



2019 Long Course Improvement Meet 3

Parap Swimming Pool

Saturday 23rd March 2019

Gates Open 7.30am

7.45am Warm Up

8.40am Competition Start

Warm Up Procedures

Lane 0	Dives/Sprints only
Lane 1	General warm up lanes - Darwin
Lane 2	General warm up lanes - Darwin
Lane 3	General warm up lanes - Palmerston/Nightcliff
Lane 4	General warm up lanes - Nightcliff
Lane 5	General warm up lanes - Nightcliff
Lane 6	General warm up lanes - Casuarina
Lane 7	General warm up lanes - Casuarina
Lane 8	General warm up lanes - Casuarina
Lane 9	Dives/Sprints only

Warm up will conclude at 8.30am.

General warm up lanes for circular swimming.

General warm up lanes may be used for diving under the direct supervision of a club coach.

Please Note: Only one lane will be available in the 25m pool for warm up and cool down.

Lane number to be advised on day.

Lane Allocations for Timekeeping		
Club	Number of Swimmers/Total	Number of Timekeepers required
DAR	15/51	6
NCLF	18/51	7
CAS	17/51	7
PALM	1/51	0

Timekeepers please sign in at least 10 minutes prior to scheduled start of meet
– lanes allocated on first come/first served basis



All results will be available using Meet Mobile:

<https://www.active.com/mobile?int=mob-meet-mobile-app-01>

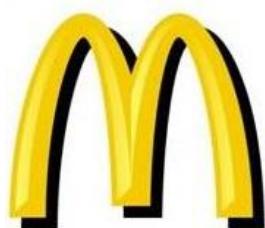
MEET PROGRAM

SATURDAY 23rd March 8.40AM

Event No.	Category	EVENT
1	Mixed 10 & Over	200m Individual Medley
2	Mixed 10 & Over	50m Backstroke
3	Mixed 10 & Over	100m Freestyle
4	Mixed 10 & Over	50m Butterfly
5	Mixed 10 & Over	100m Breaststroke

Notes to program

- Format** All events to be swum as mixed gender timed finals
- Rules** Conducted under the rules of Swimming Australia Ltd.
- Officials** SNTI is seeking officials from all clubs to assist



Improvement Meet 3 - 23-Mar-19**Session Report**

Session: 1 Improvement Meet 3

Day of Meet: 1 Starts at 08:40 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 10 & Over 200 IM	21	3	08:40 AM	_____
Finals	2 Mixed 10 & Over 50 Backstroke	24	3	08:53 AM	_____
Finals	3 Mixed 10 & Over 100 Freestyle	32	4	08:58 AM	_____
Finals	4 Mixed 10 & Over 50 Butterfly	21	3	09:07 AM	_____
Finals	5 Mixed 10 & Over 100 Breaststroke	29	3	09:12 AM	_____
	Swimmers Counts for Warm-ups: 51	=====	=====		
	Entry / Heat Totals:	127	16		
	Finish Time			09:20 AM	_____

Improvement Meet 3 - 23-Mar-19

Meet Program - Improvement Meet 3

Event 1Mixed 10 & Over 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

0				_____
1				_____
2	Susanto, Eva	W10	NCLF	NT_____
3	Cousens, Ari	M12	CAS	4:07.40_____
4	Gunther Oliver, Martina	W13	NCLF	3:49.54_____
5	Chirizzi, Khloe	W10	NCLF	3:56.00_____
6	Kazamias, Wesley	M11	NCLF	NT_____
7				_____
8				_____
9				_____

Heat 2 of 3 Finals

0				_____
1	Walo, Skyler	W10	DAR	3:36.28_____
2	Highland, Brodie	M10	CAS	3:26.54_____
3	Holloway, Shaquille	W17	NCLF	3:20.24_____
4	Tremblay, Nicolas	M13	CAS	3:09.64_____
5	Smith, James	M13	DAR	3:13.19_____
6	Reader, Chloe	W11	CAS	3:24.05_____
7	Susanto, Peter	M12	NCLF	3:33.63_____
8	Ho, Tiffany	W11	DAR	3:36.31_____
9				_____

