



2023 Helensvale Winter Preparation Meet

24th June 2023
at Gold Coast Aquatic Centre

"The water is your friend...you don't have to fight with water, just share the same spirit as the water, and it will help you move."

Alexandr Popov



COOMERA
 ANGLICAN
 COLLEGE

SPORT

Coomera Anglican College has impressive sporting programmes. As part of our commitment towards inspiring excellence, students from Year 4 to Year 12 have the opportunity to participate in our Football (incl Futsal), Netball and Basketball Academy programmes. Our High Performance Centre is a world class facility supporting all our sporting programmes.



BASKETBALL ACADEMY



NETBALL ACADEMY



FOOTBALL ACADEMY



PROUD SPONSORS OF HELENSVALE SWIMMING CLUB



COOMERA
 ANGLICAN
 COLLEGE

Days Road Upper Coomera
 QLD 4209 Australia
 +61 7 5585 9900
 cac@cac.qld.edu.au

www.cac.qld.edu.au



The Corporation of the Synod
 of the Diocese of Brisbane
 CRICOS Provider No 02423E

Welcome to the
HSC National Qualifier & Pentathlon Meet

Presidents Message

Welcome to the Gold Coast Aquatic Centre. Weather permitting, we hope to have the carnival finished before 3.00pm. I would like to thank our strategic partner Coomera Anglican College for their assistance in supplying equipment and financial assistance to our Club. Good luck to all swimmers in achieving their goals and qualifying times in today's meet.

Warm-up Procedures

Coaches shall co-operate by giving every competitor the best opportunity possible to prepare for his/her events. Warm ups for the meet will commence at 8.00am and will conclude at 8.45am. At the conclusion of the warm-up periods, Coaches shall co-operate by having their team members leave the pool promptly when requested to do so. The interval between having to clear the pool and the commencement of the meet is required so that the pool staff can prepare the pool for competition. In the interest of all swimmers' safety, the following pool procedures must be observed throughout the warm-up periods. Lane 8 only is reserved through the whole of the warm-up period for 25 metre sprints with a dive entry from the western end of the pool.

General Notes:

All Swimming Queensland General Rules, Championship By-Laws, SAL & FINA rules apply. The Referee and Technical Manager have authority to control heats at their discretion and may combine heats/events if and where necessary. 1st, 2nd and 3rd placings will be determined from the OFFICIAL TIMES swam in the heats. Medals will be awarded. In the 200, 400m, 800m and 1500m events, Medals will be awarded as an Open event. For the 50m & 100m events medals will be awarded in the following age brackets
11&12yrs, 13&14yrs, 15yrs & over

Club Timekeeping Roster

Lane	Timekeeper 1	Timekeeper 2
1	Helensvale	TSS
2	Helensvale	Lawrence
3	Helensvale	Pimpama
4	Helensvale	Miami
5	Southport	Southport
6	Southport	Emmanuel
7	Emmanuel	Emmanuel
8	Sommerset	Sommerset

The 2023 Helensvale Winter Preparation Meet is a Short Course qualifying meet, sanctioned by SQ, utilising semi-automatic timing equipment. The following lane assignments have been calculated based on the number of entries from each club. Timekeepers will be required to report to the chief timekeeper just prior to the commencement of the meet. Your assistance is appreciated.

Swimming Check-in Requirements

Events of 400m and over (400m IM, 400m Free, 800m and 1500m Free) require swimmers (or their Coach / Team Manager) to confirm their intention to swim. This must be completed at the Help Desk a minimum of one hour prior to the published start time of the relevant event. Failure to confirm their intention to swim will be taken as a withdrawal. Confirmed swimmers should then follow the self-marshalling procedures. Prior to the meet, events of 400m and over will be seeded from nominations as normal.

Any swimmer who has not confirmed their intention to swim one hour prior to the published start time for the relevant event will be deemed a withdrawal and the event will be reseeded.

Rules

Competitors in the first two events should be behind the blocks in the self-marshalling zone (holding area) prior to the scheduled starting time of the session. In addition, all competitors should be in the self-marshalling zone (holding area) 4 heats prior to their own heat for events up to 200m and 2 heats for 400m and over events.

All events of 400m and over (400m IM, 400m Free, 800m Free and 1500m Free) require swimmers (or their Coach / Team Manager) to confirm their intention to swim at the Help Desk a minimum of one hour prior to the published start time of the relevant event. Failure to confirm their intention to swim may be taken as a withdrawal. Confirmed swimmers should then follow the self-marshalling procedures.

Swimmers competing in the 800m and 1500m Freestyle events MUST provide details of their lap counter & timekeeper whilst checking in at the help desk. Swimmers will not be able to check-in without confirmation of an organised lap counter & timekeeper.

Queries regarding any disqualification MUST be made by a club coach or club official only. Technical officials will not be made available to any parents / spectators regarding swimmer disqualification.

2023 Helensvale Winter Preparation Meet - 24/06/2023**Session Report**

Session: 1 2023 Helensvale Winter Prep Meet

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Boys 11 & Over 200 Freestyle	43	6	09:00 AM	_____
Finals	2 Girls 11 & Over 200 Freestyle	36	5	09:19 AM	_____
Finals	3 Boys 11 & Over 100 IM	30	4	09:35 AM	_____
Finals	4 Girls 11 & Over 100 IM	39	5	09:43 AM	_____
Finals	5 Boys 11 & Over 50 Breaststroke	36	5	09:52 AM	_____
Finals	6 Girls 11 & Over 50 Breaststroke	42	6	09:58 AM	_____
Finals	7 Boys 12 & Over 200 Butterfly	7	1	10:06 AM	_____
Finals	8 Girls 12 & Over 200 Butterfly	8	1	10:09 AM	_____
Finals	9 Boys 11 & Over 100 Backstroke	38	5	10:13 AM	_____
Finals	10 Girls 11 & Over 100 Backstroke	35	5	10:24 AM	_____
Finals	11 Boys 12 & Over 400 IM	4	1	10:35 AM	_____
Finals	12 Girls 12 & Over 400 IM	4	1	10:42 AM	_____
Finals	13 Boys 11 & Over 50 Freestyle	73	10	10:49 AM	_____
Finals	14 Girls 11 & Over 50 Freestyle	83	11	11:00 AM	_____
Finals	15 Boys 12 & Over 200 Breaststroke	12	2	11:11 AM	_____
Finals	16 Girls 12 & Over 200 Breaststroke	10	2	11:19 AM	_____
Finals	17 Boys 11 & Over 100 Butterfly	30	4	11:28 AM	_____
Finals	18 Girls 11 & Over 100 Butterfly	28	4	11:35 AM	_____
Finals	19 Boys 11 & Over 50 Backstroke	48	6	11:43 AM	_____
Finals	20 Girls 11 & Over 50 Backstroke	55	7	11:51 AM	_____
Finals	21 Boys 11 & Over 400 Freestyle	16	2	12:02 PM	_____
Finals	22 Girls 11 & Over 400 Freestyle	10	2	12:13 PM	_____
Finals	23 Boys 12 & Over 200 Backstroke	13	2	12:26 PM	_____
Finals	24 Girls 12 & Over 200 Backstroke	16	2	12:34 PM	_____
Finals	25 Boys 11 & Over 50 Butterfly	44	6	12:42 PM	_____
Finals	26 Girls 11 & Over 50 Butterfly	57	8	12:48 PM	_____
Finals	27 Boys 11 & Over 100 Freestyle	69	9	12:58 PM	_____
Finals	28 Girls 11 & Over 100 Freestyle	68	9	01:13 PM	_____
Finals	29 Boys 11 & Over 200 IM	25	4	01:29 PM	_____
Finals	30 Girls 11 & Over 200 IM	20	3	01:43 PM	_____
Finals	31 Boys 11 & Over 100 Breaststroke	31	4	01:54 PM	_____
Finals	32 Girls 11 & Over 100 Breaststroke	25	4	02:02 PM	_____
Finals	33 Boys 12 & Over 800 Freestyle	4	1	02:11 PM	_____
Finals	34 Girls 12 & Over 800 Freestyle	5	1	02:24 PM	_____
Finals	35 Boys 13 & Over 1500 Freestyle	0	0	02:37 PM	_____
Finals	36 Girls 13 & Over 1500 Freestyle	0	0	02:37 PM	_____
	Swimmers Counts for Warm-ups: 228	=====	=====		
	Entry / Heat Totals:	1,064	148		
	Finish Time			02:37 PM	_____

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Event 1 Boys 11 & Over 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals				
1	Weaver, Douglas	14	Waterworx	2:10.12
2	French (V), Jack	16	KNGC	2:09.98
3	Mower, Mason	13	Southport	2:05.41
4	Mocki, Waldemar	19	Somerset GC	1:53.30
5	Holmes, Chase	16	Helensvale	2:02.69
6	Sullivan, Bailey	15	Miami	2:09.63
7	Mcminn, Riley	15	Helensvale	2:10.11
8	Mcguinness, Cooper	14	Emmanuel	2:12.46
Heat 2 of 6 Finals				
1	Collins, Jay D	13	St Hildas	2:19.18
2	Cameron, Lachlan	12	Ipswich Grammar	2:15.45
3	Duggan, Alexander	15	Southport	2:15.17
4	Erwin, Hamish	15	Helensvale	2:12.74
5	Daley, Jackson	16	Somerset GC	2:15.04
6	Rayward, Dane	14	Miami	2:15.18
7	Wellm (V), Timothy	12	KNGC	2:18.59
8	Soderlund, Cooper	15	Helensvale	2:20.69
Heat 3 of 6 Finals				
1	Brown, Harrison	14	Emmanuel	2:27.94
2	Cheal, Cillian	14	Helensvale	2:26.71
3	Hill, James	13	St Hildas	2:24.94
4	Bourke (V), Jack	14	KNGC	2:22.49
5	Bayarsaikhan, Margad	12	Pimpama	2:22.88
6	Castle, Kaizin	13	Trinity	2:26.45
7	Bowden, Joshua	15	Emmanuel	2:26.74
8	Willcox, Boston	11	Ipswich Grammar	2:29.41
Heat 4 of 6 Finals				
1	Ross, Jacob	14	Somerset GC	2:32.78
2	Vickery, Diesel	12	Emmanuel	2:31.66
3	Anderson, Knox	11	Somerset GC	2:30.78
4	Hart, Fletcher	13	Miami	2:30.00
5	Harvey, Jasper	12	Emmanuel	2:30.63
6	Ludbrook, Jack	12	Miami	2:31.28
7	Teng, Max	13	Helensvale	2:32.38
8	Gray, Hunter	13	Helensvale	2:34.55
Heat 5 of 6 Finals				
1	Ketchell, Peter	15	Southport	2:55.00
2	Cramer, Edward	12	Lawrence	2:46.51
3	Falicz, Ashton	12	Helensvale	2:38.95
4	Bruggemann, Eli	12	StPetersWestern	2:35.00
5	Doherty, Hayden	14	St Hildas	2:38.14
6	Burrows, Toby	11	Surfers Paradise	2:44.89
7	Pace, Caelan	13	St Hildas	2:55.00
Heat 6 of 6 Finals				
3	May, Jake	13	Miami	2:55.00
4	Wang, Jimmy	14	Southport	2:55.00
5	Bebendorf, Izaac	12	Emmanuel	2:55.00

