

# Swimming Report 2013



## School Swimming Carnival

The school swimming carnival was held on Monday the 4<sup>th</sup> February at Des Renford Pool, Maroubra. The threat of bad weather did not hamper the enthusiasm for the carnival which was well attended with over 800 boys showing up. It was great to see so many boys participating in so many events. This year, we have discovered some extraordinary talent, especially in the intermediate years, with many school records broken. All results/records can be viewed on the school website listed below:

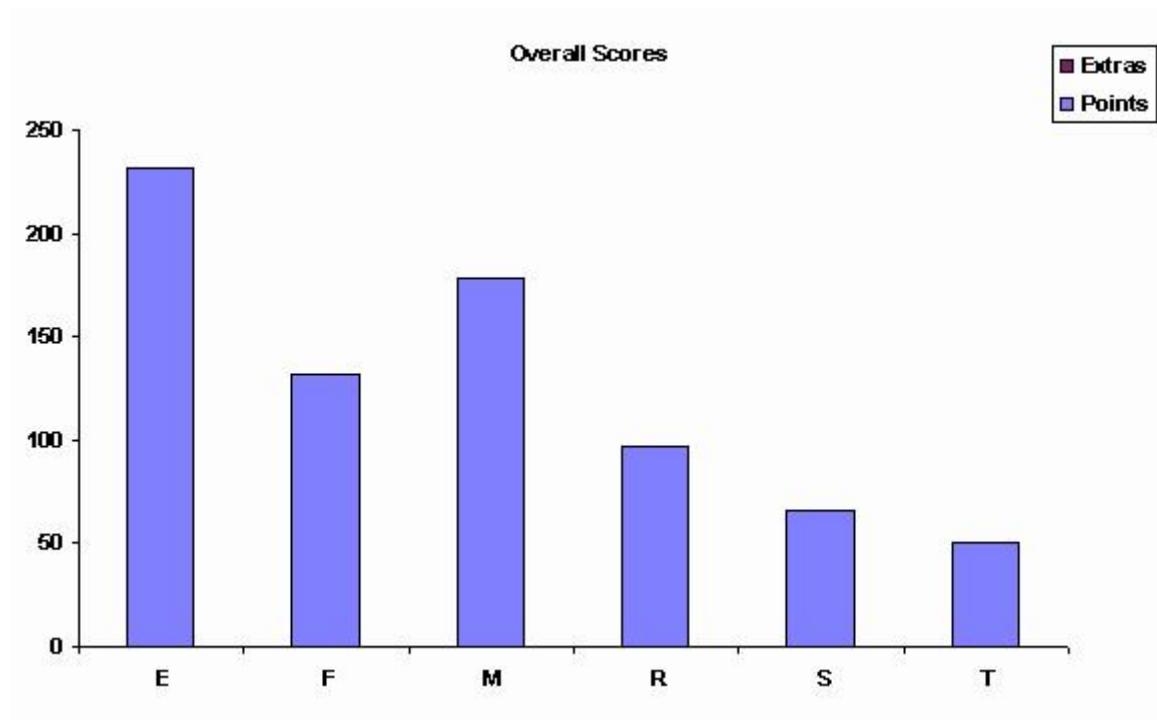
<http://www.sydneyboyshigh.com/documents/carnivals/2013/swim/>

In Summary:

## HOUSE POINTS

Overall Statistical Summary - Ordered by Grand Total

PLACE	TEAM	TOTAL	EXTRAS	GRAND TOT.
1	Eedy	232	0	232
2	McKay	178	0	178
3	Fairland	132	0	132
4	Rubie	97	0	97
5	Saxby	66	0	66
6	Torrington	50	0	50



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## RECORDS

### Backstroke 50-100m

DIVISION		COMPETITOR	TEAM	RESULT		DATE
12	Male	Kazuo NAKAMURA	McKay	'40.60	Mins	8/02/2010
13	Male	Leonard MAH	Eedy	'36.90	Mins	8/02/2010
14	Male	Leonard MAH	Rubie	0'34.25	Mins	14/02/2011
15	Male	ELLIS LOUIE	Eedy	'32.03	Mins	4/02/2003
16	Male	Eugene LEE	Rubie	1'13.88	Mins	6/02/2012
17_O	Male	Darren CHIEN	Eedy	1'17.88	Mins	4/02/2013

