46
8	Collins, Olive	W13	DAR	1:40.55
9	Chin, Genevieve	W11	CAS	1:47.88
Hea	t 3 of 3 Finals			
0				
1	Waromi, Immanuel	M11		NT
2	Roopan, Saanvi	W10	DAR	1:58.66
3	Shah, Prithvi	M12	DAR	1:52.00
4	Perera, Sandharu	M11		1:48.23
5	McDonald, Matilda	W13		1:48.68
6	Prosser, Ollie	М9	Nightcliff	1:52.65
7	Hewett, Tilly	W10	_	2:01.26
8	Olsen, Kalub	M17	DAR	NT
9				

Event 4 Mixed 25 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat	1 of 2 Finals			
0	Harrington Ware, Sand	y M6	DAR	37.56
1	James, Grady	M7	DAR	33.94
2	Baldwin, Charles	M8	DAR	29.71
3	Culgan, Matilda	W11	Nightcliff	27.41
4	Udakumbura, Thinuga	M14	DAR	26.68
5	Dang, Stella	W9	Nightcliff	27.21
6	Hedger, Thomas	M10	DAR	29.11
7	Doley, Eli	M8	CAS	31.47
8	Cox, Ruby	W7	DAR	36.62
9	Dans, Aidan	М9	DAR	38.63

Heat 2 of 2 Finals

0				
1				
2	Griffin, Elliot	M9	CAS	NT
3	Sunil, Ricky Ryan	M15	Nightcliff	NT
4	Hewett, Spike	M7	Nightcliff	39.47
5	Heslop, JiaQi	W7	CAS	46.88
6	McHugh, Emerson	M10	Nightcliff	NT
7	Kiranou, Nicholas	M9	Nightcliff	NT
8				
9				

Event 5 Mixed 8 & Over 50 LC Meter Breaststroke

Lane	e Name	Age	Team	Seed Time
Hea	t 1 of 6 Finals			
0	Kiranou, Stella	W16	Nightcliff	43.97
1	Omnes, Elliott	M13	Nightcliff	43.00
2	Mercader, Samantha	W14	CAS	42.08
3	Toonson, Luca	M16	DAR	40.86
4	Bonson, Joseph	M16	Nightcliff	33.57
5	Harris, Mia	W16	CAS	38.83
6	Lamont, Louis	M10	Nightcliff	41.57
7	Perera, Sasini	W21	Nightcliff	42.91
8	Katape, Diyon	M13	CAS	43.32
9	Samjowan, Tara	W12	Nightcliff	45.17
Hea	t 2 of 6 Finals			
0	Tonkin, Eloise	W13	CAS	50.74
1	Morrissey, Teo	M11	DAR	49.81
2	Holm, Stella	W12	DAR	47.67
3	Slater, Sienna	W13	DAR	46.04
4	Lamont, Oliver	M12	Nightcliff	45.34
5	Lefebvre, Ava	W12	Nightcliff	45.70
6	Conway, Kate	W39	CDW	47.47
7	Besnard, Lucien	M10	CAS	49.78
8	Gleeson, Shannon	W12	Nightcliff	50.64
9	Buckland, Aiko SB14	W14	Nightcliff	50.77
Hea	t 3 of 6 Finals			
0	Tan, Han	M9	CAS	55.25
1	Sharma, Isha	W12	DAR	53.63
2	Collins, Olive	W13	DAR	53.30
3	Baylis, Chloe	W10	DAR	52.53
4	Edwards, Samuel	M13	DAR	51.22
5	Sandell, Tiana	W14	CAS	51.83
6	Mighall, Megan	W13	Nightcliff	52.95
7	Hoare, Saoirse	W11	DAR	53.59
8	Hancock, Sahrah SB6	W14	Nightcliff	53.66
9	McDonald, Matilda	W13	DAR	55.50