Event 2 Girls 11 & Over 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals				
1	Willcox, Olivia	15	Woogaroo	2:18.01
2	Guthrie, Taylah	16	St Hildas	2:16.61
3	Skea, Lucy	21	Emmanuel	2:13.76
4	Jarrett, Zahri	14	Somerset GC	2:06.92
5	Hammond, Isabella	14	Helensvale	2:10.12
6	Lowry, Josie	15	Pimpama	2:16.29
7	Anderson, Allegra	13	Helensvale	2:17.00
8	Atkinson, Montana	15	Helensvale	2:19.60
Heat 2 of 5 Finals				
1	Christie, Taylor	13	Helensvale	2:31.05
2	Joffe, Isabel	12	Ipswich Grammar	2:28.32
3	Lukritz, Yasmin	12	Somerset GC	2:27.10
4	Dennis-Wesche, Skye	14	Southport	2:24.55
5	Langford, Cienna	14	Southport	2:24.77
6	Lukritz, Savannah	13	Somerset GC	2:27.70
7	Rozario, Alice	13	Emmanuel	2:29.70
8	Teng, Jasmine	11	Helensvale	2:32.54
Heat 3 of 5 Finals				
1	Kamprad, Indi	12	Miami	2:40.02
2	Smith, Kayleigh	11	Helensvale	2:37.14
3	Dennett, Ellie	12	Helensvale	2:34.81
4	Haddad, Rosie	14	Helensvale	2:32.90
5	Heal, Brianna	17	Helensvale	2:33.82
6	Pidcock, Saaya	13	Miami	2:35.07
7	Sternberg, Elliott	16	Belgravia GC	2:39.28
8	Coetsier, Aria	11	Miami	2:40.90
Heat 4 of 5 Finals				
1	Sternberg, Riley	14	Belgravia GC	3:00.00
2	McTomlinson, Frankie	12	Belgravia GC	3:00.00
3	Ramirez, Samara	13	Tss Aquatic	2:50.29
4	Jones, Kirralee	11	Miami	2:46.32
5	Erwin, Matilda	11	Helensvale	2:50.00
6	Davies, Cameron	12	Helensvale	2:52.25
7	Lockyer, Poppy	13	Miami	3:00.00
8	Murray, Sara	14	Southport	3:00.00
Heat 5 of 5 Finals				
3	Goode, Tanyka	11	Miami	3:00.00
4	Eddie, Lyla	12	Pimpama	3:00.00
5	Albertyn, Roxanne	11	Miami	3:00.00
6	Bailey, Summer	12	Southport	3:00.00

Event 3 Boys 11 & Over 100 SC Meter IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
1	Bourke (V), Jack	14	KNGC	1:10.67
2	Wellm (V), Alex	14	KNGC	1:09.88
3	Quick, Ethan	17	Emmanuel	1:05.64
4	Boswell, Hunter	17	Bond	1:02.52
5	Guthrie, Thomas	18	St Hildas	1:03.72
6	Holmes, Chase	16	Helensvale	1:06.68
7	Connors, Jack	15	Emmanuel	1:10.23
8	Ketchell, Peter	15	Southport	1:11.24

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Heat 2 Finals (#3 Boys 11 & Over 100 SC Meter IM)

1	Tarrant, Cohen	12	Somerset GC	1:18.27	___
2	Wong, Aidan	13	Belgravia GC	1:18.01	___
3	Stotz, Koa	12	Somerset GC	1:12.63	___
4	Tetonga, Bailey	13	Helensvale	1:11.67	___
5	Kienzl, Samuel	13	Waterworx	1:12.36	___
6	Potts, Lachlan	14	Helensvale	1:14.42	___
7	Morris, Emmitt	11	Pimpama	1:18.06	___
8	Brown, Harrison	14	Emmanuel	1:19.05	___

Heat 3 of 4 Finals

1	Zhang, Toby	12	AB Pat College	1:26.04	___
2	May, Jake	13	Miami	1:23.31	___
3	Duggan, Joey	13	Emmanuel	1:22.42	___
4	Flancia, Elias	13	Pimpama	1:19.23	___
5	Eke, Lennox	12	Lawrence	1:21.79	___
6	Simmonds, Harry	11	Pimpama	1:22.69	___
7	Radford, Levi	13	Rackley ST	1:24.04	___
8	Doherty, Nicholas	13	Belgravia GC	1:26.09	___

Heat 4 of 4 Finals

2	Wyrzynski, Xavier	11	Surfers Paradise	1:33.88	___
3	Wright, Jake	12	Pimpama	1:30.28	___
4	Burrows, Toby	11	Surfers Paradise	1:26.60	___
5	Brown, Fletcher	11	Emmanuel	1:29.22	___
6	Shine, Daniel Harrison	12	Southport	1:30.87	___
7	Denney, Jeremy	12	Emmanuel	1:34.36	___

Event 4 Girls 11 & Over 100 SC Meter IM

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 5 Finals

1	Cimini, Chiara	14	Somerset GC	1:15.73	___
2	Paniagua, Savannah	15	Southport	1:15.66	___
3	Kamprad, Lacy	15	Bond	1:11.29	___
4	Hinze, Charlotte	16	Helensvale	1:08.55	___
5	Pearson, Josie	14	Emmanuel	1:11.11	___
6	Bowden, Zali	14	Emmanuel	1:14.74	___
7	Atkinson, Montana	15	Helensvale	1:15.72	___
8	Cooper, Anastasia	15	Emmanuel	1:16.08	___

Heat 2 of 5 Finals

1	Rayward, Elke	12	Miami	1:19.74	___
2	Shine, Ava	14	Superfish	1:19.43	___
3	Rozario, Alice	13	Emmanuel	1:18.91	___
4	Walton, Piper	14	Emmanuel	1:17.99	___
5	Roelandts, Hanna	12	Pimpama	1:18.52	___
6	Murphy, Chloe	12	Emmanuel	1:19.06	___
7	Christie, Jasmin	12	Helensvale	1:19.63	___
8	Xu, Tian	12	Emmanuel	1:20.36	___

Heat 3 of 5 Finals

1	Kim, Sienna	13	Emmanuel	1:22.55	___
2	King, Tyla	14	All Saints	1:21.48	___
3	Anderson, Allegra	13	Helensvale	1:20.95	___
4	Cothill, Jenna	15	Southport	1:20.59	___
5	Bell, Kiera	13	Helensvale	1:20.80	___
6	Heal, Ashley	15	Helensvale	1:21.09	___
7	Switala, Indie	11	Pimpama	1:22.08	___
8	Tou, Maya	13	Waterworx	1:22.91	___

Heat 4 of 5 Finals

1	Dennett, Ellie	12	Helensvale	1:27.31	___
2	Joffe, Isabel	12	Ipswich Grammar	1:26.10	___
3	Jones, Kirralee	11	Miami	1:25.58	___
4	Morton, Isabella	14	Sharks Aquatics	1:23.56	___
5	Melo, Makyra	11	Somerset GC	1:23.72	___
6	Bayarsaikhan, Maral	14	Pimpama	1:25.91	___
7	Hannan, Amy	11	Emmanuel	1:27.25	___
8	Bell, Raimu	11	Southport	1:29.22	___

Heat 5 of 5 Finals

1	Scott, Sarah	11	Emmanuel	1:37.83	___
2	Simonds, Jada	11	Emmanuel	1:35.56	___
3	Shine, Sofia	11	Superfish	1:30.94	___
4	Howard, Lily	13	Waterworx	1:29.27	___
5	Boswell, Emerson	13	Miami	1:30.72	___
6	McTomlinson, Frankie	12	Belgravia GC	1:33.45	___
7	Siemon, Isabella	12	Waterworx	1:36.84	___

Event 5 Boys 11 & Over 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 5 Finals

1	Roseverne (V), Noah	15	KNGC	34.91	___
2	Czegledi, Daniel	15	Southport	34.44	___
3	Bell, Jesse	14	Southport	34.39	___
4	Cothill, Ryan	17	Southport	29.35	___
5	Wang, Jimmy	14	Southport	33.33	___
6	Stotz, Koa	12	Somerset GC	34.42	___
7	Connors, Jack	15	Emmanuel	34.54	___
8	Tarrant, Cohen	12	Somerset GC	35.40	___

Heat 2 of 5 Finals

1	Wong, Aidan	13	Belgravia GC	38.36	___
2	Baxter, Danny	13	Somerset GC	38.05	___
3	Cameron, Lachlan	12	Ipswich Grammar	37.35	___
4	Cummins, Isaac	15	Helensvale	35.50	___
5	Tetonga, Bailey	13	Helensvale	35.56	___
6	Kienzl, Samuel	13	Waterworx	37.61	___
7	Radford, Levi	13	Rackley ST	38.28	___
8	Viney, Geoffrey	12	Southport	39.07	___

Heat 3 of 5 Finals

1	Duggan, Joey	13	Emmanuel	42.89	___
2	Flancia, Elias	13	Pimpama	41.37	___
3	White, Bailey	13	Helensvale	40.44	___
4	Morris, Emmitt	11	Pimpama	39.19	___
5	Bayarsaikhan, Margad	12	Pimpama	39.56	___
6	Park, Daehan	15	Emmanuel	41.00	___
7	Doherty, Nicholas	13	Belgravia GC	42.17	___
8	Vickery, Diesel	12	Emmanuel	43.01	___

Heat 4 of 5 Finals

1	Woollven, Harry	12	Somerset GC	47.79	___
2	Merriman, Matthew	14	Tss Aquatic	46.00	___
3	Plathe, Christian	13	Helensvale	45.00	___
4	Eke, Lennox	12	Lawrence	43.05	___
5	Simmonds, Harry	11	Pimpama	44.56	___
6	Cox, Benjamin	13	Rackley ST	45.08	___
7	Cramer, Edward	12	Lawrence	46.14	___
8	Wright, Jake	12	Pimpama	47.82	___

