

NSA/THSS SWIM CARNIVAL SAT 12TH SEPTEMBER 2026 @ NSA

14 YEARS & UNDER

Here are some points that will help the day run smoothly:

1) Arrive @ 4.15pm, Warm-up @ 4.30pm, Races start @ 4.40pm

2) Disqualification rules will be applied as follows:

DQ1 = standing up at turn

DQ2 = 1-hand touch in Breaststroke

DQ3 = 1-hand touch in Fly

DQ4 = no touch on Backstroke finish

DQ5 = false start

DQ6 = wrong Backstroke turn

DQ7 = Freestyle kick in Fly

3) Ribbons will be presented after each race and results posted on the noticeboard in the foyer.

Age Group winners will be announced at the end of the Meet

4) All children must bring their own swim cap, goggles, drink bottle and towel

If anyone has any questions or concerns during the Meet, please talk to Anne

RACE PROGRAM

Warm-up	10 minutes
1.	100m Freestyle*
2.	50m Freestyle
3.	25m Freestyle (7 & under)
4.	50m Backstroke
5.	25m Backstroke (7 & under)
6.	25m Breaststroke
7.	25m Butterfly
8.	100m Individual Medley*
9.	8 & under Freestyle Relay
10.	10 & under Freestyle Relay
11.	12 & under Freestyle Relay

TO ENTER CARNIVAL, PLEASE EMAIL: bookings@thswim.com.au with your child's name, date of birth, time for 50m Freestyle (or 25m 7&Under only) NO LATER THAN WEDNESDAY 9TH OF SEPTEMBER. \$35 entry fee will be added to your account

*Entry by invitation only