Heat	4 Finals (#5 Mixe	d 8 & 0	Over 50 LC Met	er Breaststroke)
0	Lamont, Charlotte	W8	Nightcliff	1:03.21
1	Grills, Kiara	W12	Nightcliff	1:00.78
2	luu, Emilie	W10	Nightcliff	58.40
3	McDonald, Jack	M13	DAR	56.41
4	Perera, Sandharu	M11	CAS	55.63
5	Roopan, Saanvi	W10	DAR	56.12
6	Grills, Danny	M11	Nightcliff	56.48
7	Dang, Stella	W9	Nightcliff	58.49
8	James, Hazel	W10	DAR	1:03.04
9	Waromi, Timothy	M8	CAS	1:03.89
Heat	5 of 6 Finals			
0	Sheridan, Avryl	W8	DAR	NT
1	Sharma, Anisha	W9	DAR	1:14.47
2	Palumbo, Ebony	W11	Nightcliff	1:09.94
3	Baldwin, Charles	M8	DAR	1:06.58
4	Prentice, Lachlan	M9	DAR	1:04.10
5	Omnes, Sarah	W9	Nightcliff	1:05.45
6	Doley, Eli	M8	CAS	1:09.60
7	Perera, Sarah	W8	CAS	1:12.71
8	Bush, John	M9	Nightcliff	NT
9	Prentice, Michael	M41	Darwin Buffalos	NT
Heat	6 of 6 Finals			
0				
1				
2				
3	Sheridan, Leisyl	W8	DAR	NT
4	Sheridan, Belinda	W45	Darwin Buffalos	NT
5	Grills, Zeke	M8	Nightcliff	NT
6				
7				
8				
9				

Event 6 Mixed 9 & Over 100 LC Meter Freestyle

Name	Age	Team	Seed Time
1 of 6 Finals			
Walo, Skyler	W16	DAR	1:04.48
Baker Brown, Harrison	n M14	DAR	1:02.36
Dans, Andrei	M16	DAR	58.43
Brown, Liam	M15	DAR	55.17
Gee, Sampson	M16	DAR	54.30
Smith, James	M18	DAR	54.46
Sheridan, Macey	W14	DAR	57.01
Roberts, Cole	M13	DAR	59.93
Shira, Harshdeep Singl	n M14	DAR	1:04.41
Kiranou, Stella	W16	Nightcliff	1:05.77
	Walo, Skyler Baker Brown, Harrison Dans, Andrei Brown, Liam Gee, Sampson Smith, James Sheridan, Macey Roberts, Cole Shira, Harshdeep Singl	Tof 6 Finals Walo, Skyler W16 Baker Brown, Harrison M14 Dans, Andrei M16 Brown, Liam M15 Gee, Sampson M16 Smith, James M18 Sheridan, Macey W14 Roberts, Cole M13 Shira, Harshdeep Singh M14	Tof 6 Finals Walo, Skyler W16 DAR Baker Brown, Harrison M14 DAR Dans, Andrei M16 DAR Brown, Liam M15 DAR Gee, Sampson M16 DAR Smith, James M18 DAR Sheridan, Macey W14 DAR Roberts, Cole M13 DAR Shira, Harshdeep Singh M14 DAR

4 3N I	winter wipeout			
Heat	2 of 6 Finals			
0	Roscoe, Bailey	M12	Nightcliff	1:16.16
1	Kiley, Emma	W14	DAR	1:10.85
2	Watts, Jack	M16	DAR	1:09.29
3	Loganathan, Isaac	M15	CAS	1:07.82
4	Hunter, Pippa	W12	CAS	1:07.08
5	Kiranou, Christina	W14	Nightcliff	1:07.61
6	Samjowan, Tara	W12	Nightcliff	1:08.86
7	Perera, Sasini	W21	Nightcliff	1:09.93
8	Edwards, Samuel	M13	DAR	1:13.00
9	James, Isla	W11	DAR	1:16.51
Heat	3 of 6 Finals			
0	McInerney, Odette	W11	Nightcliff	1:25.83
1	Baldwin, Edward	M10	DAR	1:21.95
2	Baylis, Andrew	M45	Darwin Buffalos	1:20.10
3	Holm, Stella	W12	DAR	1:19.06
4	Hallett, Thomas	M12	Nightcliff	1:16.61
5	Blignaut, Joshua	M10	Nightcliff	1:17.28
6	Smith, Olivia	W13	CAS	1:19.63
7	Slater, Sienna	W13	DAR	1:21.23
8	Sandell, Tiana	W14	CAS	1:22.47
9	Baylis, Chloe	W10	DAR	1:26.04
Heat	4 of 6 Finals			
0	Roopan, Saanvi	W10		1:40.08
1	Gleeson, Shannon	W12	Nightcliff	1:36.63
2	Perera, Sandharu	M11		1:33.26
3	Besnard, Lucien	M10		1:31.04
4	Hewett, Fletcher	M11	_	1:26.38
5	Collins, Olive	W13		1:30.03
6	McDonald, Jack	M13	DAR	1:31.88
7	Shah, Prithvi	M12	DAR	1:34.24
8	Hancock, Sahrah S6	W14		1:36.95
9	Tan, Han	М9	CAS	1:42.40
Heat	5 of 6 Finals			
0	Sharma, Isha	W12	DAR	NT
1	Omnes, Sarah	W9	Nightcliff	2:03.25
2	Hewett, Tilly	W10		1:58.64
3	Prosser, Ollie	М9	Nightcliff	1:51.62
4	Prentice, Lachlan	М9	DAR	1:48.13
5	Grills, Kiara	W12	Nightcliff	1:48.99
6	James, Hazel	W10		1:53.37
7	Roscoe, Asha	W9	Nightcliff	1:59.24
8	Vaishnav, Krisha	W10		2:42.47
9	luu, Emilie	W10	Nightcliff	NT
Heat	6 of 6 Finals			
0				
1	M 11 M	1474.0	N:-l-+-l:ff	NT
2	Malla, Nayana	W10		NT
3	Morrissey, Teo	M11		NT
4	Palumbo, Ebony	W11		NT
5	Waromi, Immanuel	M11	CAS Nighteliff	NT
6	Baksh, Steffi	W10	Nightcliff	NT
7 8				
8 9				
9				

