



De La Salle Catholic College Caringbah

Ambulate Digne Deo - Walk worthy of God

28 February 2020

Dear Parents,

Re: SSCCC Swimming Championships - Wednesday 4 March 2020

Your son has been selected to represent the college at the SSCCC Swimming Championships on Wednesday, 4 March. All students in school teams from the southern Sydney region will contest this carnival.

Date: Wednesday 4 March 2020
Venue: Caringbah Leisure Centre
Time: 8.00am - 2.00pm
Uniform: Full college sports uniform
Food: Students are to bring all food and refreshments for the day. A kiosk is available.

The order of events for the day is attached to this letter. Parents are most welcome to attend this event to support their sons. There is a \$2.00 spectator entry fee.

Please complete the attached permission slip and medical form and have it returned to me by Monday, 2 March 2020.

Yours sincerely,

Mr Andrew Devlin
Leader of Sport



(1719-2019) Tercentenary Celebration
of death of St John Baptist De La Salle



2020 SSSCC Swimming Championships – Order of Events

1. Girls Junior 400m Freestyle
2. Girls Intermediate 400m Freestyle
3. Girls Senior 400m Freestyle
4. Boys Junior 400m Freestyle
5. Boys Intermediate 400m Freestyle
6. Boys Senior 400m Freestyle
7. Girls 12 years 50m Freestyle
8. Boys 12 years 50m Freestyle
9. Girls 13 years 50m Freestyle
10. Boys 13 years 50m Freestyle
11. Girls 14 years 50m Freestyle
12. Boys 14 years 50m Freestyle
13. Girls 15 years 50m Freestyle
14. Boys 15 years 50m Freestyle
15. Girls 16 years 50m Freestyle
16. Boys 16 years 50m Freestyle
17. Girls 17+ years 50m Freestyle
18. Boys 17+ years 50m Freestyle
19. Girls 12 years 50m Butterfly
20. Boys 12 years 50m Butterfly
21. Girls 13 years 50m Butterfly
22. Boys 13 years 50m Butterfly
23. Girls 14 years 50m Butterfly
24. Boys 14 years 50m Butterfly
25. Girls 15 years 50m Butterfly
26. Boys 15 years 50m Butterfly
27. Girls 16 years 50m Butterfly
28. Boys 16 years 50m Butterfly
29. Girls 17+ years 50m Butterfly
20. Boys 17+ years 50m Butterfly
31. Girls Junior 200m Freestyle
32. Boys Junior 200m Freestyle
33. Girls Intermediate 200m Freestyle
34. Boys Intermediate 200m Freestyle
35. Girls Senior 200m Freestyle
36. Boys Senior 200m Freestyle
37. Girls Junior 100m Backstroke
38. Boys Junior 100m Backstroke
39. Girls Intermediate 100m Backstroke
40. Boys Intermediate 100m Backstroke
41. Girls Senior 100m Backstroke
42. Boys Senior 100m Backstroke
43. Girls 12 years 50m Breaststroke
44. Boys 12 years 50m Breaststroke
45. Girls 13 years 50m Breaststroke
46. Boys 13 years 50m Breaststroke
47. Girls 14 years 50m Breaststroke
48. Boys 14 years 50m Breaststroke
49. Girls 15 years 50m Breaststroke
50. Boys 15 years 50m Breaststroke
51. Girls 16 years 50m Breaststroke
52. Boys 16 years 50m Breaststroke
53. Girls 17+ years 50m Breaststroke
54. Boys 17+ years 50m Breaststroke
55. Girls 12 years 100m Freestyle
56. Boys 12 years 100m Freestyle
57. Girls 13 years 100m Freestyle
58. Boys 13 years 100m Freestyle
59. Girls 14 years 100m Freestyle
60. Boys 14 years 100m Freestyle
61. Girls 15 years 100m Freestyle
62. Boys 15 years 100m Freestyle
63. Girls 16 years 100m Freestyle
64. Boys 16 years 100m Freestyle
65. Girls 17+ years 100m Freestyle
66. Boys 17+ years 100m Freestyle
67. Girls 12 years 50m Backstroke
68. Boys 12 years 50m Backstroke
69. Girls 13 years 50m Backstroke
70. Boys 13 years 50m Backstroke
71. Girls 14 years 50m Backstroke
72. Boys 14 years 50m Backstroke
73. Girls 15 years 50m Backstroke
74. Boys 15 years 50m Backstroke
75. Girls 16 years 50m Backstroke
76. Boys 16 years 50m Backstroke
77. Girls 17+ years 50m Backstroke
78. Boys 17+ years 50m Backstroke
79. Girls Junior 200m Individual Medley
80. Boys Junior 200m Individual Medley
81. Girls Intermediate 200m Individual Medley
82. Boys Intermediate 200m Individual Medley
83. Girls Senior 200m Individual Medley
84. Boys Senior 200m Individual Medley
85. Girls Junior 100m Butterfly
86. Boys Junior 100m Butterfly
87. Girls Intermediate 100m Butterfly
88. Boys Intermediate 100m Butterfly
89. Girls Senior 100m Butterfly
90. Boys Senior 100m Butterfly
91. Girls Junior 100m Breaststroke
92. Boys Junior 100m Breaststroke
93. Girls Intermediate 100m Breaststroke
94. Boys Intermediate 100m Breaststroke
95. Girls Senior 100m Breaststroke
96. Boys Senior 100m Breaststroke

