

Swimming Report 2015



School Swimming Carnival 2015

The school swimming carnival was held on Monday the 2nd February at Des Renford Pool, Maroubra. It was great to see so many boys participating in so many events. All results can be viewed via this link.

<http://www.sydneyboyshigh.com/documents/carnivals/2015/swim/index.html>

In Summary:

HOUSE POINTS

PLACE	TEAM	TOTAL	EXTRAS	GRAND TOT.
1	Rubie	237	0	237
2	McKay	208	0	208
3	Saxby	120	0	120
4	Eedy	105	0	105
5	Torrington	78	0	78
6	Fairland	15	0	15

Congratulations Rubie

RECORDS

Backstroke 50-100m

DIVISION		COMPETITOR	TEAM	RESULT		DATE
12	Male	James LUO	McKay	'38.00	Mins	3/02/2014
13	Male	Allen GUO	Fairland	'36.20	Mins	3/02/2014
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	Christian HADDO	Eedy	1'10.70	Mins	3/02/2014
17_O	Male	Christian HADDO	Eedy	1'10.54	Mins	2/02/2015

Breaststroke 50-100m

DIVISION		COMPETITOR	TEAM	RESULT		DATE
12_U	Male	James LUO	McKay	'43.08	Mins	3/02/2014
13	Male	Allen GUO	Fairland	'38.34	Mins	3/02/2014
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	James LUO	McKay	'35.87	Mins	3/02/2014
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	Ellis LOUIE	Eedy	1'03.90	Mins	3/02/2004
17_O	Male	Thomas MILLER	Torrington	1'02.25	Mins	3/02/2004

Freestyle 100m

DIVISION		COMPETITOR	TEAM	RESULT		DATE
12_U	Male	James LUO	McKay	1'09.00	Mins	3/02/2014
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 HADD0	Eedy	0'58.30	Mins	4/02/2013
16	Male	Kalem BEST	McKay	0'59.00	Mins	2/02/2015
17_O	Male	Thomas MILLER	Torrington	0'55.57	Mins	3/02/2004

Freestyle 200m

DIVISION		COMPETITOR	TEAM	RESULT		DATE
12_U	Male	James LUO	McKay	2'31.00	Mins	3/02/2014
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	Jake ROWLANDS	Rubie	2'10.00	Mins	3/02/2014
16	Male	Christian HADD0	Eedy	2'10.00	Mins	3/02/2014
17_O	Male	Thomas MILLER	Torrington	2'05.41	Mins	3/02/2004

Freestyle 400m

DIVISION		COMPETITOR	TEAM	RESULT		DATE
15_U	Male	Jake ROWLANDS	Rubie	4'38.02	Mins	3/02/2014
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	James LUO	McKay	31.50	Secs	3/02/2014
13	Male	Kazuo NAKAMURA	McKay	29.50	Secs	14/02/2011
14	Male	Leonard MAH	Rubie	27.94	Secs	14/02/2011

15	Male	Christian HADDO	Eedy	26.80	Secs	4/02/2013
15	Male	Leonard MAH	Rubie	26.80	Secs	6/02/2012
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 2015

- 12 Years- Lachlan Ho
- 13 Years- James Luo - also East Zone Champion
- 14 Years- David Goh - also East Zone Champion
- 15 Years- Luke Posumah - also East Zone Champion
- 16 Years- Jake Rowlands
- 17 Years- Christian Haddo (SBHS) and Andrew McNaughton as East Zone Champion
- 18+ Years – Leonard Mah



RECORDS

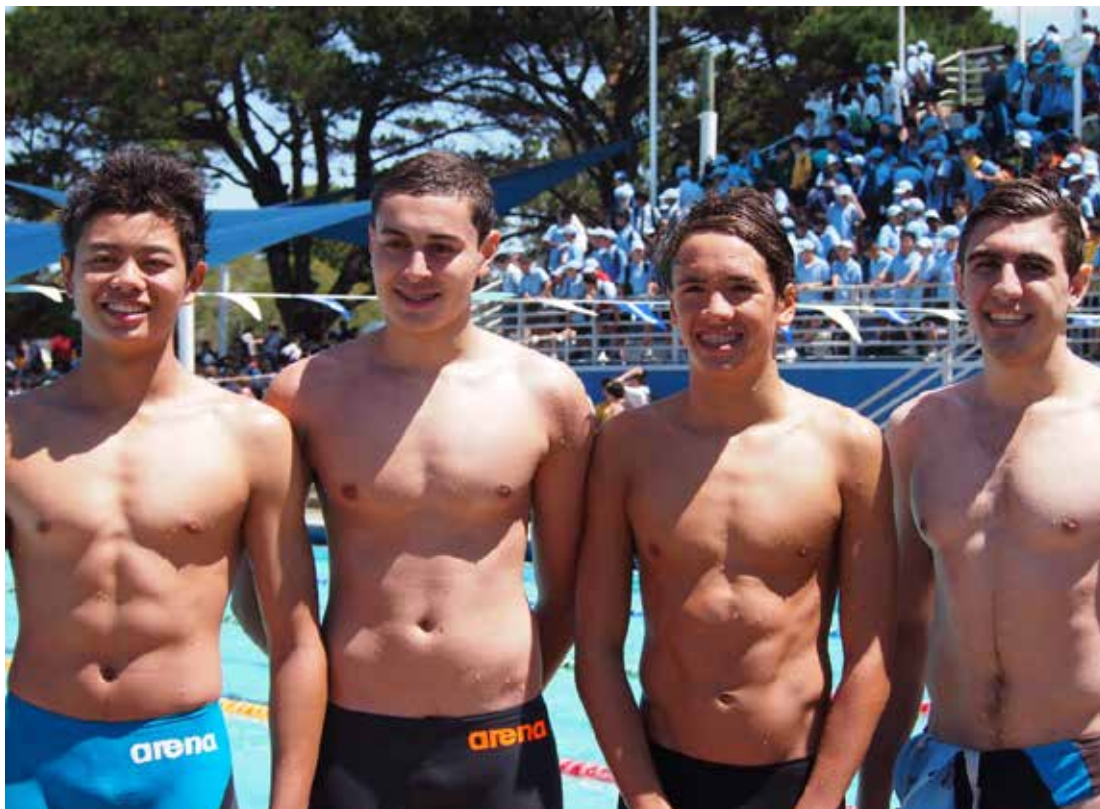
Congratulations to all participants, especially those recording their personal best. A special mention to the following boys who broke records on the day: (As per table of Record Holders)