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Heat 5 Finals (#5 Boys 11 & Over 50 SC Meter Breaststroke)

3	Anderson, Knox	11	Somerset GC	54.97	___
4	Nakajima, Tora	12	Southport	49.45	___
5	Wyrzynski, Xavier	11	Surfers Paradise	49.50	___
6	Rameau, Nate	12	Tss Aquatic	55.00	___

Event 6 Girls 11 & Over 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 6 Finals

1	Cummins, Caitlyn	13	Helensvale	39.59	___
2	Hart, Amelia	13	Somerset GC	38.51	___
3	Pearson, Josie	14	Emmanuel	36.76	___
4	Mclay, Vanessa	15	Southport	36.52	___
5	Guthrie, Taylah	16	St Hildas	36.68	___
6	Cimini, Chiara	14	Somerset GC	37.62	___
7	Cothill, Jenna	15	Southport	38.56	___
8	Herrmann, Chloe	13	Somerset GC	39.93	___

Heat 2 of 6 Finals

1	Heal, Brianna	17	Helensvale	42.22	___
2	Coetser, Aria	11	Miami	41.94	___
3	Wogan, Zara	12	Emmanuel	40.88	___
4	Negrao, Sienna	15	Southport	39.97	___
5	Melo, Makyra	11	Somerset GC	40.24	___
6	Eddie, Lyla	12	Pimpama	40.94	___
7	Lukritz, Yasmin	12	Somerset GC	42.03	___
8	Switala, Indie	11	Pimpama	42.44	___

Heat 3 of 6 Finals

1	Shimbashi, Meika	12	Southport	44.94	___
2	Gillett, Maya	13	Lawrence	44.43	___
3	Roelandts, Hanna	12	Pimpama	43.10	___
4	Kamprad, Indi	12	Miami	42.66	___
5	Kim, Sienna	13	Emmanuel	42.74	___
6	Tou, Maya	13	Waterworx	44.37	___
7	Mannion, Sienna	12	Lawrence	44.53	___
8	Morgan, Kiara	11	Lawrence	45.24	___

Heat 4 of 6 Finals

1	Teng, Jasmine	11	Helensvale	47.29	___
2	Riseley, Hannah	13	Southport	47.00	___
3	Zhang, Selina	11	Southport	46.01	___
4	Tassell, Holly	11	Helensvale	45.27	___
5	O'Mahoney, Layla	12	Lawrence	45.59	___
6	Scott, Amelia	11	Lawrence	46.73	___
7	Bayarsaikhan, Maral	14	Pimpama	47.00	___
8	Bell, Tia	11	Helensvale	47.80	___

Heat 5 of 6 Finals

1	Zhang, Katelyn	11	Helensvale	53.04	___
2	Wang, Lillian	11	Southport	51.25	___
3	Mannion, Lucy	12	Lawrence	50.48	___
4	Smith, Kayleigh	11	Helensvale	47.94	___
5	Bell, Raimu	11	Southport	48.25	___
6	Flynn, Ellie	11	Kennedy Pacific	50.65	___
7	McTomlinson, Frankie	12	Belgravia GC	51.83	___

Heat 6 of 6 Finals

3	Biddle, Danika	11	Helensvale	55.00	___
4	Dennett, Ellie	12	Helensvale	53.24	___
5	Brady, Samantha	11	Lawrence	53.33	___

Event 7 Boys 12 & Over 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 1 Finals

1	Yanagita, Jordy	16	Emmanuel	2:33.29	___
2	Mower, Mason	13	Southport	2:24.31	___
3	Cimini, Joshua	16	Somerset GC	2:20.84	___
4	Twiss, Ryley	19	Southport	2:02.92	___
5	Aguilar, Alexander	21	Miami	2:06.23	___
6	Weaver, Douglas	14	Waterworx	2:21.87	___
7	Potts, Lachlan	14	Helensvale	2:30.41	___

Event 8 Girls 12 & Over 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 1 Finals

1	Heal, Ashley	15	Helensvale	2:51.64	___
2	Dare, Lulu	14	Helensvale	2:48.00	___
3	Daniels, Cady	15	Somerset GC	2:32.78	___
4	Aulert, Anabelle	15	Bond	2:27.15	___
5	Pholjamjumrus, Jinjutha	17	Southport	2:30.00	___
6	Atkinson, Montana	15	Helensvale	2:45.55	___
7	Paniagua, Savannah	15	Southport	2:48.30	___
8	Shimbashi, Meika	12	Southport	3:30.00	___

Event 9 Boys 11 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 5 Finals

1	Cheal, Cillian	14	Helensvale	1:10.43	___
2	Clayton, Jesse	15	Emmanuel	1:08.67	___
3	French (V), Jack	16	KNGC	1:07.60	___
4	Boswell, Hunter	17	Bond	59.33	___
5	Knezevic, Luca	15	Southport	1:02.26	___
6	Mcminn, Riley	15	Helensvale	1:07.94	___
7	Bowden, Joshua	15	Emmanuel	1:09.82	___
8	Wellm (V), Timothy	12	KNGC	1:10.89	___

Heat 2 of 5 Finals

1	Ross, Jacob	14	Somerset GC	1:17.86	___
2	Sullivan, Bailey	15	Miami	1:16.30	___
3	Bourke (V), Jack	14	KNGC	1:15.20	___
4	Connors, Jack	15	Emmanuel	1:12.28	___
5	Baxter, Danny	13	Somerset GC	1:14.25	___
6	Pace, Caelan	13	St Hildas	1:16.21	___
7	White, Bailey	13	Helensvale	1:17.31	___
8	Bebendorf, Izaac	12	Emmanuel	1:18.23	___

Heat 3 of 5 Finals

1	Vidler, Nash	13	Surfers Paradise	1:22.65	___
2	Bruggemann, Eli	12	StPetersWestern	1:21.94	___
3	Gray, Hunter	13	Helensvale	1:19.62	___
4	Bozsoki, Borisz	13	Southport	1:18.64	___
5	Flancia, Elias	13	Pimpama	1:19.57	___
6	Willcox, Boston	11	Ipswich Grammar	1:20.37	___
7	Hill, James	13	St Hildas	1:22.28	___
8	Gisler, Oliver	13	Miami	1:23.36	___

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Heat 4 Finals (#9 Boys 11 & Over 100 SC Meter Backstroke)

1	Yim, Nathan	13	Miami	1:31.52	___
2	Macdonald, Kai	12	Southport	1:27.16	___
3	Hallal, Tyler	13	Tss Aquatic	1:24.32	___
4	May, Jake	13	Miami	1:23.46	___
5	Vickery, Diesel	12	Emmanuel	1:24.16	___
6	Simmonds, Harry	11	Pimpama	1:25.89	___
7	Burrows, Toby	11	Surfers Paradise	1:29.35	___
8	McGloughlin, Hunter	14	Southport	1:32.00	___

Heat 5 of 5 Finals

2	Denney, Jeremy	12	Emmanuel	1:34.75	___
3	Tessier, Lucas	13	Helensvale	1:32.00	___
4	Castle, Kaizin	13	Trinity	1:32.00	___
5	Doherty, Alexander	14	Belgravia GC	1:32.00	___
6	Brown, Fletcher	11	Emmanuel	1:34.15	___

Event 10 Girls 11 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 5 Finals

1	Carson, Mia	14	Southport	1:11.98	___
2	Dare, Lulu	14	Helensvale	1:08.77	___
3	Grimson, Matilda	14	Somerset GC	1:06.45	___
4	Hinze, Charlotte	16	Helensvale	1:01.71	___
5	Mcfarlane, Kayla	18	Southport	1:04.40	___
6	Skea, Lucy	21	Emmanuel	1:07.61	___
7	Cooper, Anastasia	15	Emmanuel	1:09.28	___
8	Paniagua, Savannah	15	Southport	1:14.94	___

Heat 2 of 5 Finals

1	Bailey, Summer	12	Southport	1:18.45	___
2	Pidcock, Saaya	13	Miami	1:17.19	___
3	Shine, Ava	14	Superfish	1:16.91	___
4	Murray, Sara	14	Southport	1:15.11	___
5	Atkinson, Montana	15	Helensvale	1:15.65	___
6	Lowry, Josie	15	Pimpama	1:17.06	___
7	Hokibara, Keito	14	Somerset GC	1:18.18	___
8	Hoffmann (V), Willa	14	KNGC	1:19.86	___

Heat 3 of 5 Finals

1	Herrmann, Chloe	13	Somerset GC	1:23.72	___
2	Klos, Jordan	17	Southport	1:23.50	___
3	Morton, Isabella	14	Sharks Aquatics	1:23.06	___
4	Jones, Kirralee	11	Miami	1:20.24	___
5	Albertyn, Roxanne	11	Miami	1:21.83	___
6	Tait, Addison	14	Emmanuel	1:23.25	___
7	Dennett, Ellie	12	Helensvale	1:23.51	___
8	Shaw, Eva	12	Miami	1:23.96	___

Heat 4 of 5 Finals

1	Hannan, Amy	11	Emmanuel	1:27.26	___
2	Sternberg, Elliott	16	Belgravia GC	1:27.00	___
3	Xu, Tian	12	Emmanuel	1:24.92	___
4	Ahmad, Nadyne Sofea	11	Ipswich Girls	1:24.50	___
5	Wang, Lillian	11	Southport	1:24.77	___
6	Kitchen, Sienna	15	Miami	1:27.00	___
7	Riseley, Mika	15	Southport	1:27.00	___
8	Davies, Cameron	12	Helensvale	1:28.64	___

Heat 5 of 5 Finals

3	Zhang, Katelyn	11	Helensvale	1:42.72	___
4	Lockyer, Poppy	13	Miami	1:36.00	___
5	Simonds, Jada	11	Emmanuel	1:38.00	___

Event 11 Boys 12 & Over 400 SC Meter IM

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 1 Finals

3	Erwin, Hamish	15	Helensvale	5:12.32	___
4	Weaver, Douglas	14	Waterworx	5:07.13	___
5	Mower, Mason	13	Southport	5:08.98	___
6	Zhang, Toby	12	AB Pat College	6:11.98	___

Event 12 Girls 12 & Over 400 SC Meter IM

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 1 Finals

3	Wogan, Zara	12	Emmanuel	5:59.00	___
4	Hammond, Isabella	14	Helensvale	5:19.99	___
5	Heal, Ashley	15	Helensvale	5:32.05	___
6	Pholjamjumrus, Jinjutha	17	Southport	7:00.00	___