2020 SSCCC Swimming Championships – Order of Events

97. Girls Junior 4x50m Medley Relay (School Team)
98. Boys Junior 4x50m Medley Relay (School Team)
99. Girls Intermediate 4x50m Medley Relay (School Team)
100. Boys Intermediate 4x50m Medley Relay (School Team)

101. Girls Senior 4x50m Medley Relay (School Team)
102. Boys Senior 4x50m Medley Relay (School Team)
103. Girls Junior 4x50m Freestyle Relay (School Team)
104. Boys Junior 4x50m Freestyle Relay (School Team)

105. Girls Intermediate 4x50m Freestyle Relay (School Team)
106. Boys Intermediate 4x50m Freestyle Relay (School Team)
107. Girls Senior 4x50m Freestyle Relay (School Team)
108. Boys Senior 4x50m Freestyle Relay (School Team)

109. Girls All Age 6 x 50m Freestyle Relay (School Team)
110. Boys All Age 6 x 50m Freestyle Relay (School Team)

PERMISSION SLIP: SSCCC Swimming Championships - Wednesday 4 March 2020

- please return to Mr Devlin by 2 March 2020

STUDENT NAME: _____ HOMEROOM: _____

STUDENT MEDICAL DETAILS

Date of last anti-tetanus injection (if any) _____

Any relevant medical history important for our information, e.g., asthma, hay fever, bee stings, allergies, drugs taken during the past month:

Medicare Number: _____

Any additional health benefits: _____

I am covered by Ambulance Service: Yes/No

3. ACCIDENT AND INJURY INSURANCE - PLEASE NOTE

The college is not financially liable for medical or dental expenses incurred by competitors participating in their activities, and it is the parents' responsibility to ensure that such eventualities are adequately covered by medical or hospital benefits or by a personal 24-hour accident and injury insurance policy.

4. CODE OF BEHAVIOUR

As a team member:

- At all times cooperate with your coach, teammates and opponents – without them you do not have a competition.
- Work equally hard for yourself and your team – your team's performance will benefit and so will your team.
- Compete by the rules and always abide by the referees'/umpires' or judges' decision.
- Be a good sport. Encourage fellow team members.
- Control your temper. Make no criticism either by word or gesture.

- Follow instructions given by the Team Manager.
- Remain with your team in your allocated area when not competing.
- Maintain a neat and tidy appearance.

5. PARENT/GUARDIAN'S DECLARATION

I give my son permission to attend this fixture.

I accept that my son is to behave in an appropriate manner and have explained this obligation to him. I have read the above Code of Behaviour and agree that if my son seriously contravenes behavioural expectations, he may be immediately excluded from the team. Should this eventuate, I accept full responsibility for my son upon notification of his exclusion by the team manager, including the cost of return transport.

I also consent to my son being administered medical treatment and authorise hospitalisation if deemed necessary. I authorise other administering of an anaesthetic if the medical officer attending deems this necessary. I accept full responsibility for all expenses incurred.

I agree to pay the necessary costs levied on each competitor selected in the team.

I give permission for my son to participate in the SSCCC Swimming Championships.

PARENT NAME: (please print) _____

PARENT SIGNATURE: _____ DATE: _____