Opens – Christian Haddo who broke the 100m backstroke record at 1;10;54 and

16 Yrs – Kalem Best who broke the 100 m record at 0;59;00 seconds.

The GPS relay (4X100m) medley (finished 2nd).

A promising younger HIGH team was unable to overcome a strong SHORE team who went on to win the event by the narrowest of margins. Congratulations to them. However, SBHS finished a pleasing 2nd. Well done boys.



From left to right:: Kevin Guo, Kalem Best, Jake Rowlands and Christian Haddo.

GPS Captains dinner (St Ignatius) - Monday night 2th Feb 2015

Congratulations to Leonard Mah (Captain) and James Chee (Vice-captain) who represented our school with such pride at the captain's dinner on Monday night. They were all fine ambassadors for the school. Leonard's speech emphasised the importance of training, his swimming journey from a young age, HIGH's improvement in swimming, commitment and never give up attitude and always performing to the best of your ability. He also focused on the benefits of the GPS competition. Well done.



Leonard Mah (Captain) James Chee (Vice Captain)

Newington Carnival 1

The first GPS swimming carnival of the 2015 season was held last Friday evening at the Newington College. Following the 2nd place finish in the GPS Opens relay, higher expectations were placed on the High swimmers to deliver at this carnival. The competition was intense at this preliminary carnival as all schools wanted to make a point for the season ahead.

Congratulations team and to the following swimmers who managed a 1st place.

Event 3 Boys 13 Years 50 Metre Freestyle

Name	Age	Team	Finals Time
1 Luo, James	13	Sydney Boys High	28.28

Event 8 Boys 18 & Over 50 Metre Freestyle

Name	Age	Team	Finals Time
1 Mah, Leonard	18	Sydney Boys High	25.96

Event 14 Boys 17 Years 50 Metre Freestyle

Name	Age	Team	Finals Time
1 Haddo, Christian	17	Sydney Boys High	25.72

Event 17 Boys 13 Years 50 Metre Breaststroke

Name	Age	Team	Finals Time
1 Luo, James	13	Sydney Boys High	37.53

Event 28 Boys 17 Years 4x50 Metre Medley Relay

Team	Finals Time
1 Sydney Boys High 1) Haddo, Christian 17 2) McNaughton, Andrew 17 3) Menzel, Max 17 4) Kim, Kyne 17	2:02.77

Event 45 Boys 13 Years 50 Metre Butterfly

Name	Age	Team	Finals Time
1 Luo, James	13	Sydney Boys High	33.42

Event 54 Boys 16 Years 4x50 Metre Freestyle Relay

Team	Finals Time
1 Sydney Boys High	1:48.38



Our 12 year old swimmers who performed credibly on the night. (Theodore Qian and Lachlan Ho)

SOPAC Carnival 2

Carnival 2 proved rather competitive with all GPS schools fighting for CIS spots. In a night of injuries it was not really our night. Well done to swimmers who performed their personal best and to those who continued to swim despite injuries. Our top performers and 1st place spots were as follows:

Event 8 Boys 18-19 50 Metre Freestyle Championship

Name	Age	House	Finals Time
1 Mah, Leonard	18	Sydney Boys High	25.41

Event 47 Boys 13 Years 50 Metre Backstroke Championship

GPS: 32.54 R 22/03/2013 Jason Hartill			Newington
Name	Age	House	Finals Time
1 Youssef, Khalil	13	Sydney Boys High	36.31

Event 49 Boys 15 Years 50 Metre Backstroke Championship

GPS: 29.43 R 13/03/2009 Te Haumi Maxwell - Newington			Finals Time
Name	Age	House	Finals Time
1 Feng, Adam	15	Sydney Boys High	33.05

Event 59 Boys 16 Years 4x50 Metre Freestyle Relay

GPS: 1:42.05 R 2012 St Ignatius' College			Relay	Finals Time
1 Sydney Boys High				1:48.80
1) Rowlands, Jake 16	2) Best, Kalem 16	3) Schofield, Luke 16	4) Haddo, Issac 16	

SOPAC Carnival 3

As we approach the business end of the competition before the final carnival the competition intensifies and winning events is becoming ever increasing difficult.