Event 13 Boys 11 & Over 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 9 Finals

1	Mcminn, Riley	15	Helensvale	26.66	___
2	Wang, Jimmy	14	Southport	26.27	___
3	Guthrie, Thomas	18	St Hildas	25.49	___
4	Mocki, Waldemar	19	Somerset GC	23.89	___
5	Boswell, Hunter	17	Bond	24.93	___
6	Quick, Ethan	17	Emmanuel	25.90	___
7	Knezevic, Luca	15	Southport	26.29	___
8	Roseverne (V), Noah	15	KNGC	26.82	___

Heat 2 of 9 Finals

1	French (V), Jack	16	KNGC	27.43	___
2	Cummins, Isaac	15	Helensvale	27.26	___
3	Bebendorf, Blake	14	Emmanuel	27.12	___
4	Weaver, Douglas	14	Waterworx	26.91	___
5	Doherty, Alexander	14	Belgravia GC	27.05	___
6	Daley, Jackson	16	Somerset GC	27.20	___
7	Sullivan, Bailey	15	Miami	27.40	___
8	Collins, Jay D	13	St Hildas	27.49	___

Heat 3 of 9 Finals

1	Duggan, Alexander	15	Southport	28.57	___
2	Cameron, Lachlan	12	Ipswich Grammar	28.43	___
3	Stotz, Koa	12	Somerset GC	28.17	___
4	Kienzl, Samuel	13	Waterworx	27.95	___
5	Mcguinness, Ethan	15	Emmanuel	27.99	___
6	Clayton, Jesse	15	Emmanuel	28.43	___
7	Potts, Lachlan	14	Helensvale	28.44	___
8	Bell, Jesse	14	Southport	28.59	___

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Heat 4 Finals (#13 Boys 11 & Over 50 SC Meter Freestyle)

1	Castle, Kaizin	13	Trinity	29.45	___
2	Park, Daehan	15	Emmanuel	29.37	___
3	Bourke (V), Jack	14	KNGC	28.97	___
4	Wellm (V), Alex	14	KNGC	28.70	___
5	Ketchell, Peter	15	Southport	28.84	___
6	Baxter, Danny	13	Somerset GC	29.02	___
7	Soderlund, Cooper	15	Helensvale	29.44	___
8	Tarrant, Cohen	12	Somerset GC	29.50	___

Heat 5 of 9 Finals

1	Doherty, Nicholas	13	Belgravia GC	30.32	___
2	Tessier, Lucas	13	Helensvale	29.88	___
3	Wong, Aidan	13	Belgravia GC	29.75	___
4	Hallal, Tyler	13	Tss Aquatic	29.63	___
5	Ross, Jacob	14	Somerset GC	29.65	___
6	Wellm (V), Timothy	12	KNGC	29.80	___
7	Bayarsaikhan, Margad	12	Pimpama	30.12	___
8	Viney, Geoffrey	12	Southport	30.37	___

Heat 6 of 9 Finals

1	Vidler, Nash	13	Surfers Paradise	31.81	___
2	Teng, Max	13	Helensvale	31.20	___
3	Cook, Lachlan	12	Helensvale	30.85	___
4	Bozsoki, Borisz	13	Southport	30.41	___
5	Brown, Harrison	14	Emmanuel	30.58	___
6	Flancia, Elias	13	Pimpama	31.15	___
7	Morris, Emmitt	11	Pimpama	31.23	___
8	Aguilar, Alexander	21	Miami	32.00	___

Heat 7 of 9 Finals

1	Macdonald, Kai	12	Southport	33.52	___
2	Rameau, Nate	12	Tss Aquatic	32.74	___
3	Gray, Hunter	13	Helensvale	32.31	___
4	Radford, Levi	13	Rackley ST	32.13	___
5	Eke, Lennox	12	Lawrence	32.30	___
6	Anderson, Knox	11	Somerset GC	32.48	___
7	Simmonds, Harry	11	Pimpama	32.93	___
8	May, Jake	13	Miami	33.85	___

Heat 8 of 9 Finals

1	Holland, Cooper	12	Southport	34.65	___
2	Woollven, Harry	12	Somerset GC	34.37	___
3	Wyrzynski, Xavier	11	Surfers Paradise	34.30	___
4	Doherty, Hayden	14	St Hildas	34.28	___
5	White, Bailey	13	Helensvale	34.30	___
6	Falicz, Ashton	12	Helensvale	34.36	___
7	Shine, Daniel Harrison	12	Southport	34.53	___
8	Wright, Jake	12	Pimpama	34.73	___

Heat 9 of 9 Finals

1	Denney, Jeremy	12	Emmanuel	38.34	___
2	Hart, Fletcher	13	Miami	37.00	___
3	Rayward, Dane	14	Miami	37.00	___
4	Burrows, Toby	11	Surfers Paradise	34.95	___
5	Merriman, Matthew	14	Tss Aquatic	35.25	___
6	Plathe, Christian	13	Helensvale	37.00	___
7	Campbell, Dylan	14	Somerset GC	37.00	___
8	Nakajima, Tora	12	Southport	39.25	___

Event 14 Girls 11 & Over 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
------	------	-----	------	-----------	--

Heat 1 of 11 Finals

1	Mclay, Vanessa	15	Southport	28.68	___
2	Hammond, Isabella	14	Helensvale	28.50	___
3	Grimson, Matilda	14	Somerset GC	28.23	___
4	Borg (V), Olivia	22	Samoa	26.88	___
5	Jarrett, Zahri	14	Somerset GC	27.12	___
6	Aulert, Anabelle	15	Bond	28.25	___
7	Daniels, Cady	15	Somerset GC	28.58	___
8	Kitchen, Sienna	15	Miami	29.06	___

Heat 2 of 11 Finals

1	Cimini, Chiara	14	Somerset GC	29.59	___
2	Anderson, Allegra	13	Helensvale	29.55	___
3	Lowry, Josie	15	Pimpama	29.51	___
4	Paniagua, Savannah	15	Southport	29.33	___
5	Dare, Lulu	14	Helensvale	29.43	___
6	Walton, Piper	14	Emmanuel	29.51	___
7	Gray, Ellie	17	Helensvale	29.58	___
8	Wilkinson, Mena	14	Pelican Waters	29.90	___

Heat 3 of 11 Finals

1	Potts, Layla	17	Helensvale	30.99	___
2	Willcox, Olivia	15	Woogaroo	30.80	___
3	Langford, Cienna	14	Southport	30.44	___
4	Cooper, Anastasia	15	Emmanuel	30.33	___
5	Carson, Mia	14	Southport	30.44	___
6	Joffe, Isabel	12	Ipswich Grammar	30.50	___
7	Dennis-Wesche, Skye	14	Southport	30.95	___
8	Christie, Taylor	13	Helensvale	31.09	___

Heat 4 of 11 Finals

1	Sternberg, Riley	14	Belgravia GC	31.45	___
2	Hokibara, Keito	14	Somerset GC	31.37	___
3	Pidcock, Saaya	13	Miami	31.28	___
4	Hoffmann (V), Willa	14	KNGC	31.10	___
5	Albertyn, Roxanne	11	Miami	31.28	___
6	Jones, Kirralee	11	Miami	31.36	___
7	Christie, Jasmin	12	Helensvale	31.42	___
8	Melo, Makyra	11	Somerset GC	31.66	___

Heat 5 of 11 Finals

1	Bell, Kiera	13	Helensvale	32.09	___
2	Dennett, Ellie	12	Helensvale	31.95	___
3	Lukritz, Yasmin	12	Somerset GC	31.76	___
4	Tou, Maya	13	Waterworx	31.71	___
5	Haddad, Rosie	14	Helensvale	31.74	___
6	Tait, Addison	14	Emmanuel	31.91	___
7	Ahmad, Nadyne Sofea	11	Ipswich Girls	32.07	___
8	Hinze, Sybella	13	Helensvale	32.10	___

Heat 6 of 11 Finals

1	Scott, Amelia	11	Lawrence	32.81	___
2	Humphrey, Amaris	12	Belgravia GC	32.69	___
3	Kim, Sienna	13	Emmanuel	32.43	___
4	Cummins, Caitlyn	13	Helensvale	32.18	___
5	Klos, Jordan	17	Southport	32.19	___
6	Herrmann, Chloe	13	Somerset GC	32.55	___
7	Heal, Brianna	17	Helensvale	32.72	___
8	Morton, Isabella	14	Sharks Aquatics	32.85	___

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Heat 7 Finals (#14 Girls 11 & Over 50 SC Meter Freestyle)

1	Monet, Madeleine	13	Tss Aquatic	34.04	___
2	Goode, Tanyka	11	Miami	33.82	___
3	Murphy, Chloe	12	Emmanuel	33.61	___
4	Hannan, Amy	11	Emmanuel	33.00	___
5	Gillett, Maya	13	Lawrence	33.16	___
6	Negrao, Sienna	15	Southport	33.78	___
7	Howard, Lily	13	Waterworx	33.98	___
8	Siemon, Isabella	12	Waterworx	34.39	___

Heat 8 of 11 Finals

1	Mannion, Sienna	12	Lawrence	35.00	___
2	Boswell, Emerson	13	Miami	34.75	___
3	Smith, Kayleigh	11	Helensvale	34.55	___
4	Riseley, Mika	15	Southport	34.50	___
5	O'Mahoney, Layla	12	Lawrence	34.51	___
6	Morgan, Kiara	11	Lawrence	34.66	___
7	Bell, Tia	11	Helensvale	34.99	___
8	Bell, Raimu	11	Southport	35.97	___

Heat 9 of 11 Finals

1	Mannion, Lucy	12	Lawrence	37.18	___
2	Zhang, Selina	11	Southport	36.76	___
3	Chartres, Evie	12	Lawrence	36.58	___
4	Davies, Cameron	12	Helensvale	36.08	___
5	Scott, Sarah	11	Emmanuel	36.37	___
6	Wang, Lillian	11	Southport	36.72	___
7	Simonds, Jada	11	Emmanuel	37.15	___
8	McGregor, Ashley	11	ICSC	37.44	___

Heat 10 of 11 Finals

1	Zhang, Katelyn	11	Helensvale	38.23	___
2	Lockyer, Poppy	13	Miami	38.00	___
3	Riseley, Hannah	13	Southport	38.00	___
4	Shrestha, Sneha	12	Ipswich Girls	37.86	___
5	Erwin, Matilda	11	Helensvale	37.88	___
6	Bayarsaikhan, Maral	14	Pimpama	38.00	___
7	Brady, Samantha	11	Lawrence	38.14	___
8	Daley, Madeline	11	Somerset GC	38.91	___