Event	7	Mixed 25 LC Meter Backstroke	
Event	/	Mixed 25 LC Meter Backstroke	

<u>Lane</u>	Name	Age	Team	Seed Time
Heat	1 of 2 Finals			
0	McHugh, Emerson	M10	Nightcliff	31.10
1	Harrington Ware, Sand	y M6	DAR	28.94
2	James, Grady	M7	DAR	26.77
3	Tan, Han	M9	CAS	25.33
4	Culgan, Matilda	W11	Nightcliff	22.16
5	Udakumbura, Thinuga	M14	DAR	23.91
6	Doley, Eli	M8	CAS	25.75
7	Hedger, Thomas	M10	DAR	27.78
8	Hewett, Spike	M7	Nightcliff	30.53
9	Cox, Ruby	W7	DAR	31.75
Heat	2 of 2 Finals			
0				
1				
2				
3	Lefebvre, Ava	W12	Nightcliff	NT
4	Heslop, JiaQi	W7	CAS	34.85
5	Dans, Aidan	M9	DAR	37.47
6	Griffin, Elliot	M9	CAS	NT
7				
8				
9				

Event 8 Mixed 8 & Over 50 LC Meter Backstroke

Lane	e Name	Age	Team	Seed Time
	t 1 of 5 Finals	1150	104111	Seed Time
0	Samjowan, Tara	W12	Nightcliff	38.48
1	Blignaut, Joshua	M10	Nightcliff	37.33
2	Omnes, Elliott	M13	Nightcliff	37.03
3	Bonson, Joseph	M16	Nightcliff	33.38
4	Young, Bayleigh	M17	DAR	29.74
5	Baker Brown, Harriso	n M14	DAR	31.68
6	Watts, Jack	M16	DAR	36.27
7	Mercader, Samantha	W14	CAS	37.32
8	Katape, Diyon	M13	CAS	38.39
9	Holm, Stella	W12	DAR	41.03
Heat	t 2 of 5 Finals			
0	Grills, Danny	M11	Nightcliff	46.59
1	Waromi, Timothy	M8	CAS	45.14
2	Tonkin, Eloise	W13	CAS	43.00
3	Lamont, Louis	M10	Nightcliff	42.23
4	James, Isla	W11	DAR	41.47
5	Roscoe, Bailey	M12	Nightcliff	42.00
6	Sandell, Tiana	W14	CAS	42.72
7	Shah, Prithvi	M12	DAR	44.71
8	McDonald, Jack	M13	DAR	45.62
9	Waromi, Immanuel	M11	CAS	47.44

