

# Cambridge Gardens Public School

Innovation, Excellence, Connections & Fun

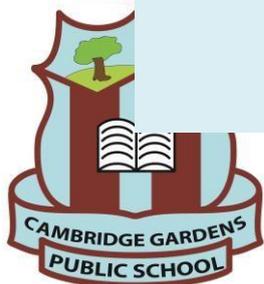
## TWILIGHT SWIMMING TRIALS 2023

31 January 2023

Dear Parents / Caregivers,

This letter is to provide you with information regarding the **Twilight Swimming Trials**, details of which are outlined below.

<b>Date:</b>	Monday 6th February 2023
<b>Educational Rationale:</b>	<b>PDHPE GSS2.8</b> Participates and uses equipment in a variety of games and modified sports <b>PDHPE GSS3.8</b> Applies movement skills in games and sports that require communication, cooperation, decision making and observation of rules
<b>Excursion to:</b>	Penrith Ripples, 119 Station St, Penrith
<b>Venue's contact details:</b>	02 4721 3625
<b>Classes attending:</b>	Students turning 8 years of age or older in 2023 who nominate themselves for the trials
<b>Start Time:</b>	7:00 pm
<b>Finish Time:</b>	9:00 pm
<b>Organising Teacher:</b>	Mr James Kristof
<b>Supervision:</b>	Cambridge Gardens Public School staff members will be running the trials. <b>Parents and Caregivers are to stay at the venue until their child has completed all of their races. Please note competitors will be required to sit in their age groups in the marshalling area throughout the carnival. Parents/caregivers are to sit in designated areas and are encouraged to socially distance to minimise risk of transferring possible Covid-19 infection.</b>
<b>Transport:</b>	Parents/Caregivers are responsible for the transportation of their child to and from the pool
<b>Cost of entry to the pool:</b>	\$5.50 for competitors. \$3.00 for spectators.
<b>Payment:</b>	Payment is made by parents/caregivers to the pool upon arrival. <b>Penrith Ripples is a cashless facility and will only take payments made by card.</b>
<b>Specific Requirements:</b>	This event is the trials for the Zone Swimming Carnival and as such only students who can confidently and competitively swim in their nominated events should attend the carnival. As a guide, last year's Zone Swimming Carnival qualification times have been included on the next page, for your reference when considering whether you attend this year's swimming trials.



10 Trinity Drive  
CAMBRIDGE PARK NSW 2747  
T: 02 4730 1201  
F: 02 4729 1385

email: [cambridgeg-p.school@det.nsw.edu.au](mailto:cambridgeg-p.school@det.nsw.edu.au)  
[www.cambridgeg-p.school.det.nsw.edu.au](http://www.cambridgeg-p.school.det.nsw.edu.au)  
Principal: Adam Wynn

# Cambridge Gardens Public School

Innovation, Excellence, Connections & Fun

**Return this note by:**

Friday 3rd February 2023

**Special Note:**

Races start at 7:00 so we encourage you to arrive at the pool prior to 7:00 to ensure that you do not miss any events. **Student races will be run in their age groups, however races may be run with mixed age groups if lane numbers allow. Once each student has completed their final race, they are required to sit with the family members/caregivers who brought them to the pool and away from the marshalling area. Students and families are able to leave the venue once the student has competed in all of their nominated races.** Any enquiries should be directed to Mr Kristof.

## 2022 ZONE SWIMMING QUALIFYING TIMES

Events 1 & 2	junior 4 X 50m medley (boys and girls)	05:00.00	Breaststroke 50 metres)	junior 11 years Senior	01:03.00 01:02.00 01:01.00
Events 3 & 4	senior 4 X 50m medley (boys and girls)	04:30.00	Backstroke (50 metres)	Junior 11 years Senior	01:03.00 01:02.00 01:01.00
Events 39 & 40	Open 100m freestyle (boys and girls)	01:40.00	Butterfly 50 metres)	junior 11 years Senior	01:10.00 01:05.00 01:00.00

*Please Note: In the 50 m freestyle event the fastest two swimmers from each age group automatically qualify for the Zone Swimming Carnival.*

# Cambridge Gardens Public School

*Innovation, Excellence, Connections & Fun*

*All permission notes and race nomination forms to the front office please*

## Permission Note — Twilight Swimming Trials 2023

I give permission for my child \_\_\_\_\_ of class \_\_\_\_\_ to attend the **Twilight Swimming Trials 2023 at Penrith Ripples on Monday 6th February 2023.**

I understand that I will be responsible for transportation of my child to and from the pool and that I am responsible for supervision of my child at the pool whilst they are not competing.

Please advise of any changes to the medical details the school has on file and any allergies or conditions that may affect your child on the day.

\_\_\_\_\_

Parent Sign: \_\_\_\_\_

Date: \_\_\_\_\_

## Race Nomination Form

My child can swim competently in the following events. Please tick the relevant events.

- 50m freestyle \_\_\_\_\_
- 50m backstroke \_\_\_\_\_
- 50m breaststroke \_\_\_\_\_
- 50m butterfly \_\_\_\_\_
- 100m freestyle \_\_\_\_\_
- 200m medley \_\_\_\_\_

Please sign and return this permission note and race nomination form to the office no later than **Friday 3rd February 2023.**

Kind Regards,  
Mr James Kristof  
Swimming Trials Coordinator

Mr Adam Wynn  
Principal



34 Trinity Drive  
CAMBRIDGE PARK NSW 2747  
T: 02 4730 1201  
F: 02 4729 1385

email: [cambridgeg-p.school@det.nsw.edu.au](mailto:cambridgeg-p.school@det.nsw.edu.au)  
[www.cambridgeg-p.school.det.nsw.edu.au](http://www.cambridgeg-p.school.det.nsw.edu.au)  
Principal: Adam Wynn