Heat 11 of 11 Finals

3	Biddle, Danika	11	Helensvale	42.40	___
4	Flynn, Ellie	11	Kennedy Pacific	40.25	___
5	Gomez, Azul	11	Helensvale	41.39	___

Event 15 Boys 12 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2 Finals

1	Pace, Caelan	13	St Hildas	3:04.73	___
2	Stotz, Koa	12	Somerset GC	3:01.87	___
3	Bell, Jesse	14	Southport	2:42.94	___
4	Cothill, Ryan	17	Southport	2:19.89	___
5	Wang, Jimmy	14	Southport	2:42.80	___
6	Tetonga, Bailey	13	Helensvale	2:57.51	___
7	Tarrant, Cohen	12	Somerset GC	3:04.63	___
8	Yim, Jordan	13	Miami	3:15.10	___

Heat 2 of 2 Finals

3	Radford, Jaxson	13	TheLakesCollege	3:40.00	___
4	Zhang, Toby	12	AB Pat College	3:40.00	___
5	Viney, Geoffrey	12	Southport	3:40.00	___
6	Czegledi, Daniel	15	Southport	3:40.00	___

Event 16 Girls 12 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2 Finals

1	Roelandts, Hanna	12	Pimpama	3:39.00	___
2	Xu, Tian	12	Emmanuel	3:20.03	___
3	Hart, Amelia	13	Somerset GC	3:01.32	___
4	Henrison, Sasha	15	Tss Aquatic	2:56.07	___
5	Mclay, Vanessa	15	Southport	3:00.44	___
6	Heal, Ashley	15	Helensvale	3:04.38	___
7	Eddie, Lyla	12	Pimpama	3:30.00	___

Heat 2 of 2 Finals

3	Lukritz, Savannah	13	Somerset GC	3:45.00	___
4	Riseley, Hannah	13	Southport	3:45.00	___
5	Negrao, Sienna	15	Southport	3:45.00	___

Event 17 Boys 11 & Over 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 4 Finals

1	Mower, Mason	13	Southport	1:05.26	___
2	Weaver, Douglas	14	Waterworx	1:04.37	___
3	Mocki, Waldemar	19	Somerset GC	1:01.07	___
4	Aguilar, Alexander	21	Miami	56.67	___
5	Twiss, Ryley	19	Southport	58.48	___
6	Cimini, Joshua	16	Somerset GC	1:02.77	___
7	Holmes, Chase	16	Helensvale	1:05.03	___
8	Mcminn, Riley	15	Helensvale	1:06.33	___

Heat 2 of 4 Finals

1	Czegledi, Daniel	15	Southport	1:11.24	___
2	Potts, Lachlan	14	Helensvale	1:09.61	___
3	Duggan, Alexander	15	Southport	1:08.56	___
4	Daley, Jackson	16	Somerset GC	1:07.84	___
5	Mcguinness, Cooper	14	Emmanuel	1:07.88	___
6	Cummins, Isaac	15	Helensvale	1:08.63	___
7	Ketchell, Peter	15	Southport	1:10.59	___
8	Baxter, Danny	13	Somerset GC	1:12.41	___

Heat 3 of 4 Finals

1	Bruggemann, Eli	12	StPetersWestern	1:22.24	___
2	Bozsoki, Borisz	13	Southport	1:17.25	___
3	Duggan, Joey	13	Emmanuel	1:15.69	___
4	Mcguinness, Ethan	15	Emmanuel	1:12.55	___
5	Roseverne (V), Noah	15	KNGC	1:12.79	___
6	Collins, Jay D	13	St Hildas	1:16.45	___
7	Yim, Nathan	13	Miami	1:21.96	___
8	Holland, Cooper	12	Southport	1:23.30	___

Heat 4 of 4 Finals

2	Burrows, Toby	11	Surfers Paradise	1:30.14	___
3	Doherty, Alexander	14	Belgravia GC	1:30.00	___
4	Bourke (V), Jack	14	KNGC	1:24.15	___
5	Hill, James	13	St Hildas	1:29.99	___
6	McGloughlin, Hunter	14	Southport	1:30.00	___
7	Morris, Emmitt	11	Pimpama	1:40.00	___

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Event 18 Girls 11 & Over 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 4 Finals

1	Lowry, Josie	15	Pimpama	1:10.33
2	Pearson, Josie	14	Emmanuel	1:09.08
3	Aulert, Anabelle	15	Bond	1:05.82
4	Borg (V), Olivia	22	Samoa	1:00.34
5	Mcfarlane, Kayla	18	Southport	1:03.05
6	Daniels, Cady	15	Somerset GC	1:08.31
7	Atkinson, Montana	15	Helensvale	1:10.22
8	Potts, Layla	17	Helensvale	1:13.22

Heat 2 of 4 Finals

1	Langford, Cienna	14	Southport	1:16.69
2	Hoffmann (V), Willa	14	KNGC	1:16.27
3	Hammond, Isabella	14	Helensvale	1:14.87
4	Anderson, Allegra	13	Helensvale	1:13.22
5	Shimbashi, Meika	12	Southport	1:14.41
6	King, Tyla	14	All Saints	1:16.21
7	Dare, Lulu	14	Helensvale	1:16.58
8	Bell, Kiera	13	Helensvale	1:17.52

Heat 3 of 4 Finals

1	Hannan, Amy	11	Emmanuel	1:26.00
2	Rayward, Elke	12	Miami	1:21.84
3	Hart, Amelia	13	Somerset GC	1:20.75
4	Lukritz, Yasmin	12	Somerset GC	1:17.80
5	Dennett, Ellie	12	Helensvale	1:20.12
6	Bailey, Summer	12	Southport	1:21.13
7	Coetser, Aria	11	Miami	1:25.09
8	Switala, Indie	11	Pimpama	1:26.71

Heat 4 of 4 Finals

3	Tassell, Holly	11	Helensvale	1:35.43
4	Murray, Sara	14	Southport	1:32.00
5	Haddad, Rosie	14	Helensvale	1:32.00
6	Murphy, Chloe	12	Emmanuel	1:42.00

Event 19 Boys 11 & Over 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 6 Finals

1	Potts, Lachlan	14	Helensvale	33.57
2	Mcminn, Riley	15	Helensvale	30.86
3	Knezevic, Luca	15	Southport	29.58
4	Guthrie, Thomas	18	St Hildas	27.59
5	Lowe, Matthew	16	Miami	28.04
6	Clayton, Jesse	15	Emmanuel	29.90
7	French (V), Jack	16	KNGC	31.20
8	Kienzl, Samuel	13	Waterworx	33.67

Heat 2 of 6 Finals

1	Soderlund, Cooper	15	Helensvale	35.71
2	McGloughlin, Hunter	14	Southport	35.07
3	Roseverne (V), Noah	15	KNGC	34.62
4	Tetonga, Bailey	13	Helensvale	33.78
5	Cheal, Cillian	14	Helensvale	34.01
6	Collins, Jay D	13	St Hildas	34.94
7	Hallal, Tyler	13	Tss Aquatic	35.15
8	White, Bailey	13	Helensvale	35.78

Heat 3 of 6 Finals

1	Wong, Aidan	13	Belgravia GC	36.96
2	Wellm (V), Alex	14	KNGC	36.70
3	Ross, Jacob	14	Somerset GC	36.47
4	Bozsoki, Borisz	13	Southport	35.95
5	Sullivan, Bailey	15	Miami	36.24
6	Cook, Lachlan	12	Helensvale	36.50
7	Radford, Jaxson	13	TheLakesCollege	36.89
8	Tessier, Lucas	13	Helensvale	37.36

Heat 4 of 6 Finals

1	Falicz, Ashton	12	Helensvale	38.92
2	Vickery, Diesel	12	Emmanuel	38.86
3	Eke, Lennox	12	Lawrence	37.76
4	Flancia, Elias	13	Pimpama	37.44
5	Gray, Hunter	13	Helensvale	37.56
6	Macdonald, Kai	12	Southport	38.01
7	Yim, Nathan	13	Miami	38.88
8	Simmonds, Harry	11	Pimpama	39.45

Heat 5 of 6 Finals

1	Doherty, Hayden	14	St Hildas	42.00
2	Shine, Daniel Harrison	12	Southport	41.23
3	Brown, Fletcher	11	Emmanuel	40.73
4	Cox, Benjamin	13	Rackley ST	39.78
5	Brown, Harrison	14	Emmanuel	39.80
6	Plathe, Christian	13	Helensvale	41.00
7	Zhang, Toby	12	AB Pat College	41.55
8	Castle, Kaizin	13	Trinity	42.00

Heat 6 of 6 Finals

1	Ludbrook, Jack	12	Miami	49.00
2	Anderson, Knox	11	Somerset GC	47.60
3	Wright, Jake	12	Pimpama	44.15
4	Merriman, Matthew	14	Tss Aquatic	42.00
5	Burrows, Toby	11	Surfers Paradise	42.80
6	Woollven, Harry	12	Somerset GC	44.54
7	Rameau, Nate	12	Tss Aquatic	49.00

Event 20 Girls 11 & Over 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 7 Finals

1	Paniagua, Savannah	15	Southport	33.63
2	Cooper, Anastasia	15	Emmanuel	33.10
3	Grimson, Matilda	14	Somerset GC	31.50
4	Mcfarlane, Kayla	18	Southport	28.59
5	Hinze, Charlotte	16	Helensvale	29.36
6	Skea, Lucy	21	Emmanuel	32.66
7	Dare, Lulu	14	Helensvale	33.42
8	Carson, Mia	14	Southport	33.92

Heat 2 of 7 Finals

1	Hoffmann (V), Willa	14	KNGC	36.50
2	Walton, Piper	14	Emmanuel	36.29
3	Shine, Ava	14	Superfish	36.13
4	Murray, Sara	14	Southport	34.25
5	Hart, Amelia	13	Somerset GC	35.64
6	Pidcock, Saaya	13	Miami	36.25
7	Hinze, Sybella	13	Helensvale	36.44
8	Sternberg, Riley	14	Belgravia GC	37.11

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Heat 3 Finals (#20 Girls 11 & Over 50 SC Meter Backstroke)

