



Abermain Public School

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25 Feb 2025

Dear Parent/Carer,

Your child John has been selected to represent our school at the 2025 Zone Swimming Carnival.

Date: Friday, 28 February 2025
Venue: Cessnock Pool - 1A Allandale Road, Cessnock NSW
Time: Students are required to meet Mr Hall at the pool by 9.00am.
Cost: \$7.50
Uniform: Full sport uniform
Transport: Private transport required

Students can use the pool for warm up prior to the carnival starting. The carnival will begin at 9:15am sharp. A canteen will be operational on the day (EFTPOS available). Students are to bring a hat, sunscreen, water bottle and food.

Please complete the permission slip below, payment and attached Cessnock Zone PSSA forms to the school office by Thursday, 27 February 2025

Principal: Debbie Bower

Teacher in Charge of Activity: Mrs McGee

2025 ZONE SWIMMING CARNIVAL

Student Name:

Roll Class:

I give permission for my child to participate in the 2025 Zone Swimming Carnival being held at Cessnock Pool on Friday, 28 February 2025

YES / NO

POOL ENTRY PAYMENT ENCLOSED: [] \$7.50 [] \$7.50 Paid on SENTRAL Parent Portal

If you are experiencing financial difficulty, please do not hesitate to contact the school

MEDICAL INFORMATION: Please advise the school in writing prior to the carnival if your child's medical history has recently changed.

Parent/Carer Name: Emergency contact number on day of carnival:

Parent/Carer Signature: Date:/...../.....

Accident insurance information

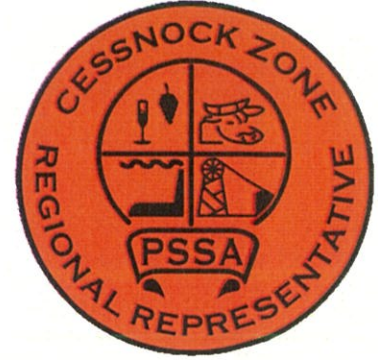
In the event of injury, no accident or medical insurance cover is provided by the NSW Government Treasury Managed Fund for students participating in school sporting activities, physical education lessons or any other school endorsed activity, unless there is a breach of duty of care by department or school staff. The NSW Department of Education is insured to meet the financial impact of any legal liabilities arising from its activities. It does not provide, nor has it ever provided, accident or medical insurance for students enrolled in government schools.

Concussion management

When a student enrolled in a government school is diagnosed with concussion, the principal must be advised in writing as soon as the diagnosis is confirmed. Students may only return to sport and physical activity once a medical certificate has been provided to the school, if at a school sport event, to the supervising teacher. Any student that experiences a suspected concussion during a school-endorsed activity, will be removed from the activity and parents/carers will be advised that medical follow-up is required. If medical clearance is not provided, the student cannot participate in vigorous or competitive school sport or physical activities for 21 days from the concussion date.

CESSNOCK PSSA

Medical Information Sheet



For the safety of your child, the HUNTER PSSA considers it important that you please complete the following medical information sheet and return to the school office, along with any other signed permission notes and payment required to attend the carnival.

STUDENT NAME: _____

SCHOOL: _____

SPORT TEACHER ATTENDING THE CARNIVAL: _____

Any relevant information such as current medication, allergies, reactions etc. should be supplied.

PARENT CONTACT NUMBER: _____

EMERGENCY CONTACT NUMBER: _____

In the event of accident or illness I authorise any necessary medical assistance as my son / daughter / ward may require. I also authorise the administering of anesthetic if the Medical Officer attending deems this necessary.

PARENT NAME: _____

PARENT SIGNATURE: _____ DATE: _____

CESSNOCK ZONE PSSA SWIMMING CHAMPIONSHIPS

Tuesday 27th February 2024 – Cessnock Pool

Order of Events

Events to commence at 9:15am

No.	Event	Distance
26	Girls 8yrs Freestyle	50 metres
27	Boys 8yrs Freestyle	50 metres
28	Girls 9yrs Freestyle	50 metres
29	Boys 9yrs Freestyle	50 metres
30	Girls 10yrs Freestyle	50 metres
31	Boys 10yrs Freestyle	50 metres
32	Girls 11yrs Freestyle	50 metres
33	Boys 11yrs Freestyle	50 metres
34	Girls 12yrs Freestyle	50 metres
35	Boys 12yrs Freestyle	50 metres
36	Girls 13yrs Freestyle	50 metres
37	Boys 13yrs Freestyle	50 metres
38	Multi disability Freestyle	50 metres
39	PP5/PP6 Freestyle Relay	50 metres
39	Girls Junior Freestyle Relay	50 metres
40	Boys Junior Freestyle Relay	50 metres
41	Girls Senior Freestyle Relay	50 metres
42	Boys Senior Freestyle Relay	50 metres

LUNCH BREAK 11:30am - 12:00pm

24	Girls Open Freestyle	(During lunch break)	100 metres
25	Boys Open Freestyle	(During lunch break)	100 metres
3	Girls Jnr Backstroke		50 metres
4	Boys Jnr Backstroke		50 metres
5	Girls 11yrs Backstroke		50 metres
6	Boys 11yrs Backstroke		50 metres
7	Girls 12/13yrs Backstroke		50 metres
8	Boys 12/13yrs Backstroke		50 metres
9	Multi disability Backstroke		50 metres
10	Girls Jnr Butterfly		50 metres
11	Boys Jnr Butterfly		50 metres
12	Girls 11yrs Butterfly		50 metres
13	Boys 11yrs Butterfly		50 metres
14	Girls 12/13yrs Butterfly		50 metres
15	Boys 12/13yrs Butterfly		50 metres
16	Multi disability Butterfly		50 metres
17	Girls Jnr Breaststroke		50 metres
18	Boys Jnr Breaststroke		50 metres
19	Girls 11yrs Breaststroke		50 metres
20	Boys 11yrs Breaststroke		50 metres
21	Girls 12/13yrs Breaststroke		50 metres
22	Boys 12/13yrs Breaststroke		50 metres
23	Multi disability Breaststroke		50 metres
1	Girls All Age Individual Medley		200 metres
2	Boys All Age Individual Medley		200 metres

Please Note:

- 1. There will be a one start rule for all competitors. With a start of "take your marks" "go".*
- 2. Freestyle, Breaststroke and Butterfly events must start from a diving block.*
- 3. Competitors will be disqualified for any breach in technique by our officiating referee.*
- 4. All events are timed finals.*
- 5. Zone Representatives for the regional carnival will be notified after the carnival.*
- 6. Each zone is permitted three swimmers per event at the regional carnival provided they have met the regional qualifying times.*
- 7. This carnival will run in accordance with the Regional, State and National Schools Carnivals.*
- 8. A lunch break will be provided at 11:30am and will allow for students to also exit the pool.*
- 9. There is a no smoking ban on and around the premises.*