

METRO SOUTH WEST Speedo Sprint Heats ~ Saturday, 1st February 2020

Regions around the state were hosting their heats for team selections in this once-a-year junior event.

Metro South West heats were held as an afternoon meet at Blacktown Aquatic Centre with warm-up facilities available from 1.30pm and the meet commencing at 2.30pm.

Nepean Aquatic Centre Swim Club rolled up with 28 swimmers and their supporters who attended in good spirits. It was great to see the new shirt designs on display.

The team were reminded that they were competing for the chance to represent Metro South West in the Speedo Sprint finals on Saturday, 29th February @ SOPAC. In order to be selected, athletes needed to finish in the top 4 placings of any stroke in their age.

It was a very very hot day to say the least with temperatures reaching 43 degrees. On the Blacktown pool deck, the Technical Officials were seen to be wiping the sweat off their brow. Water and spray bottle fans were the way that Lisa and I could remain on track as we watched in awe with the way that our charges kept in focus of the job at hand and undertook to swim pb after pb after pb.

It was a pleasure to be a part of the supporting crowd as there was plenty to cheer about. The conditions could not dull the excitement as our selected team grew from eight (8) Butterfly representatives to seven (7) of the same selections in Freestyle then two of the same representatives being joined by two new additions in the Breaststroke and finally, as the stands were lessening with people, a further one (1) new selection being added to four original representatives in the Backstroke events. A total of eleven (11) NACSC representatives were invited to join the Metro South West team to compete in the state finals in a total of twenty four(24) individual events. Relay team selections will be named from the fastest times swum on the heats.

Of particular note were our seasoned 13year old competitors who have contested this event each year since the age of eight (8). Chloe Kimmings who was selected in all four (4) disciplines and Teagan Hinds who was named in three strokes. Also featuring in three (3) finals events will be Christopher McAuley (9) and Alexandra Hall (8). It was great to welcome Adi Vaseva (Diva) as she competed for the first time in her new club cap to the ranks of the selected finalists.

The biggest recorded pbs of the day were swum by Alexandra Mamo (12) ; Ashton Fuller (11) ; Kalan Boscott (10) & Christopher McAuley (9).

Time spent in the sun swimming down and in the stands was minimal as the afternoon generally proceeded fairly rapidly until a timing equipment hitch let the records down at the commencement of the last stroke, being the backstroke events.

Cheering was resumed when everything, including the officials, was up and running and the continuation of many more 50 metre pb swims was very rewarding. It was great to see new faces wearing the NACSC black cap. There were some solid starts and breakouts which had been the object of training sessions leading into the meet and some very close finishes.

With the school swimming calendar just beginning, there will be many opportunities to improve these sprint times even further.

Thank you to Kathy Thompson for her organisation and resilience in difficult circumstances. Thank you to Lisa Thompson for her valued assistance and to all the supporting relatives who suffered in silence to allow our athletes their special day to shine.....



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