### Breaststroke 50-100m

DIVISION		COMPETITOR	TEAM	RESULT		DATE
12_U	Male	Allen GUO	Fairland	0'43.15	Mins	4/02/2013
13	Male	Kenny LA	Fairland	'38.78	Mins	3/02/2004
14	Male	Kevin GUO	Eedy	0'35.19	Mins	4/02/2013
15	Male	Andrew REIS	Eedy	'33.44	Mins	3/02/2004
16	Male	Andrew REIS	Eedy	1'10.00	Mins	8/02/2005
17_O	Male	Benjamin CHOW	Rubie	1'05.00	Mins	8/02/2005

### Butterfly 50-100m

DIVISION		COMPETITOR	TEAM	RESULT		DATE
12_U	Male	Allen GUO	Fairland	0'37.60	Mins	4/02/2013
13	Male	Kazuo NAKAMURA	McKay	'32.47	Mins	14/02/2011
14	Male	Kazuo NAKAMURA	McKay	'31.72	Mins	6/02/2012
15	Male	Christian HADDO	Eedy	0'29.80	Mins	4/02/2013
16	Male	MAXIMILLIAN KITE	Torrington	'52.27	Mins	8/02/2008
17_O	Male	Thomas MILLER	Torrington	1'02.25	Mins	3/02/2004

### Freestyle 100m

DIVISION		COMPETITOR	TEAM	RESULT		DATE
12_U	Male	Jason QIU	Fairland	1'15.00	Mins	14/02/2011
13	Male	Kazuo NAKAMURA	McKay	1'05.05	Mins	14/02/2011
14	Male	Leonard MAH	Rubie	1'02.30	Mins	14/02/2011
15	Male	Christian HADDO	Eedy	0'58.30	Mins	4/02/2013
16	Male	Leonard MAH	Rubie	1'01.50	Mins	4/02/2013
17_O	Male	Thomas MILLER	Torrington	0'55.57	Mins	3/02/2004

### Freestyle 200m

DIVISION		COMPETITOR	TEAM	RESULT		DATE
12_U	Male	Jason QIU	Fairland	2'40.70	Mins	14/02/2011
13	Male	Brandon YOON	Eedy	2'28.00	Mins	4/02/2013
14	Male	Kalem BEST	McKay	2'17.80	Mins	4/02/2013
15	Male	Christian HADDO	Eedy	2'15.20	Mins	4/02/2013
16	Male	Max CHIEN	Eedy	2'27.00	Mins	8/02/2010
17_O	Male	Thomas MILLER	Torrington	2'05.41	Mins	3/02/2004

### Freestyle 400m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
15_U Male	ELLIS LOUIE	Eedy	5'17.53 Mins	4/02/2003
16 Male	Andrew REIS	Eedy	4'26.33 Mins	8/02/2005
17_O Male	G BREWER		4'12.00 Mins	31/01/1976

### Freestyle 50m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	Kazuo NAKAMURA	McKay	33.47 Secs	8/02/2010
13 Male	Kazuo NAKAMURA	McKay	29.50 Secs	14/02/2011
14 Male	Leonard MAH	Rubie	27.94 Secs	14/02/2011
15 Male	Leonard MAH	Rubie	26.80 Secs	6/02/2012
15 Male	Christian HADDO	Eedy	26.80 Secs	4/02/2013
16 Male	Tom MILLER	Torrington	26.15 Secs	6/02/2002
17_O Male	Thomas MILLER	Torrington	25.18 Secs	3/02/2004

### Freestyle 800m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
16_U Male	B EBEL		9'16.34 Mins	31/01/2003
17_O Male	S CROFT		9'30.91 Mins	31/01/2003

### Individual Medley 200-400m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
16_U Male	Andrew REIS	Eedy	2'28.00 Mins	8/02/2005
17_O Male	Barry DUBOVSKY	Torrington	6'17.83 Mins	3/02/2004

### Age Champions 2013

12 Years- Allen GUO  
13 Years- Brendon YUN  
14 Years- Kalem BEST  
15 Years- Christian HADDO  
16 Years- Michael SAWANG  
17+ Years- Darren Chien

### RECORDS

Congratulations to all participants, especially those recording their personal best. A special mention to the following boys who broke records on the day:

- Darren Chien
- Allen Guo
- Kevin Guo
- Christian Haddo
- Lenard Mah
- Kalem Best

### The GPS relay (4X100m) medley

A promising HIGH team was unable to overcome a strong Newington team who went on to win the event. Congratulations to them. However, SBHS finished a pleasing 3<sup>rd</sup>. Well done boys.