1	Morton, Isabella	14	Sharks Aquatics	39.49	___
2	Rayward, Elke	12	Miami	38.89	___
3	Ahmad, Nadyne Sofea	11	Ipswich Girls	37.97	___
4	Dennett, Ellie	12	Helensvale	37.20	___
5	Christie, Jasmin	12	Helensvale	37.63	___
6	Joffe, Isabel	12	Ipswich Grammar	38.00	___
7	Morgan, Kiara	11	Lawrence	39.23	___
8	Tou, Maya	13	Waterworx	39.53	___

Heat 4 of 7 Finals

1	Bell, Raimu	11	Southport	41.30	___
2	Shine, Sofia	11	Superfish	40.32	___
3	Kitchen, Sienna	15	Miami	40.00	___
4	Tait, Addison	14	Emmanuel	39.87	___
5	Riseley, Mika	15	Southport	40.00	___
6	Klos, Jordan	17	Southport	40.00	___
7	Roelandts, Hanna	12	Pimpama	40.72	___
8	Scott, Amelia	11	Lawrence	41.60	___

Heat 5 of 7 Finals

1	Chartres, Evie	12	Lawrence	43.67	___
2	Hokibara, Keito	14	Somerset GC	43.00	___
3	Wang, Lillian	11	Southport	42.68	___
4	Smith, Kayleigh	11	Helensvale	42.01	___
5	McTomlinson, Frankie	12	Belgravia GC	42.26	___
6	Howard, Lily	13	Waterworx	42.96	___
7	Boswell, Emerson	13	Miami	43.00	___
8	Eddie, Lyla	12	Pimpama	43.77	___

Heat 6 of 7 Finals

1	Shrestha, Sneha	12	Ipswich Girls	45.94	___
2	Siemon, Isabella	12	Waterworx	44.90	___
3	Zhang, Katelyn	11	Helensvale	44.60	___
4	Erwin, Matilda	11	Helensvale	44.08	___
5	O'Mahoney, Layla	12	Lawrence	44.48	___
6	Bell, Tia	11	Helensvale	44.81	___
7	Simonds, Jada	11	Emmanuel	45.69	___
8	Brady, Samantha	11	Lawrence	46.28	___

Heat 7 of 7 Finals

1	Zhang, Selina	11	Southport	50.00	___
2	Scott, Sarah	11	Emmanuel	49.64	___
3	Biddle, Danika	11	Helensvale	47.57	___
4	Mannion, Sienna	12	Lawrence	46.66	___
5	McGregor, Ashley	11	ICSC	46.86	___
6	Daley, Madeline	11	Somerset GC	49.57	___
7	Gomez, Azul	11	Helensvale	49.90	___

Event 21 Boys 11 & Over 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2 Finals

1	Roseverne (V), Noah	15	KNGC	4:46.82	___
2	Quick, Ethan	17	Emmanuel	4:39.80	___
3	Weaver, Douglas	14	Waterworx	4:28.85	___
4	Erwin, Hamish	15	Helensvale	4:23.90	___
5	Holmes, Chase	16	Helensvale	4:23.98	___
6	French (V), Jack	16	KNGC	4:35.49	___
7	Connors, Jack	15	Emmanuel	4:45.76	___
8	Wellm (V), Timothy	12	KNGC	4:47.35	___

Heat 2 of 2 Finals

1	Campbell, Dylan	14	Somerset GC	5:50.00	___
2	Holland, Cooper	12	Southport	5:29.50	___
3	Doherty, Alexander	14	Belgravia GC	5:04.43	___
4	Hart, Fletcher	13	Miami	5:00.00	___
5	Bowden, Joshua	15	Emmanuel	5:00.98	___
6	Teng, Max	13	Helensvale	5:20.66	___
7	Falicz, Ashton	12	Helensvale	5:32.60	___
8	Rayward, Dane	14	Miami	5:55.00	___

Event 22 Girls 11 & Over 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2 Finals

1	Monet, Madeleine	13	Tss Aquatic	5:33.44	___
2	Christie, Taylor	13	Helensvale	5:00.00	___
3	Guthrie, Taylah	16	St Hildas	4:43.66	___
4	Kamprad, Lacy	15	Bond	4:35.30	___
5	Hammond, Isabella	14	Helensvale	4:37.11	___
6	Bowden, Zali	14	Emmanuel	4:47.56	___
7	Haddad, Rosie	14	Helensvale	5:25.00	___

Heat 2 of 2 Finals

3	Shaw, Eva	12	Miami	5:58.69	___
4	Dennis-Wesche, Skye	14	Southport	5:39.78	___
5	Davies, Cameron	12	Helensvale	5:58.03	___

Event 23 Boys 12 & Over 200 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2 Finals

1	May, Jake	13	Miami	3:20.00	___
2	Bourke (V), Jack	14	KNGC	2:48.53	___
3	Cheal, Cillian	14	Helensvale	2:27.63	___
4	Lowe, Matthew	16	Miami	2:10.98	___
5	Knezevic, Luca	15	Southport	2:13.62	___
6	White, Bailey	13	Helensvale	2:45.07	___
7	Vidler, Nash	13	Surfers Paradise	2:55.78	___
8	Denney, Jeremy	12	Emmanuel	3:20.00	___

Heat 2 of 2 Finals

2	Cramer, Edward	12	Lawrence	3:20.00	___
3	Macdonald, Kai	12	Southport	3:20.00	___
4	Gray, Hunter	13	Helensvale	3:20.00	___
5	Ludbrook, Jack	12	Miami	3:20.00	___
6	Zhang, Toby	12	AB Pat College	3:20.00	___

Event 24 Girls 12 & Over 200 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2 Finals

1	Lowry, Josie	15	Pimpama	2:44.44	___
2	Bell, Kiera	13	Helensvale	2:43.55	___
3	Dare, Lulu	14	Helensvale	2:25.03	___
4	Hinze, Charlotte	16	Helensvale	2:12.88	___
5	Grimson, Matilda	14	Somerset GC	2:23.07	___
6	Heal, Ashley	15	Helensvale	2:35.31	___
7	Anderson, Allegra	13	Helensvale	2:44.33	___
8	Rozario, Alice	13	Emmanuel	2:45.00	___

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Heat 2 Finals (#24 Girls 12 & Over 200 SC Meter Backstroke)

1	Riseley, Mika	15	Southport	3:25.00	___
2	Bailey, Summer	12	Southport	3:25.00	___
3	Murray, Sara	14	Southport	3:25.00	___
4	Pidcock, Saaya	13	Miami	2:51.96	___
5	Eddie, Lyla	12	Pimpama	2:55.00	___
6	Pholjamjumrus, Jinjutha	17	Southport	3:25.00	___
7	Shaw, Eva	12	Miami	3:25.00	___
8	Lockyer, Poppy	13	Miami	3:25.00	___

Event 25 Boys 11 & Over 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 6 Finals

1	Duggan, Alexander	15	Southport	29.96	___
2	Weaver, Douglas	14	Waterworx	28.77	___
3	Cimini, Joshua	16	Somerset GC	28.00	___
4	Aguilar, Alexander	21	Miami	25.40	___
5	Boswell, Hunter	17	Bond	26.78	___
6	Cummins, Isaac	15	Helensvale	28.52	___
7	Mcminn, Riley	15	Helensvale	29.79	___
8	Mcguinness, Ethan	15	Emmanuel	30.23	___

Heat 2 of 6 Finals

1	Czegledi, Daniel	15	Southport	30.84	___
2	Ketchell, Peter	15	Southport	30.59	___
3	Baxter, Danny	13	Somerset GC	30.49	___
4	Mcguinness, Cooper	14	Emmanuel	30.30	___
5	Mower, Mason	13	Southport	30.37	___
6	Yanagita, Jordy	16	Emmanuel	30.55	___
7	Potts, Lachlan	14	Helensvale	30.79	___
8	Radford, Jaxson	13	TheLakesCollege	31.50	___

Heat 3 of 6 Finals

1	Bebendorf, Blake	14	Emmanuel	33.05	___
2	Duggan, Joey	13	Emmanuel	32.85	___
3	Collins, Jay D	13	St Hildas	31.98	___
4	Roseverne (V), Noah	15	KNGC	31.51	___
5	Kienzl, Samuel	13	Waterworx	31.57	___
6	Bebendorf, Izaak	12	Emmanuel	32.65	___
7	Wellm (V), Alex	14	KNGC	32.96	___
8	Bayarsaikhan, Margad	12	Pimpama	33.25	___

Heat 4 of 6 Finals

1	Park, Daehan	15	Emmanuel	35.00	___
2	Tessier, Lucas	13	Helensvale	34.80	___
3	Wong, Aidan	13	Belgravia GC	34.42	___
4	Cook, Lachlan	12	Helensvale	34.33	___
5	Brown, Harrison	14	Emmanuel	34.41	___
6	Bozsoki, Borisz	13	Southport	34.65	___
7	Clayton, Jesse	15	Emmanuel	35.00	___
8	Yim, Nathan	13	Miami	36.48	___

Heat 5 of 6 Finals

1	Hallal, Tyler	13	Tss Aquatic	40.91	___
2	Burrows, Toby	11	Surfers Paradise	39.25	___
3	Radford, Levi	13	Rackley ST	38.28	___
4	Cox, Benjamin	13	Rackley ST	36.74	___
5	Doherty, Nicholas	13	Belgravia GC	36.98	___
6	Castle, Kaizin	13	Trinity	39.13	___
7	Zhang, Toby	12	AB Pat College	39.98	___
8	Woollven, Harry	12	Somerset GC	41.09	___

Heat 6 of 6 Finals

3	Plathe, Christian	13	Helensvale	41.55	___
4	Wyrzynski, Xavier	11	Surfers Paradise	41.13	___
5	Eke, Lennox	12	Lawrence	41.38	___

Event 26 Girls 11 & Over 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 8 Finals

1	Mclay, Vanessa	15	Southport	31.23	___
2	Daniels, Cady	15	Somerset GC	30.73	___
3	Hinze, Charlotte	16	Helensvale	28.17	___
4	Borg (V), Olivia	22	Samoa	27.27	___
5	Mcfarlane, Kayla	18	Southport	27.74	___
6	Aulert, Anabelle	15	Bond	29.88	___
7	Atkinson, Montana	15	Helensvale	31.22	___
8	Potts, Layla	17	Helensvale	32.25	___

Heat 2 of 8 Finals

1	Dare, Lulu	14	Helensvale	33.79	___
2	Cimini, Chiara	14	Somerset GC	33.41	___
3	Hoffmann (V), Willa	14	KNGC	33.14	___
4	Paniagua, Savannah	15	Southport	32.66	___
5	Wilkinson, Mena	14	Pelican Waters	32.89	___
6	Gray, Ellie	17	Helensvale	33.19	___
7	King, Tyla	14	All Saints	33.62	___
8	Morton, Isabella	14	Sharks Aquatics	33.83	___