Heat 3 of 3 Finals

0				_____
1	Messenger, Hayley	W12	NCLF	3:03.56_____
2	Smith, Imogen	W15	DAR	3:03.24_____
3	Gunther Oliver, Nicholas	M14	NCLF	2:54.69_____
4	Culgan, Damian	M15	CAS	2:23.32_____
5	Martyn, Jakob	M15	DAR	2:39.73_____
6	Pandithage, Rahul	M14	CAS	3:03.19_____
7	Pringle, Lochart	M13	NCLF	3:03.24_____
8	Yates, Bella	W13	NCLF	3:08.16_____
9				_____

Event 2Mixed 10 & Over 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

0				_____
1	Ward, Mikayla	W10	NCLF	NT_____
2	Higgs, Travis	M12	Palmerston Shark	1:02.49_____
3	Susanto, Eva	W10	NCLF	58.94_____
4	Kazamias, Wesley	M11	NCLF	53.06_____
5	Dwyer, Grace	W14	NCLF	58.10_____
6	Burchill, Noa	W10	DAR	1:00.08_____
7	Bertschi, Felix	M11	CAS	1:02.99_____
8	Dwyer, John	M12	NCLF	NT_____
9				_____

Heat 2 of 3 Finals

0				_____
1	Cousens, Ari	M12	CAS	50.15_____
2	Chirizzi, Khloe	W10	NCLF	47.56_____
3	Susanto, Peter	M12	NCLF	44.77_____
4	Smith, James	M13	DAR	40.85_____
5	Houlihan, Liam	M11	CAS	43.42_____
6	Pringle, Edward	M10	NCLF	45.06_____
7	Pandithage, Darshi	W12	CAS	48.93_____
8	Young, Bayleigh	M11	NCLF	51.82_____
9				_____

Heat 3 of 3 Finals

0				_____
1	Pringle, Lochart	M13	NCLF	39.25_____
2	Mende, Dylan	M13	DAR	38.51_____
3	Basira, Varaidzo	W16	CAS	33.68_____
4	Devlin, Leigh	M16	CAS	31.21_____
5	Yates, Bella	W13	NCLF	33.66_____
6	Houlihan, Caitlin	W14	CAS	37.75_____
7	Tremblay, Nicolas	M13	CAS	38.91_____
8	Cunningham, Daniel	M11	DAR	40.51_____
9				_____

Event 3Mixed 10 & Over 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

0				_____
1				_____
2	Dwyer, John	M12	NCLF	NT_____
3	Higgs, Travis	M12	Palmerston Shark	NT_____
4	Susanto, Eva	W10	NCLF	1:59.50_____
5	Bertschi, Felix	M11	CAS	2:07.71_____
6	Freijah, Tahlia	W12	NCLF	NT_____
7	Ward, Mikayla	W10	NCLF	NT_____
8				_____
9				_____

Heat 2 of 4 Finals

0				_____
1	Burchill, Noa	W10	DAR	1:54.87_____
2	Gunther Oliver, Martina	W13	NCLF	1:37.63_____
3	Young, Bayleigh	M11	NCLF	1:30.05_____
4	Kazamias, Wesley	M11	NCLF	1:28.84_____
5	Hart, Shallen	W11	DAR	1:29.32_____
6	Chirizzi, Khloe	W10	NCLF	1:30.19_____
7	Cousens, Ari	M12	CAS	1:41.29_____
8	Dwyer, Grace	W14	NCLF	1:55.33_____
9				_____

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Heat 3 Finals (#3 Mixed 10 & Over 100 LC Meter Freestyle)

0					_____
1	Sherar, Katie	W12	DAR	1:27.77	_____
2	Susanto, Peter	M12	NCLF	1:24.89	_____
3	Sawyer, Benji	M13	DAR	1:21.05	_____
4	Thomson, Mikayla	W13	DAR	1:17.17	_____
5	Holloway, Shaquille	W17	NCLF	1:18.01	_____
6	Abella, Colin	M14	DAR	1:24.31	_____
7	Walo, Skyler	W10	DAR	1:25.53	_____
8	Pringle, Edward	M10	NCLF	1:27.81	_____
9					_____

