

OPIHI COLLEGE SWIMMING SPORTS

Monday 15th March

9:30 – 3:00pm

Temuka Domain

Important Notices

- Students to **wear House coloured mufti** to school. Some may like to have their togs already on under their clothes.
 - We encourage students to **apply sunscreen** before they come to school and then throughout the day. We will have sunscreen there, but if students can also bring along some for themselves it would be great.
 - Bring togs, towel (two may be a great idea), hat, sunscreen, extra food, water bottle
 - School lunches will be delivered to the pool.
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- Go to WHANAU when they arrive at school to get roll taken
 - After Whanau, all students will go to the Hall for a whole school briefing, then walk down to pool in their houses. If students bring a bike, they will bike in a group supervised by a teacher. Scooters and walkers will walk as a house group down Gammack Street, Domain Ave (in the trees) and then across oval to the pool.
 - Parents/Whanau/Family are encouraged to come along and support. One of our big focuses is to get as many students participating as possible. Because of this, we have included “Fun” non competitive events throughout the day. By participating in these events, students will still earn house points, but they will not count towards championship trophies. These events are in bold on the programme.
 - Due to a complete change in programme this year (with the revamp of the pool), we are unsure of the timings this year. We will definitely stop at 12:10 for lunch. Sorry for this lack of specific timing.
 - All races are **timed heats** and no finals will be run. Therefore students are encouraged to swim their best the first time.
 - Students will be **released to go home from the pool** at around 3pm. Buses will come to the pool to pick up bus students. If a parent wishes to take a student home, the student needs to check in with their Whanau Teacher or Dean before they leave.

The Volleyball team are fundraising and there will be the following food available



Sausage Sizzle \$2
Juicies \$1
Donuts \$2



Swimming Programme 1 Day Event (9.30-3.00)

9.30 Start

1.	100m Freestyle	Girls	Y7 & 8
2.	100m Freestyle	Girls	Y9 & 10
3.	100m Freestyle	Girls	Y11-13
4.	100m Freestyle	Boys	Y7 & 8
5.	100m Freestyle	Boys	Y9 & 10
6.	100m Freestyle	Boys	Y11-13
7.	25m Backstroke	Girls	youngest to oldest
8.	25m Backstroke	Boys	youngest to oldest
9.	50m Butterfly	Girls	Y7 & 8
10.	50m Butterfly	Girls	Y9 & 10
11.	50m Butterfly	Girls	Y11-13
12.	50m Butterfly	Boys	Y7 & 8
13.	50m Butterfly	Boys	Y9 & 10
14.	50m Butterfly	Boys	Y11-13
15.	Running Race	All ages	
16.	100m Breaststroke	Girls	Y7 & 8
17.	100m Breaststroke	Girls	Y9 & 10
18.	100m Breaststroke	Girls	Y11-13
19.	100m Breaststroke	Boys	Y7 & 8
20.	100m Breaststroke	Boys	Y9 & 10
21.	100m Breaststroke	Boys	Y11-13
22.	25m Freestyle	Girls	youngest to oldest
23.	50m Backstroke	Girls	Y7 & 8
24.	50m Backstroke	Girls	Y9 & 10
25.	50m Backstroke	Girls	Y11-13
26.	50m Backstroke	Boys	Y7 & 8
27.	50m Backstroke	Boys	Y9 & 10
28.	50m Backstroke	Boys	Y11-13
29.	Doggie Paddle Race	All ages	
30.	100m Medley	Girls	Y7 & 8
31.	100m Medley	Girls	Y9 & 10
32.	100m Medley	Girls	Y11-13
33.	100m Medley	Boys	Y7 & 8
34.	100m Medley	Boys	Y9 & 10
35.	100m Medley	Boys	Y11-13
36.	25m Freestyle	Boys	youngest to oldest
37.	100m Backstroke	Girls	Y7 & 8
38.	100m Backstroke	Girls	Y9 & 10
39.	100m Backstroke	Girls	Y11-13
40.	100m Backstroke	Boys	Y7 & 8
41.	100m Backstroke	Boys	Y9 & 10
42.	100m Backstroke	Boys	Y11-13
43.	Piggy Back Race	All ages	
44.	50m Breaststroke	Girls	Y7 & 8
45.	50m Breaststroke	Girls	Y9 & 10
46.	50m Breaststroke	Girls	Y11-13
47.	50m Breaststroke	Boys	Y7 & 8
48.	50m Breaststroke	Boys	Y9 & 10
49.	50m Breaststroke	Boys	Y11-13
50.	25m Breaststroke	Girls	youngest to oldest
51.	25m Breaststroke	Boys	youngest to oldest
52.	100m Butterfly	Girls	Y7 & 8
53.	100m Butterfly	Girls	Y9 & 10
54.	100m Butterfly	Girls	Y11-13
55.	100m Butterfly	Boys	Y7 & 8
56.	100m Butterfly	Boys	Y9 & 10
57.	100m Butterfly	Boys	Y11-13
58.	Handstand competition	All ages	
59.	50m Freestyle	Girls	Y7 & 8
60.	50m Freestyle	Girls	Y9 & 10
61.	50m Freestyle	Girls	Y11-13
62.	50m Freestyle	Boys	Y7 & 8
63.	50m Freestyle	Boys	Y9 & 10
64.	50m Freestyle	Boys	Y11-13
65.	House Lilo Race	Y7-13	
66.	House Relay	Y7-13	

Roll Call, clean up,
3.00 dismissed