



**Swimming
Metro North West
November 2008
Number 5**

Your Area Swimming Newsletter

President's Note

By Steve Williams

November has seen the inaugural Swimming Metro North West Summer Championship held at Homebush pool over two weekends. For some swimmers this was their first major swim meet, for other swimmers it is a continuation of their sporting career.

On behalf of the area we hope all competitors, new and old, enjoyed the championship and are happy with their personal results and achievements.

The Championships was also be the first major meet for some of our newer officials. Ron Brettle has been very busy organising presentations and assessments for officials. This has resulted in an increased pool of willing and enthusiastic officials to ensure our Championships and meets run smoothly.

The trophies for our Winter Champions were also presented at the Summer Championships. Congratulations to our Champions.

The primary aim of your new area is to build on the strengths of the old Cumberland and Castlereagh districts and to grow into a new stronger area to benefit and support all our members. Thank you to those who are already putting in the time and effort to make this happen. Over the next few months we will be looking for feedback from members on what they want from the area. Again, don't miss the opportunity to be involved. Everyone can have input and everyone can be involved in helping to develop our new area.

Steve Williams.



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Official's Corner

By Ron Brettle

Summer Championships

This year's Championships ran very smoothly if a little longer on some nights than usual. I would like to thank all those Technical Officers who volunteered to work at the Championships. It was good to see a number of our officials being prepared to stand in at short notice when someone was unavailable. I would also like to thank the clubs for providing timekeepers for the four evenings. Swimming is a labour intensive sport and we needed a minimum of 56 Officials on each of the four nights. And that is not counting Runners and volunteers to feed and water the multitude.

Technical Official (TO) training and assessing

All TOs Australia wide must now be trained and assessed under the National Official Assessing Program. Training and competency assessment can only be carried out by qualified Presenters and Assessors.

Recently a number of candidates undertook training for accreditation as Recorder, Checkstarter and Marshall (the latter two are separate roles under the national system). They were all successfully assessed during the SMNW Championships. In addition the Galston club ran training for Timekeepers. These were subsequently assessed on a club night. I would like to thank Sandy Thompson and the Barker club and Steve Wall and The Hills club for providing the use of their facilities for training. I would also like to thank those presenters and assessors who helped with the training and assessment.

Training for all Technical Officer positions is currently being conducted for clubs in the Windsor / Riverstone area. An Announcers course will be run in late January/early February. All clubs will be notified of the details shortly. The area will commence running training for all TO positions during February/March. Again clubs will be notified of the details shortly.

Dress for area carnivals

Swimming Australia and Swimming NSW have adopted black pants/skirts, and black shoes and socks for all future state and national championships, including Metropolitan and Country Championships. SMNW has also adopted this dress rule for area meets (Speedo Heats and Championships). This means that in future TOs will be required to wear all black lower clothing with their area shirts when working at area meets. Shorts and long socks are no longer permitted. Lane Timekeepers rostered by their clubs are asked to wear neat sports attire at area meets.

Speedo

The next Area meet is the SMNW heats for the Speedo Sprint series to be held at Blacktown on Saturday, 7 February 2008. The official's roster will be sent out about two weeks beforehand.



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Open Carnivals

There are a number of clubs holding open carnivals in the first few months of 2009. The area is happy to assist with officials where necessary. Clubs should provide their own Timekeepers but if you need help with other TO positions please contact me ASAP.

Becoming an accredited Technical Official

Without Technical Officials we can't run carnivals. Why not have a go - you will find it both interesting and rewarding. Both the Swimming NSW and the Swimming Australia websites carry detailed explanations of the process for becoming an accredited TO. A brief summary of the process is also set out in the area newsletter for August/September. If you are interested then talk to your club Secretary. They can then contact me to make the necessary arrangements.

Yours in swimming

Ron Brettle

Competitions Secretary Report

By Penny Bernard

We have just completed a very successful summer championships, the first as the new area with the amalgamated clubs. We also had a completely new club, Cherrybrook Carlile.

These are the figures for the summer championships for the last 6 years

	2008	2007	2006	2005	2004	2003
No. clubs	18	17	17	17	18	18
No. swimmers	732	541	NA*	NA*	697	614
No. entries	4770	3559	3080	3702	4087	3840
Race fees	\$21,465.00	\$14,236.00	\$12,320.00	\$ 14,808.00	\$16,348.00	\$15,360.00

*The championships in 2005 and 2006 were split between two venues so the number of swimmers is difficult to calculate as two data bases were used to cope with the two venues.
#race fees increased from \$4.00 to \$4.50

You can see that we have had a dramatic increase in the number of entries over the last 4 years. 2004 and 2008 were Olympic years. I cannot say that this accounts for all the upsurge but it may account for some. The two extra clubs from amalgamation, Swimwest and Windsor and the new club, Cherrybrook, account for about 1000 extra entries. This means that entries overall were up.



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The results and the TM file are on the web site. One minor problem to be aware of is that MM does not allow a relay of more than 4 swimmers and 4 reserves. So, for our 10 or 12 person relay only 8 names can be put in. This should be fixed in future versions of MM.

