



2019 STATE TEAMS AIS –CANBERRA ACT 4TH – 6TH OCTOBER 2019

Results of Jordan Amies – State Teams

50 Butterfly 17th 30:32 pb
50 Backstroke 11th 30:85 pb
100 Backstroke 15th 1:05:96
200 Backstroke 11th 2:22:77
400 Individual Medley 14th 5:14:17

Some observations from the meet reported by Jon Shaw, Coaching Director Swimming NSW:

- Skills – although improving this comes back to practising good skills every session, everyday
- Closing the gap – when winning an event or even in the top 3 we must try to get our second swimmer to come in as high as possible –

Ron McKeon, NSW Head Coach was pleased with the efforts of the young team and whilst converting pbs is important to each individual, he said that this meet is all about earning points for the team .

Building a supportive team and having each other's back was the message of the group.

NSW team members had the Australian Swimming No.705 of Kenneth To on their caps in memory of Kenneth who sadly passed away earlier this year at the age of 26. Kenneth was a Dolphin member from 2010-2016 and was previously selected to represent NSW on many occasion. Kenneth particularly loved the competition that this event proposed. He was a much-loved team member with a determined spirit and wonderful personality, so he will be missed by all his peers, coaches and staff. Matthew Brown, head coach of Trinity NSW, presented the "Kenneth To" medal – the recipient was 16year old Kai van Kool...a very humbling experience.

NSW finished 2nd overall on the pointscore which was an improvement on 3rd in the prior year. So, we begin planning for next year....Definitely add this event as a goal to achieve selection.

Jordan has reported that she had a fantastic team experience and is going to attempt to gain selection to represent the blues in 2020..... She particularly enjoyed meeting other athletes and making new friends whom she will look forward to seeing at upcoming meets. She also enjoyed the cheering although nearly losing her voice and camaraderie within the NSW team.

Well done Jordan – good luck in your swimming endeavours to achieve National Age Qualifying Times to compete in Perth WA in April 2020. It is my hope that you will achieve a Top 10 position and achieve a time to next experience a national final where selection for ETS may present.



Official Results on Swim Australia

50 BUTTERFLY

17 AMIES, JORDAN 14 NEW SOUTH WALES 29.99 30.32 519

r:+0.71 13.88 30.32

50 BACKSTROKE

15 AMIES, JORDAN 14 NEW SOUTH WALES 31.34 30.85 576 4

r:+0.54 15.36 30.85

100 BACKSTROKE

15 AMIES, JORDAN 14 NEW SOUTH WALES 1:04.71 1:05.96 580

r:+0.57 15.75 32.03 49.03 1:05.96

200 BACKSTROKE

11 AMIES, JORDAN 14 NEW SOUTH WALES 2:17.15 2:22.77 582

r:+0.55 15.75 32.14 49.48 1:07.26 1:26.01 1:44.88 2:04.10 2:22.77

20.05 3:41.55 4:03.36 4:22.30 4:39.63 4:57.21 5:13.60

400 INDIVIDUAL MEDLEY

14 AMIES, JORDAN 14 NEW SOUTH WALES 5:11.96 5:14.17 559

r:+0.75 14.53 32.00 50.46 1:09.44 1:29.41 1:47.99 2:07.29 2:26.90

2:49.75 3:12.80 3:36.29 4:00.35 4:19.75 4:37.93 4:56.52 5:14.17