Heat 3 of 8 Finals

1	Sternberg, Elliott	16	Belgravia GC	34.62	___
2	Willcox, Olivia	15	Woogaroo	34.33	___
3	Shimbashi, Meika	12	Southport	33.94	___
4	Langford, Cienna	14	Southport	33.91	___
5	Herrmann, Chloe	13	Somerset GC	33.92	___
6	Smith, Kayleigh	11	Helensvale	34.30	___
7	Rozario, Alice	13	Emmanuel	34.60	___
8	Shine, Ava	14	Superfish	34.72	___

Heat 4 of 8 Finals

1	Tou, Maya	13	Waterworx	35.73	___
2	Christie, Jasmin	12	Helensvale	35.40	___
3	Joffe, Isabel	12	Ipswich Grammar	35.13	___
4	Tait, Addison	14	Emmanuel	34.88	___
5	Dennett, Ellie	12	Helensvale	35.02	___
6	Cummins, Caitlyn	13	Helensvale	35.28	___
7	Melo, Makyra	11	Somerset GC	35.47	___
8	Switala, Indie	11	Pimpama	36.09	___

Heat 5 of 8 Finals

1	Shine, Sofia	11	Superfish	38.34	___
2	Howard, Lily	13	Waterworx	37.44	___
3	Klos, Jordan	17	Southport	37.00	___
4	Hinze, Sybella	13	Helensvale	36.76	___
5	Fay, Ciara	17	Somerset GC	37.00	___
6	Christie, Taylor	13	Helensvale	37.04	___
7	Scott, Amelia	11	Lawrence	38.31	___
8	Roelandts, Hanna	12	Pimpama	38.82	___

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Heat 6 Finals (#26 Girls 11 & Over 50 SC Meter Butterfly)

1	Chartres, Evie	12	Lawrence	41.16	___
2	Siemon, Isabella	12	Waterworx	40.54	___
3	Erwin, Matilda	11	Helensvale	39.86	___
4	Carson, Mia	14	Southport	39.45	___
5	McGregor, Ashley	11	ICSC	39.70	___
6	Goode, Tanyka	11	Miami	40.21	___
7	Gillett, Maya	13	Lawrence	40.62	___
8	Bell, Tia	11	Helensvale	41.84	___

Heat 7 of 8 Finals

2	Wang, Lillian	11	Southport	44.34	___
3	Hokibara, Keito	14	Somerset GC	43.00	___
4	Zhang, Selina	11	Southport	42.56	___
5	O'Mahoney, Layla	12	Lawrence	42.61	___
6	Bayarsaikhan, Maral	14	Pimpama	43.00	___
7	Scott, Sarah	11	Emmanuel	45.31	___

Heat 8 of 8 Finals

3	Lukritz, Yasmin	12	Somerset GC	46.00	___
4	Daley, Madeline	11	Somerset GC	46.00	___
5	Jones, Kirralee	11	Miami	46.00	___

Event 27 Boys 11 & Over 100 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 9 Finals

1	Mcminn, Riley	15	Helensvale	57.48	___
2	Holmes, Chase	16	Helensvale	55.44	___
3	Sheehan, Hudson	15	Bond	53.67	___
4	Mocki, Waldemar	19	Somerset GC	52.03	___
5	Lowe, Matthew	16	Miami	53.61	___
6	Boswell, Hunter	17	Bond	54.82	___
7	Guthrie, Thomas	18	St Hildas	55.99	___
8	Quick, Ethan	17	Emmanuel	57.64	___

Heat 2 of 9 Finals

1	Roseverne (V), Noah	15	KNGC	59.78	___
2	Wang, Jimmy	14	Southport	58.99	___
3	Connors, Jack	15	Emmanuel	58.75	___
4	Knezevic, Luca	15	Southport	57.99	___
5	French (V), Jack	16	KNGC	58.56	___
6	Weaver, Douglas	14	Waterworx	58.86	___
7	Sullivan, Bailey	15	Miami	59.12	___
8	Daley, Jackson	16	Somerset GC	1:00.04	___

Heat 3 of 9 Finals

1	Potts, Lachlan	14	Helensvale	1:02.91	___
2	Cameron, Lachlan	12	Ipswich Grammar	1:02.18	___
3	Erwin, Hamish	15	Helensvale	1:01.59	___
4	Czegledi, Daniel	15	Southport	1:00.90	___
5	Stotz, Koa	12	Somerset GC	1:01.48	___
6	Collins, Jay D	13	St Hildas	1:01.61	___
7	Castle, Kaizin	13	Trinity	1:02.42	___
8	Bell, Jesse	14	Southport	1:02.98	___

Heat 4 of 9 Finals

1	Wong, Aidan	13	Belgravia GC	1:04.79	___
2	Bourke (V), Jack	14	KNGC	1:04.03	___
3	Mcguinness, Ethan	15	Emmanuel	1:03.40	___
4	Ketchell, Peter	15	Southport	1:03.00	___
5	Duggan, Alexander	15	Southport	1:03.26	___
6	Soderlund, Cooper	15	Helensvale	1:03.68	___
7	Willcox, Boston	11	Ipswich Grammar	1:04.59	___
8	Bebendorf, Izaac	12	Emmanuel	1:05.11	___

Heat 5 of 9 Finals

1	Ross, Jacob	14	Somerset GC	1:07.53	___
2	Rayward, Dane	14	Miami	1:06.89	___
3	Cook, Lachlan	12	Helensvale	1:06.63	___
4	Wellm (V), Timothy	12	KNGC	1:05.13	___
5	Bebendorf, Blake	14	Emmanuel	1:05.61	___
6	Viney, Geoffrey	12	Southport	1:06.73	___
7	Hallal, Tyler	13	Tss Aquatic	1:06.95	___
8	Doherty, Nicholas	13	Belgravia GC	1:07.65	___

Heat 6 of 9 Finals

1	Anderson, Knox	11	Somerset GC	1:10.05	___
2	Park, Daehan	15	Emmanuel	1:09.89	___
3	Bruggemann, Eli	12	StPetersWestern	1:09.19	___
4	Bozsoki, Borisz	13	Southport	1:07.92	___
5	Pace, Caelan	13	St Hildas	1:08.02	___
6	Eke, Lennox	12	Lawrence	1:09.79	___
7	Plathe, Christian	13	Helensvale	1:10.00	___
8	Gray, Hunter	13	Helensvale	1:10.33	___

Heat 7 of 9 Finals

1	Vidler, Nash	13	Surfers Paradise	1:13.65	___
2	Falicz, Ashton	12	Helensvale	1:12.66	___
3	Yim, Jordan	13	Miami	1:11.40	___
4	Flancia, Elias	13	Pimpama	1:10.56	___
5	May, Jake	13	Miami	1:11.04	___
6	Morris, Emmitt	11	Pimpama	1:12.16	___
7	Radford, Levi	13	Rackley ST	1:12.91	___
8	Doherty, Hayden	14	St Hildas	1:14.24	___

Heat 8 of 9 Finals

1	McGloughlin, Hunter	14	Southport	1:20.00	___
2	Shine, Daniel Harrison	12	Southport	1:17.50	___
3	Rameau, Nate	12	Tss Aquatic	1:16.40	___
4	Campbell, Dylan	14	Somerset GC	1:15.21	___
5	Merriman, Matthew	14	Tss Aquatic	1:16.29	___
6	Macdonald, Kai	12	Southport	1:16.78	___
7	Wright, Jake	12	Pimpama	1:17.82	___
8	Hart, Fletcher	13	Miami	1:20.00	___

Heat 9 of 9 Finals

3	Nakajima, Tora	12	Southport	1:25.60	___
4	Gisler, Oliver	13	Miami	1:20.00	___
5	Wyrzynski, Xavier	11	Surfers Paradise	1:23.80	___
6	Ludbrook, Jack	12	Miami	1:30.00	___

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Event 28 Girls 11 & Over 100 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 9 Finals

1	Walton, Piper	14	Emmanuel	1:03.83
2	Lowry, Josie	15	Pimpama	1:01.75
3	Hammond, Isabella	14	Helensvale	1:01.04
4	Borg (V), Olivia	22	Samoa	57.53
5	Jarrett, Zahri	14	Somerset GC	58.32
6	Aulert, Anabelle	15	Bond	1:01.71
7	Gray, Ellie	17	Helensvale	1:02.52
8	Pearson, Josie	14	Emmanuel	1:04.89

Heat 2 of 9 Finals

1	Carson, Mia	14	Southport	1:06.61
2	Cooper, Anastasia	15	Emmanuel	1:05.69
3	Cimini, Chiara	14	Somerset GC	1:05.52
4	Dennis-Wesche, Skye	14	Southport	1:05.19
5	Atkinson, Montana	15	Helensvale	1:05.47
6	Kitchen, Sienna	15	Miami	1:05.68
7	Wilkinson, Mena	14	Pelican Waters	1:05.99
8	Pidcock, Saaya	13	Miami	1:07.39

Heat 3 of 9 Finals

1	Shine, Ava	14	Superfish	1:09.00
2	Murray, Sara	14	Southport	1:08.61
3	Hokibara, Keito	14	Somerset GC	1:07.95
4	Joffe, Isabel	12	Ipswich Grammar	1:07.39
5	Langford, Cienna	14	Southport	1:07.68
6	Rayward, Elke	12	Miami	1:08.28
7	Christie, Taylor	13	Helensvale	1:08.96
8	Dennett, Ellie	12	Helensvale	1:09.19

Heat 4 of 9 Finals

1	Bailey, Summer	12	Southport	1:10.67
2	Sternberg, Riley	14	Belgravia GC	1:09.98
3	Tait, Addison	14	Emmanuel	1:09.70
4	Hoffmann (V), Willa	14	KNGC	1:09.21
5	Christie, Jasmin	12	Helensvale	1:09.28
6	Ahmad, Nadyne Sofea	11	Ipswich Girls	1:09.88
7	Shimbashi, Meika	12	Southport	1:10.24
8	Hinze, Sybella	13	Helensvale	1:11.23

Heat 5 of 9 Finals

1	Coetsier, Aria	11	Miami	1:14.27
2	Xu, Tian	12	Emmanuel	1:12.23
3	Wang, Lillian	11	Southport	1:12.09
4	Humphrey, Amaris	12	Belgravia GC	1:11.55
5	Switala, Indie	11	Pimpama	1:12.06
6	Melo, Makyra	11	Somerset GC	1:12.16
7	Haddad, Rosie	14	Helensvale	1:13.73
8	Goode, Tanyka	11	Miami	1:14.27