Congratulations to the following boys for winning their events.

Event 19 Boys 16 Years 50 Metre Freestyle

GPS: 23.67 R 13/03/2010 Te Haumi Maxwell - Newington			Finals Time
Name	Age	School	Finals Time
1 Best, Kalem	16	Sydney Boys High	26.58

Event 21 Boys 18 & Over 50 Metre Freestyle

Name	Age	School	Finals Time
1 Mah, Leonard	18	Sydney Boys High	25.46

Event 43 Boys 12-14 100 Metre Breaststroke Junior

GPS: 1:13.93 R 2006 Nikolas Pregelj - Newington			Finals Time
Name	Age	School	Finals Time
1 Guo, Allen	14	Sydney Boys High	1:22.93

Event 47 Boys 13 Years 50 Metre Butterfly

GPS: 28.85 R 21/02/2014 Sean Arthur - TSC

Name	Age	School	Finals Time
1 Luo, James	13	Sydney Boys High	32.93



Kalem Best



Leonard Mah



Allen Guo



James Luo

North Sydney Carnival 4

Congratulations to the following boys for placing 1st in their respective events at this carnival. This Friday night is the final GPS carnival of the season and everyone needs to be at the best to secure spots in the GPS team. Good luck all swimmers.

All the swimming results can be viewed on the swimming folder located here:

R Drive: Sport; swimming: 2015

Event 2 Boys 13 Years 50 Metre Freestyle Championship -

GPS: 26.76 R 21/03/2014 Sean Arthur - TSC

Name	Age	House	Finals Time
1 Luo, James	13	Sydney Boys High	30.27

Event 7 Boys 18 & Over 50 Metre Freestyle Championship

GPS: 23.36 R 23/03/2012 Te Haumi Maxwell - Newington

Name	Age	House	Finals Time
1 Mah, Leonard	18	Sydney Boys High	25.87

Event 10 Boys 14 Years 50 Metre Freestyle Division

GPS: 26.38 R 10/03/2010 Angus Hannan - SIC

Name	Age	House	Finals Time
1 Xiao, Jordan	14	Sydney Boys High	30.05

Event 12 Boys 16 Years 50 Metre Freestyle Division

GPS: 23.67 R 13/03/2010 Te Haumi Maxwell - Newington

Name	Age	House	Finals Time
1 Rowlands, Jake	16	Sydney Boys High	28.24

Event 28 Boys 17 Years 50 Metre Breaststroke Division

GPS: 30.79 R 21/02/2014 Matthew Clifford - Shore

Name	Age	House	Finals Time
1 Forday, Jayden	17	Sydney Boys High	39.68

Event 32 Boys 14 Years 50 Metre Backstroke Championship

GPS: 30.33 R 22/03/2013 Callum Lowe-Griffith - Newington

Name	Age	House	Finals Time
1 Xiao, Jordan	14	Sydney Boys High	36.82



Our 15s squad

From left to right: Allen Guo, Brandon Yoon, Luke Posumah, Jonathan Zeng and Adam Feng

Carnival 5 (The Finals)

Carnival 5 proved to be rather competitive with few spots available for the GPS team. Our team showed great spirit with many swimmers achieving personal best times. Well done and thank you to the 106 HIGH supporters who did the school proud with their enthusiastic singing and support for the boys.

Special thanks to all the parents who supported our swimmers throughout the season, Mr Pavone and Dr Jaggar for attending the finals and always supporting the school swimming program.

At this stage the GPS team has not yet been finalised, but congratulations to Leonard Mah for his selection as GPS swimming captain. (seen below delivering his final speech to the team)



Congratulations to the following swimmers for their 1st place position in the final carnival.

Event 18 Boys 13 Years 50		Metre Breaststroke Division		Finals Time
Name	Age	School		
1 Xu, Jinmin	13	Sydney Boys High		39.40

Event 28 Boys 18 & Over 50		Metre Breaststroke Division		Finals Time
Name	Age	School		
1 Lai, Ian	18	Sydney Boys High		35.19

Event 72 Boys 16 Years 4x50 Metre Freestyle Relay Championship		Finals Time	
GPS: 1:42.05 R 2012 St Ignatius College			
School			
1 Sydney Boys High		1:46.95	
1) Schofield, Luke 16	2) Haddo, Issac 16	3) Rowlands, Jake 16	4) Best, Kalem 16

These swimmers were also selected in the **GPS swimming team**: James Luo, Allen Guo, Kevin Guo, Kalem Best, Andrew McNaughton, Max Menzel, Christian Haddo, Ian Lai, Sam Musgrove, and Leonard Mah.

Furthermore the following represented GPS at the CIS carnival.

Well done to all and keep swimming
P Loizou
MIC Swimming