Heat	t 3 of 5 Finals			
0	McDonald, Matilda	W13	DAR	50.35
1	Baksh, Steffi	W10	Nightcliff	49.31
2	Besnard, Lucien	M10	CAS	49.12
3	Bush, John	M9	Nightcliff	49.11
4	Mighall, Megan	W13	Nightcliff	48.50
5	Buckland, Aiko S14	W14	Nightcliff	48.79
6	Morrissey, Teo	M11	DAR	49.12
7	Culgan, Matilda	W11	Nightcliff	49.23
8	Chin, Genevieve	W11	CAS	49.60
9	Hewett, Fletcher	M11	Nightcliff	50.56
Heat	t 4 of 5 Finals			
0	Lamont, Charlotte	W8	Nightcliff	58.33
1	Palumbo, Ebony	W11	Nightcliff	56.35
2	Prentice, Lachlan	M9	DAR	55.65
3	Roscoe, Asha	W9	Nightcliff	52.59
4	Doley, Eli	M8	CAS	51.59
5	Roopan, Saanvi	W10	DAR	51.95
6	Grills, Kiara	W12	Nightcliff	55.49
7	James, Hazel	W10	DAR	55.89
8	Perera, Sarah	W8	CAS	57.70
9	Hewett, Tilly	W10	Nightcliff	1:00.56
Heat	t 5 of 5 Finals			
0				
1	Prentice, Michael	M41	Darwin Buffalos	NT
2	Sheridan, Avryl	W8	DAR	NT
3	Grills, Zeke	M8	Nightcliff	NT
4	Vaishnav, Krisha	W10	Nightcliff	1:02.74
5	Sheridan, Leisyl	W8	DAR	NT
6	Tepper, Zachary	M11	CAS	NT
7	luu, Emilie	W10	Nightcliff	NT
8	Sharma, Anisha	W9	DAR	NT
9				

Event 9 Mixed 9 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat	1 of 4 Finals	_		
0	Tonkin, Eloise	W13	CAS	1:44.68
1	Lefebvre, Ava	W12	Nightcliff	1:39.98
2	Harris, Mia	W16	CAS	1:25.69
3	Walo, Skyler	W16	DAR	1:22.14
4	Gee, Sampson	M16	DAR	1:12.02
5	Bonson, Joseph	M16	Nightcliff	1:17.06
6	Brown, Liam	M15	DAR	1:22.14
7	Katape, Diyon	M13	CAS	1:35.37
8	Slater, Sienna	W13	DAR	1:42.13
9	Bury, Sharyn	W53	CDW	1:49.86

9

Heat	t 2 Finals (#9 Mixed	19&0	Over 100 LC N	Meter Breaststrok
0	Hancock, Sahrah SB6	W14	Nightcliff	1:56.34
1	James, Isla	W11	DAR	1:56.15
2	Roopan, Saanvi	W10	DAR	1:54.99
3	Gleeson, Shannon	W12	Nightcliff	1:54.39
4	Besnard, Lucien	M10	CAS	1:52.34
5	Hoare, Saoirse	W11	DAR	1:52.82
6	Baylis, Chloe	W10	DAR	1:54.70
7	Collins, Olive	W13	DAR	1:56.04
8	Tan, Han	M9	CAS	1:56.16
9	Morrissey, Teo	M11	DAR	1:57.12
Heat	t 3 of 4 Finals			
0	Omnes, Sarah	W9	Nightcliff	2:31.18
1	Prentice, Lachlan	M9	DAR	2:11.70
2	Vaishnav, Krisha	W10	Nightcliff	2:09.75
3	Perera, Sandharu	M11	CAS	2:03.37
4	Baldwin, Edward	M10	DAR	1:59.50
5	McDonald, Matilda	W13	DAR	2:00.01
6	Shah, Prithvi	M12	DAR	2:07.67
7	Grills, Kiara	W12	Nightcliff	2:10.75
8	Prosser, Ollie	M9	Nightcliff	2:25.79
9	Hallett, Laura	W14	Nightcliff	NT
Heat	t 4 of 4 Finals			
0				
1				
2				
3	Olsen, Kalub	M17	DAR	NT
4	Baylis, Andrew	M45	Darwin Buffalos	NT
5	Sharma, Isha	W12	DAR	NT
6				
7				
8				
9				