Heat 6 of 9 Finals

1	Lukritz, Savannah	13	Somerset GC	1:16.37
2	Negrao, Sienna	15	Southport	1:16.00
3	Eddie, Lyla	12	Pimpama	1:15.63
4	Kamprad, Indi	12	Miami	1:14.32
5	Kim, Sienna	13	Emmanuel	1:14.70
6	Riseley, Mika	15	Southport	1:16.00
7	Morton, Isabella	14	Sharks Aquatics	1:16.31
8	Monet, Madeleine	13	Tss Aquatic	1:16.41

Heat 7 of 9 Finals

1	Scott, Amelia	11	Lawrence	1:18.29
2	O'Mahoney, Layla	12	Lawrence	1:17.60
3	Shaw, Eva	12	Miami	1:17.39
4	Murphy, Chloe	12	Emmanuel	1:16.53
5	Zhang, Selina	11	Southport	1:17.12
6	Lukritz, Yasmin	12	Somerset GC	1:17.51
7	Hannan, Amy	11	Emmanuel	1:18.10
8	Shine, Sofia	11	Superfish	1:18.38

Heat 8 of 9 Finals

1	Shrestha, Sneha	12	Ipswich Girls	1:25.14
2	Chartres, Evie	12	Lawrence	1:23.81
3	Erwin, Matilda	11	Helensvale	1:20.55
4	Bell, Kiera	13	Helensvale	1:19.22
5	Boswell, Emerson	13	Miami	1:19.28
6	Davies, Cameron	12	Helensvale	1:21.62
7	Lockyer, Poppy	13	Miami	1:24.00
8	Daley, Madeline	11	Somerset GC	1:25.95

Heat 9 of 9 Finals

3	Biddle, Danika	11	Helensvale	1:34.00
4	Gomez, Azul	11	Helensvale	1:28.39
5	Zhang, Katelyn	11	Helensvale	1:33.37
6	Morgan, Kiara	11	Lawrence	1:34.00

Event 29 Boys 11 & Over 200 SC Meter IM

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 4 Finals

1	Wellm (V), Alex	14	KNGC	2:30.23
2	Mower, Mason	13	Southport	2:27.31
3	Lowe, Matthew	16	Miami	2:14.49
4	Aguilar, Alexander	21	Miami	2:10.55
5	Cothill, Ryan	17	Southport	2:10.72
6	Yanagita, Jordy	16	Emmanuel	2:26.52
7	Holmes, Chase	16	Helensvale	2:28.55
8	Baxter, Danny	13	Somerset GC	2:33.44

Heat 2 of 4 Finals

1	Anderson, Knox	11	Somerset GC	2:54.41
2	Bayarsaikhan, Margad	12	Pimpama	2:43.26
3	Clayton, Jesse	15	Emmanuel	2:37.40
4	Mcguinness, Cooper	14	Emmanuel	2:34.41
5	Roseverne (V), Noah	15	KNGC	2:35.90
6	Tarrant, Cohen	12	Somerset GC	2:37.83
7	Bourke (V), Jack	14	KNGC	2:45.84
8	Hill, James	13	St Hildas	3:05.43

Heat 3 of 4 Finals

2	McGloughlin, Hunter	14	Southport	3:20.00
3	Knezevic, Luca	15	Southport	3:20.00
4	Burrows, Toby	11	Surfers Paradise	3:08.11
5	Falicz, Ashton	12	Helensvale	3:15.11
6	Stotz, Koa	12	Somerset GC	3:20.00
7	Viney, Geoffrey	12	Southport	3:20.00

Heat 4 of 4 Finals

3	Gisler, Oliver	13	Miami	3:20.00
4	Cramer, Edward	12	Lawrence	3:20.00
5	Woollven, Harry	12	Somerset GC	3:20.00

2023 Helensvale Winter Preparation Meet - 24/06/2023

Meet Program - 2023 Helensvale Winter Prep Meet

Event 30 Girls 11 & Over 200 SC Meter IM

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 3 Finals

1	Shimbashi, Meika	12	Southport	2:52.29
2	Klos, Jordan	17	Southport	2:52.10
3	Roelandts, Hanna	12	Pimpama	2:48.35
4	Walton, Piper	14	Emmanuel	2:37.70
5	Lukritz, Savannah	13	Somerset GC	2:43.08
6	Bailey, Summer	12	Southport	2:48.92
7	Anderson, Allegra	13	Helensvale	2:52.11
8	Sternberg, Elliott	16	Belgravia GC	2:59.44

Heat 2 of 3 Finals

1	Murray, Sara	14	Southport	3:25.00
2	Bell, Tia	11	Helensvale	3:19.01
3	Hannan, Amy	11	Emmanuel	3:02.81
4	Teng, Jasmine	11	Helensvale	3:02.59
5	Dennett, Ellie	12	Helensvale	3:02.76
6	Churchill, Addison	11	Tss Aquatic	3:06.21
7	Herrmann, Chloe	13	Somerset GC	3:25.00
8	Riseley, Hannah	13	Southport	3:25.00

Heat 3 of 3 Finals

3	Fay, Ciara	17	Somerset GC	3:25.00
4	Pholjamjumrus, Jinjutha	17	Southport	3:25.00
5	Albertyn, Roxanne	11	Miami	3:25.00
6	Bayarsaikhan, Maral	14	Pimpama	3:25.00

Event 31 Boys 11 & Over 100 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 4 Finals

1	Tarrant, Cohen	12	Somerset GC	1:18.51
2	Cameron, Lachlan	12	Ipswich Grammar	1:16.35
3	Wang, Jimmy	14	Southport	1:13.91
4	Cothill, Ryan	17	Southport	1:02.83
5	Bell, Jesse	14	Southport	1:13.41
6	Daley, Jackson	16	Somerset GC	1:16.04
7	Stotz, Koa	12	Somerset GC	1:16.53
8	Roseverne (V), Noah	15	KNGC	1:18.82

Heat 2 of 4 Finals

1	Soderlund, Cooper	15	Helensvale	1:26.79
2	Bourke (V), Jack	14	KNGC	1:25.04
3	Wong, Aidan	13	Belgravia GC	1:23.15
4	Radford, Jaxson	13	TheLakesCollege	1:19.07
5	Czegledi, Daniel	15	Southport	1:19.76
6	Viney, Geoffrey	12	Southport	1:24.12
7	Bayarsaikhan, Margad	12	Pimpama	1:26.27
8	Morris, Emmitt	11	Pimpama	1:27.18

Heat 3 of 4 Finals

1	Eke, Lennox	12	Lawrence	1:35.82
2	Yim, Jordan	13	Miami	1:33.32
3	Gisler, Oliver	13	Miami	1:29.22
4	Radford, Levi	13	Rackley ST	1:27.41
5	White, Bailey	13	Helensvale	1:29.04
6	Bruggemann, Eli	12	StPetersWestern	1:31.14
7	Mulkerrins, Archie	16	Miami	1:35.00
8	Zhang, Toby	12	AB Pat College	1:37.61

Heat 4 of 4 Finals

1	Nakajima, Tora	12	Southport	1:47.78
2	Brown, Fletcher	11	Emmanuel	1:43.37
3	Wright, Jake	12	Pimpama	1:41.23
4	Vickery, Diesel	12	Emmanuel	1:37.90
5	Simmonds, Harry	11	Pimpama	1:40.08
6	Merriman, Matthew	14	Tss Aquatic	1:41.63
7	Denney, Jeremy	12	Emmanuel	1:44.42

Event 32 Girls 11 & Over 100 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 4 Finals

1	Negrao, Sienna	15	Southport	1:27.19
2	Hart, Amelia	13	Somerset GC	1:22.58
3	Pearson, Josie	14	Emmanuel	1:20.64
4	Fay, Ciara	17	Somerset GC	1:17.20
5	Guthrie, Taylah	16	St Hildas	1:19.58
6	Mclay, Vanessa	15	Southport	1:20.92
7	Cummins, Caitlyn	13	Helensvale	1:27.11
8	Lukritz, Savannah	13	Somerset GC	1:27.52

Heat 2 of 4 Finals

1	Gillett, Maya	13	Lawrence	1:37.02
2	Zhang, Selina	11	Southport	1:34.52
3	Kim, Sienna	13	Emmanuel	1:32.13
4	Bayarsaikhan, Maral	14	Pimpama	1:30.03
5	Switala, Indie	11	Pimpama	1:32.03
6	Melo, Makyra	11	Somerset GC	1:32.63
7	Lukritz, Yasmin	12	Somerset GC	1:36.90
8	Bell, Raimu	11	Southport	1:38.57

Heat 3 of 4 Finals

2	Flynn, Ellie	11	Kennedy Pacific	1:51.45
3	Simonds, Jada	11	Emmanuel	1:46.86
4	Atkinson, Montana	15	Helensvale	1:40.00
5	Scott, Sarah	11	Emmanuel	1:40.83
6	Riseley, Hannah	13	Southport	1:48.00
7	Zhang, Katelyn	11	Helensvale	1:52.15

Heat 4 of 4 Finals

3	Mannion, Sienna	12	Lawrence	1:55.00
4	Erwin, Matilda	11	Helensvale	1:54.62
5	Biddle, Danika	11	Helensvale	1:55.00

Event 33 Boys 12 & Over 800 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 1 Finals

3	Zhang, Toby	12	AB Pat College	11:12.86
4	Baxter, Danny	13	Somerset GC	10:07.37
5	Erwin, Hamish	15	Helensvale	10:46.16
6	Churchill, Charlie	12	Tss Aquatic	12:10.00

Event 34 Girls 12 & Over 800 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 1 Finals

2	Wilkinson, Mena	14	Pelican Waters	12:30.00
3	Bell, Kiera	13	Helensvale	10:38.00
4	Skea, Lucy	21	Emmanuel	9:25.96
5	Bowden, Zali	14	Emmanuel	9:33.16
6	Monet, Madeleine	13	Tss Aquatic	11:35.71

We would like to thank the following sponsors of our Club



Ali Miles

Founder, Advanced Sports Dietitian
Accredited Practising Dietitian

✉ ali@fuelschool.com.au

☎ +61 410 519 050

🌐 www.fuelschool.com.au



Hi ViBE
WATER



SportsRecovery
CENTRES AUSTRALIA
— WORK HARD, RECOVER EASY —

true 