From left to right: Kazuo Nakamura, Christian Haddo, Darren Chien and Max Menzel

### The Senior (Years 11-12) GPS team 2013

At the summer sports assembly the senior swimming team was introduced to the school and they received a warm welcome from their peers. Dominic Mah as Co Captain presented his speech which emphasised commitment, the hours required to succeed, the improvement in performance made over the years, the teams unity and how optimistic we all are for the year ahead. Well done Dominic.



Left to Right: D Chien (VC), M Sawang, YP Man, E Lee, G Dzero (C), D Mah, ( C)

## GPS Captains Dinner (St Ignatius) - Monday night 4<sup>th</sup> Feb 2013

Congratulations to George Dzero, Dominic Mah (Co Captains) and Darren Chien (Vice captain) who represented our school with such pride at the captains dinner on Monday night. They were all fine ambassadors for the school. George's speech emphasised the importance of training, HIGH's improvement in swimming, commitment and never give up attitude and always perform to the best of your ability. Well done.

### Newington Carnival 1

The first GPS swimming carnival of the 2013 season was held last Friday evening at the Newington College. Following the 11 records set at the school carnival and the 3<sup>rd</sup> place finish in the GPS Opens relay, higher expectations were placed on the High swimmers to deliver at this carnival. And so they did, and even exceeded these expectations, with High displaying class and dominance in the swimming pool in every race and stroke. This was especially evident in the freestyle and breaststroke championship events, where High took a top 3 finish in each race, a tremendous feat. This is a deserving result to the boys who put in tireless hours into training every week. Everyone's dedication to training was strongly reflected with success not only in these individual events, but also in the relays. With High finishing in the top 3 for all the medley relays in each of the age group, this shows the strength of the whole swimming team, not just relying on a few individuals. The 9 outstanding 1<sup>st</sup> place finishes on the night were:

- Brandon Yoon (13) – 50m Freestyle Championship: 29.88
- Kevin Guo (14) – 50m Breaststroke Championship: 35.88
- Christian Haddo (15) – 50m Freestyle Championship: 26.61  
50m Breaststroke Championship: 36.65
- Kazuo Nakamura (15) – 50m Freestyle Division: 27.39  
50m Butterfly Championship: 29.85
- 15 years 4x50m Freestyle relay: 1:50.94
- Leonard Mah (16) – 50m Breaststroke Championship: 34.23
- Darren Chien (17) – 50m Breaststroke Championship: 32.88

This also included 25 top 3 places from the High boys, 6 of which were from relays; quite a remarkable performance from High. Thus, congratulations should go to every boy that competed and gave it their 100% effort, win or lose, as the GPS is one of the toughest schoolboy competitions out there. Thanks must also go to the parents, who drove their sons in the trek to Newington, as well as MIC Mr Loizou, who diligently organised for everyone, including reserves, to compete at the carnival. With High's success at this qualifying carnival sending an ominous warning to the rest of the GPS, hopefully we can perform just as well or even better at this week's carnival at Sydney Olympic Park. That marks the beginning of the GPS pointscore events, with High in great contention for a premiership in each of the divisions.

## SOPAC Carnival 2

Carnival 2 proved to be more competitive as all GPS participants were competing for points to gain GPS selection. Our swimming team was plagued with injuries and illness this week so a special effort was made to strengthen our position with current team member's competing in extra events. Overall, it was a rather successful carnival with HIGH participating in the majority of events.

### Notable achievements on the night included:

- A GPS RECORD by Darren Chien in the 200 m breaststroke with a time of 2:30.14 .
- 17 top 3 finishes out of 60 events:
- 6 1st finishes out of 60

### 1<sup>st</sup> finishes:

1. 15 years - 50 m free - Haddo, Christain with a time of 26.19
2. 15 years - 50 m butterfly - Haddo, Christain with a time of 29.11
3. 14 years – 200 free Jnr - Qiu, Jason with a time of 2:20.74
4. 14 years – 200m back - Guo, Kevin with a time of 2:44.46
5. 16 years - Chee, Jame – 50m backstroke with a time of 34.01
6. 15 years – 4 x 50 free relay with a time of 1:51.95