Heat 4 of 4 Finals

0	Perera, Sasini	W15	NCLF	1:14.33	_____
1	Houlihan, Caitlin	W14	CAS	1:10.87	_____
2	Hutton, Tia	W13	DAR	1:05.92	_____
3	Walo, Sienna	W15	DAR	1:02.01	_____
4	Materazzo, Andrew	M13	CAS	1:00.29	_____
5	White, Jenti	W16	CAS	1:01.97	_____
6	Culgan, Allison	W13	CAS	1:03.03	_____
7	Gunther Oliver, Nicholas	M14	NCLF	1:09.67	_____
8	Mende, Dylan	M13	DAR	1:12.80	_____
9	Smith, James	M13	DAR	1:15.94	_____

Event 4 Mixed 10 & Over 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

0					_____
1					_____
2					_____
3	Susanto, Eva	W10	NCLF	1:12.20	_____
4	Kazamias, Wesley	M11	NCLF	52.51	_____
5	Cousens, Ari	M12	CAS	54.56	_____
6	Burchill, Noa	W10	DAR	1:06.37	_____
7	Ward, Mikayla	W10	NCLF	NT	_____
8					_____
9					_____

Heat 2 of 3 Finals

0					_____
1	Chirizzi, Khloe	W10	NCLF	50.47	_____
2	Susanto, Peter	M12	NCLF	48.30	_____
3	Smith, James	M13	DAR	43.67	_____
4	Pringle, Lochart	M13	NCLF	40.11	_____
5	Cunningham, Daniel	M11	DAR	40.82	_____
6	Ho, Tiffany	W11	DAR	44.26	_____
7	Highland, Brodie	M10	CAS	50.11	_____
8	Pringle, Edward	M10	NCLF	50.48	_____
9					_____

Heat 3 of 3 Finals

0					_____
1	Tremblay, Nicolas	M13	CAS	39.88	_____
2	Smith, Imogen	W15	DAR	37.77	_____
3	Shi, Qito	M13	CAS	34.92	_____
4	Bricknell, Samuel	M18	NCLF	28.41	_____
5	Yates, Bella	W13	NCLF	33.85	_____
6	Perera, Sasini	W15	NCLF	37.40	_____
7	Gunther Oliver, Nicholas	M14	NCLF	39.37	_____
8	Abella, Colin	M14	DAR	39.90	_____
9					_____

Event 5 Mixed 10 & Over 100 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

0	Dwyer, Grace	W14	NCLF	NT	_____
1	Higgs, Travis	M12	Palmerston Shark	NT	_____
2	Freijah, Tahlia	W12	NCLF	NT	_____
3	Susanto, Eva	W10	NCLF	2:41.81	_____
4	Chirizzi, Khloe	W10	NCLF	2:09.89	_____
5	Bertschi, Felix	M11	CAS	2:12.93	_____
6	Young, Bayleigh	M11	NCLF	NT	_____
7	Dwyer, John	M12	NCLF	NT	_____
8	Ward, Mikayla	W10	NCLF	NT	_____
9					_____

Heat 2 of 3 Finals

0	Cousens, Ari	M12	CAS	2:02.17	_____
1	Holloway, Shaquille	W17	NCLF	1:55.33	_____
2	Cunningham, Daniel	M11	DAR	1:50.62	_____
3	Pandithage, Darshi	W12	CAS	1:48.73	_____
4	Kazamias, Wesley	M11	NCLF	1:48.27	_____
5	Walo, Skyler	W10	DAR	1:48.31	_____
6	Susanto, Peter	M12	NCLF	1:50.28	_____
7	Houlihan, Liam	M11	CAS	1:55.23	_____
8	Hart, Shallen	W11	DAR	1:57.61	_____
9	Pringle, Edward	M10	NCLF	2:09.64	_____

Heat 3 of 3 Finals

0	Thomson, Mikayla	W13	DAR	1:46.37	_____
1	Sawyer, Benji	M13	DAR	1:43.83	_____
2	Gunther Oliver, Nicholas	M14	NCLF	1:37.09	_____
3	Pandithage, Rahul	M14	CAS	1:27.22	_____
4	Goldney, Benjamin	M15	CAS	1:15.23	_____
5	Martyn, Jakob	M15	DAR	1:25.48	_____
6	Pringle, Lochart	M13	NCLF	1:32.93	_____
7	Mende, Dylan	M13	DAR	1:38.77	_____
8	Sherar, Katie	W12	DAR	1:45.41	_____
9	Reader, Chloe	W11	CAS	1:47.14	_____