I would like to thank all the clubs and club race secretaries for their vigilance in refusing entries that had not made the qualifying time. I had very few to follow up this year and it made it easier to prepare the program in time for printing. Most swimmers who swam over qualifying time only did by 1 to 2 seconds. There were, however, a few that were over by 10 to 20 seconds. These swimmers and clubs should look at the times submitted and decide if they were genuine.

We ran to time and even ran ahead for some of the meet. It was a long meet, especially session 3, but, I think, it was a good meet and worth running. The number of entries show that it was well supported and the "no swim" rate was just under 9%.

Some club race secretaries were involved with the running of the meet, being rostered on to "computer". This allows the race secretaries and thus the clubs to see how the meet runs and why things happen. I would encourage more people to be involved in this. Just let me know if you are interested. When the scoreboard freezes or shows strange swimmers or times, you know the reason and that we are pedaling hard in the background to fix it.

The trophies for the winter championships were presented on the first day of the summer championships and any trophy not collected has been sent to the club.

The age champions are as follows:

Age Group	Name	Club
8 & Under Girls	Amber Hayes	Swimwest
8 & Under Boys	Blake Byrne	Cherrybrook Carlile
9 Year Olds Girls	Charlotte Light	Cherrybrook Carlile
9 Year Olds Boys	Brian Yung	Ryde-Carlile
10 Year Olds Girls	Jan Reodique	Cherrybrook Carlile
10 Year Olds Boys	Andrew Noh	Ryde-Carlile
11 Year Olds Girls	Paris Zhang	Ryde-Carlile
11 Year Olds Boys	Hayden Hinds-Sydenham	SOPAC Swim Club
12 Year Olds Girls	Mikayla O'Connor	SOPAC Swim Club
12 Year Olds Boys	Peter Topalidis	Auburn
13 Year Olds Girls	Mikaela Middleton	Aquaburn
13 Year Olds Boys	Daniel MacKay	Barker Aquatics
14 Year Olds Girls	Beth Chilcott	Epping Bullets
14 Year Olds Boys	Tim Cottam	Barker Aquatic
15 Year Olds Girls	M Kirstie eertens	The Hills
15 Year Olds Boys	Eric Hamilton	SOPAC Swim Club



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16 Year Olds Girls	Katelyn Siddle	Castle Hill Dolphins
16 Year Olds Boys	Kurt Herzog	Aquaburn
17 & Over Girls	Alana Seager	The Hills
17 & Over Boys	Thomas Hollingsworth	Epping Bullets

The club point score winner was Ryde-Carlile and the relay point score winner was Ryde-Carlile. The handicap relay winning team will receive a trophy. This team was Castle Hill Dolphins.

Club Points Score

	Team	No of swimmers	Points individual	Points relays	Total points
1	Ryde-Carlile Swimming Club Inc	127	1,213	46	1,259
2	Cherrybrook Carlile Swimming Club	131	1,188	43	1,231
3	Aquaburn Swimming Club	52	853	30	883
4	Castle Hill RSL Dolphins	96	752	39	791
5	Epping Bullets Swimming Club	27	656	21	677
6	SOPAC Swim Club Inc	72	649	23	672
7	The Hills Swimming Club	32	563	7	570
8	Barker Aquatic Swim Club	45	445	4	449
9	Galston Swim Club	48	251	10	261
10	Windsor Swim Club	29	226	5	231
11	Swimwest Swimming Club	13	110	6	116
12	CIA Swimming Club	12	75	1	76
13	Auburn Swimming Club	13	71	2	73
14	North West Swimming Club	12	69	3	72
15	Parramatta City Swim Club	1	31		31
16	Bluefins Swimming Club	9	19		19
17	Hornsby ASC Inc	7	8		8



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Relay Point Scores

Place	Team	Points
1	Ryde-Carlile Swimming Club Inc	46
2	Cherrybrook Carlile Swimming Club	43
3	Castle Hill RSL Dolphins Swimming Club	39
4	Aquaburn Swimming Club	30
5	SOPAC Swim Club Inc	23
6	Epping Bullets Swimming Club	21
7	Galston Swim Club	10
8	The Hills Swimming Club	7
9	Swimwest Swimming Club	6
10	Windsor Swim Club	5
11	Barker Aquatic Swimming Club	4
12	North West Swimming Club	3
13	Auburn Swimming Club	2
14	Carrington Indoor Aquatic Swimming Club	1

Record certificates for both winter and summer will be ready soon and sent to the clubs for distribution.

The next meet will be Speedo Sprints on February 7, 2009. Watch the web site for the program and TM file.

I would wish everyone a Merry Christmas, a Happy New Year and good swimming.

Penny Bernard



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Editors' Note – Hello!

Thanks Alex for your 20 Editions of the Newsletter!!!

We hope we can do justice to the standard that Alex has set for this Newsletter over the last couple of years. Our initial approach will be brief and Newsy (as I hope you can see).

We are happy to take suggestions and feedback at the email address below.

Cheers!

Dave & Julie

Editors: Dave & Julie Mason

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