## SOPAC Carnival 3

Carnival 3 proved to be more competitive than previous carnivals. The competition is now intensifying as all swimmers are fighting for a spot on the GPS team. It was great to have everyone back in good health once more as this proved to be crucial for the relay teams. The most improved team performance went to the seniors who recorded a 2<sup>nd</sup> position finish in the 4 x 100 medley relay and some great individual performances. A huge improvement from performance from previous carnivals. Well done to the boys involved: Dominic Mah, George Dzero, Darren, Chien, Yu Peng Man and Eugene Lee. The 14's and 15's continued their dominance in relay events. The 14's are: Kalem Best, Luke Schofield, Kevin Guo and Jason Qiu. The 15's are: Andrew McNaughton, Max Menzel, Kazuo Nakamura and Christain Haddo. The 13's and 16's 4 x 50 m medley relays both finished 3<sup>rd</sup>. Impressive results.

### Notable achievements on the night included:

- The 15's relay team for winning their event by 8 seconds
- 24 top 3 finishes out of 60 events
- 10 1st finishes out of 60
- The Junior division 12-14 years who have progressed from 3<sup>rd</sup> to 2<sup>nd</sup> position
- The intermediate team 15-16 years old who have progressed from 5<sup>th</sup> to 2<sup>nd</sup> position.



#### Riverview Carnival 4

Carnival 4 provided our swimmers the last opportunity to sharpen their competitiveness before the last carnival. It was also an opportunity to experiment with different strokes. It was great to see all the swimmers perform at such a high standard. The new boys contributed to our depth and allowed the team to strengthen its performances especially in the relays. The new students who joined swimming in Year 9 includes Christian Haddo, Luke Schofield, Max Menzel, Kalem Best and Andrew McNaughton. They have made a valuable contribution the swimming team. Well done boys.

#### SOPAC Carnival 5

Carnival 5 was always going to be rather tense as it was the last opportunity for all swimmers to clock times that gave them GPS selection. Our boys went to the carnival feeling confident that they will perform to their best. It was great to see a small group of HIGH supporters organised by the SRC attend and support the swimming team. Furthermore, thank you to the all parents for sacrificing their time each week and making such a positive contribution to the swimming program. A special thanks to Mr M Pavone (Sports Master) and Dr K Jaggar (Principal) for supporting the swimmers at all times.



Notable achievements on the night:

- 100% attendance as per usual
- GPS Breaststroke Record for Allen Guo - 12 years (time) 40.30s
- 23 top 3 finishes
- 11 boys finished 1<sup>st</sup> in their event
- Juniors 12-14 years finished 3<sup>rd</sup> overall
- Intermediate 15-16 years finished 2<sup>nd</sup> overall
- Final GPS school position was 4<sup>th</sup>



The 2103 GPS swimming team:

- 12 Years: Allen Guo, Barry Zhang and Sinha Nawa  
13 Years: Brendon Yoon, Adam Feng, Harvey Luo, Jonathan Zeng and Jonathan Zheng  
14 Years: Kalem Best, Jason Qiu, Luke Schofield and Kevin Guo  
15 Years: Christian Haddo, Kazuo Nakamura, Max Menzel and Andrew McNaughton  
16 Years: Michael Sawang, Leonard Mah, Ian Lai, James Chee and Brendon Hancox  
17 Years: Darren Chien, Eugene Lee, George Dzero, Dominic Mah and Yu Peng Man.



The following students gained selection in GPS/CIS team and competed at the CIS/AISchools carnival:

1. Allen Guo
2. Brandon Yoon
3. Kalem Best
4. Jason Qiu
5. Luke Schofield
6. Kevin Guo (also NSW AISchools)
7. Christain Haddo
8. Kazuo Nakamura
9. Max Menzel
10. Leonard Mah
- 11 Darren Chien (also NSW AISchools)

Carnival results can be viewed on the R Drive: Sport: Swimming 2013 folder or the AAGPS/CIS website.



Left - GPS RECORD by Allen Guo in the 50 m breaststroke with a time of 40.30s

Right -GPS RECORD by Darren Chien in the 200 m breaststroke with a time of 2:30.14

The following boys represented their respective clubs at the Australian National Swimming Championships held in Adelaide in April 2013:

1. Darren Chien
2. Christian Haddo
3. Kazuo Nakamura
4. Kevin Guo

Congratulations boys on a great season and thank you to Dominic Mah for writing the Newington Carnival report.

P Loizou  
MIC Swimming