Event	10	Mixed 25	LC Meter	Freestyle
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Lane	Name	Age	Team	Seed Time
Heat	1 of 2 Finals			
0	Kiranou, Nicholas	M9	Nightcliff	27.63
1	Cox, Ruby	W7	DAR	25.13
2	Harrington Ware, Sand	ly M6	DAR	23.37
3	McHugh, Emerson	M10	Nightcliff	22.47
4	Udakumbura, Thinuga	M14	DAR	18.90
5	Dang, Stella	W9	Nightcliff	20.65
6	Hedger, Thomas	M10	DAR	23.01
7	James, Grady	M7	DAR	23.49
8	Hewett, Spike	M7	Nightcliff	27.22
9	Baldwin, Charles	M8	DAR	29.19

Heat	2 of 2	Finals	
0			

0				
1				
2				
3	Griffin, Elliot	M9	CAS	NT
4	Heslop, JiaQi	W7	CAS	36.57
5	Sunil, Ralf Royston	M10	Nightcliff	NT
6	Culgan, Matilda	W11	Nightcliff	NT
7				
8				

Event 11 Mixed 8 & Over 50 LC Meter Freestyle

Lane	e Name	Age Team		Seed Time	
Heat	t 1 of 8 Finals				
0	Hunter, Pippa	W12	CAS	30.48	
1	Shira, Harshdeep Sing	h M14	DAR	29.55	
2	Bonson, Joseph	M16	Nightcliff	28.14	
3	Dans, Andrei	M16	DAR	26.62	
4	Brown, Patrick	M16	DAR	24.50	
5	Young, Bayleigh	M17	DAR	25.51	
6	Toonson, Luca	M16	DAR	27.46	
7	Baker Brown, Harriso	n M14	DAR	28.43	
8	Loganathan, Isaac	M15	CAS	29.71	
9	Samjowan, Tara	W12	Nightcliff	31.03	
Heat	t 2 of 8 Finals				
0	Roscoe, Bailey	M12	Nightcliff	34.05	
1	Kiley, Emma	W14	DAR	32.88	
2	Mercader, Samantha	W14	CAS	32.14	
3	Omnes, Elliott	M13	Nightcliff	31.95	
4	Harris, Mia	W16	CAS	31.24	
5	Kiranou, Christina	W14	Nightcliff	31.38	
6	Edwards, Samuel	M13	DAR	32.08	
7	Baylis, Andrew	M45	Darwin Buffalos	32.29	
8	Lamont, Oliver	M12	Nightcliff	33.75	
9	Hallett, Thomas	M12	Nightcliff	34.41	
Heat	t 3 of 8 Finals				
0	Smith, Olivia	W13	CAS	37.45	
1	Sandell, Tiana	W14		36.78	
2	Conway, Kate	W39	CDW	35.99	
3	Slater, Sienna	W13	DAR	35.70	
4	Blignaut, Joshua	M10	Nightcliff	35.13	
5	Holm, Stella	W12	DAR	35.48	
6	Lefebvre, Ava	W12	Nightcliff	35.80	
7	Smith, Isabella	W12	CAS	36.75	
8	Hewett, Fletcher	M11	Nightcliff	37.12	

Heat	t 4 Finals (#11 Mix	xed 8 &	Over 50 LC Me	ter Freestyle)
0	McInerney, Odette		Nightcliff	39.63
1	Waromi, Timothy	M8	CAS	39.14
2	Sharma, Isha	W12	DAR	38.48
3	Mighall, Megan	W13	Nightcliff	38.00
4	Chin, Genevieve	W11	CAS	37.64
5	Baksh, Steffi	W10	Nightcliff	37.86
6	Tonkin, Eloise	W13	CAS	38.02
7	Waromi, Immanuel	M11	CAS	38.52
8	McDonald, Jack	M13	DAR	39.35
9	Hoare, Saoirse	W11	DAR	40.04
Heat	5 of 8 Finals			
0	Tan, Han	M9	CAS	44.65
1	luu, Emilie	W10	Nightcliff	43.76
2	Roopan, Saanvi	W10	DAR	42.38
3	Besnard, Lucien	M10		41.50
4	Gleeson, Shannon	W12	Nightcliff	40.72
5	Collins, Olive	W13	DAR	40.94
6	Morrissey, Teo	M11	DAR	41.99
7	Bush, John	M9	Nightcliff	42.64
8	Grills, Kiara	W12	Nightcliff	44.61
9	Dang, Stella	W9	Nightcliff	45.42
Heat	6 of 8 Finals			
0	Malla, Nayana	W10	Nightcliff	52.21
1	Hewett, Tilly	W10	Nightcliff	51.95
2	Doley, Eli	M8	CAS	48.96
3	Roscoe, Asha	W9	Nightcliff	47.24
4	Hancock, Sahrah S6	W14	Nightcliff	45.69
5	McDonald, Matilda	W13	DAR	45.73
6	Prentice, Lachlan	M9	DAR	47.92
7	James, Hazel	W10	DAR	49.08
8	Omnes, Sarah	W9	Nightcliff	52.16
9	Culgan, Matilda	W11	Nightcliff	52.48
Heat	7 of 8 Finals			
0	Sheridan, Avryl	W8	DAR	NT
1	Sheridan, Belinda	W45	Darwin Buffalos	NT
2	Sharma, Anisha	W9	DAR	1:01.02
3	Palumbo, Ebony	W11	Nightcliff	53.68
4	Lamont, Charlotte	W8	Nightcliff	52.59
5	Perera, Sarah	W8	CAS	53.30
6	Dans, Aidan	M9	DAR	58.51
7	Grills, Danny	M11	Nightcliff	NT
8	Grills, Zeke	M8	Nightcliff	NT
9	Tepper, Zachary	M11	CAS	NT
	8 of 8 Finals			
0				
1				
2			D . D	
3	Prentice, Michael	M41	Darwin Buffalos	NT
4	Sheridan, Leisyl	W8	DAR	NT
5	Young, William	M55	Darwin Buffalos	NT
6				
7				
8				
9				

Event 12 Mixed 9 & Over 100 LC Meter Butterfly Lane Name Age Team Seed Time							
	1 of 2 Finals						
0	James, Isla	W11	DAR	1:44.28			
1	Roscoe, Bailey	M12	Nightcliff	1:31.80			
2	Loganathan, Isaac	M15	CAS	1:18.60			
3	Reader, Chloe	W16	DAR	1:08.23			
4	Dans, Andrei	M16	DAR	1:03.81			
5	Smith, James	M18	DAR	1:05.46			
6	Cox, Ella	W14	DAR	1:09.98			
7	Rutene, McKenzie	W12	DAR	1:22.48			
8	Lamont, Louis	M10	Nightcliff	1:43.34			
9	Perera, Sandharu	M11	CAS	1:52.09			
leat	2 of 2 Finals						
0							
1							
2							
3	Hallett, Laura	W14	Nightcliff	NT			
4	Prosser, Ollie	M9	Nightcliff	2:11.30			
5	Buckland, Aiko S14	W14	Nightcliff	2:14.24			
6							
7							
8							
9							



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- Very few performance supplements are backed by evidence.
- The majority of supplements are unnecessary and can create risk to an athlete's health and career.
- Check out www.sportdietitions.com.au for loads of body-fuelling ideas.





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2024 SNT Winter Wipeout - 17/08/2024 Session Report

Session: 2 Time Trials Day of Meet: 1 Starts at 10:45 AM

Round	Event	Entries	Heats	Start <mark>s at</mark>	
Finals	101 Mixed 200 IM Time Trial	4	1	10:45 AM	
Finals	102 Mixed 200 Freestyle Time Trial	3	1	10:49 AM	
	Swimmers Counts for Warm-ups: 7	====	====		
	Entry / Heat Totals:	7	2		
	Finish Time			10:53 AM	



2024 SNT Winter Wipeout - 17/08/2024 Meet Program - Time Trials

Event	101	Mixed 200 LC Meter IM Time Trial	
cveni	1111	MIXEG ZOO IX. MELET IM TIME ITIAL	

Lane	Name	Age	Team	Seed Time
Heat	1 of 1 Finals			
0				
1				
2	Roberts, Cole	M13	DAR - BUTTERFLY	NT
3				
4				
5	Watts, Jack	M16	DAR	NT
6	Hallett, Laura	W14	Nightcliff	NT
7	Smith, Olivia	W13	CAS	NT
8				
9				

Event 102 Mixed 200 LC Meter Freestyle Time Trial

Lane	Name	Age	Team	Seed Time
Heat	1 of 1 Finals			
0				
1				
2				
3	Waromi, Immanuel	M11	CAS	NT
4	Loganathan, Isaac	M15	CAS	NT
5	Mercader, Samantha	W14	CAS	NT
6				
7				
8				
9				