

## ~2019 NSW STATE 13&OVER AGE CHAMPIONSHIPS 13<sup>TH</sup> TO 18<sup>TH</sup> DECEMBER 2019

The following Twelve (12) Nepean Aquatic Centre Swim Club representatives entered a combined total of 45 individual events in the NSW 13&Over Long Course State Championships that were staged over a six (6) day period commencing on Friday, 13<sup>th</sup> December & concluding on Wednesday, 18<sup>th</sup> December at Sydney Olympic Park Aquatic Centre :-

Luke Ahern S9 (16); Jordan Amies (15); Lucas Bentley (16); Matthew Bone (14); Taylor Cameron S8 (19); Tanna Davey (13); Anique Pantazakos (14); Abbey Slaughter (19); Kiani Slaughter (13); Ryan Slaughter (15); Riley Stevens (15); Arianne Thomas (16)

The school year was not completed for many students so it was necessary for some athletes to seek time off and for many parent spectators, the travel through peak hour traffic was a nightmare. For those working, it was a matter of need to manipulate some hours at work leading into Christmas trading or delay finalising end of year accounts etc is often difficult and people rushing in and out of the venue keep staff busy and car park spaces fully occupied.

The air was thickening with smoke as necessary back-burning operations had intensified in the mountains with the threat of worsening conditions of increased winds and further bushfires being sparked. Water restrictions were on level 1 with a threat to move to level 2. Everyone had a personal story containing some disruption or difficulties being faced or hardships of family members but nobody could have foreseen what devastation was to follow in the next few weeks.

Within the confines of SOPAC, the athletes were focussed on their performances. NACSC swimmers arrived and congregated on the eastern bleachers. It was an extremely popular event with many hopeful swimmers looking to achieve qualifying times for 2020 age / open national championships. Early qualifying meant that they could make arrangements for flights and accommodation in Perth WA before relaxing over the Christmas / New Year period. Nothing would be better for club teams and coaches.

Heats were scheduled to be swum in the morning and finals in the evening. To qualify for a lane in a final of any event, athletes were required to finish in the top 10 placings of their individual event. The heat sessions extended into the early afternoon on some of the days so it was often the norm to stay and rest a while on site –rather than travel in the heat, wasting time and petrol. Besides, catering at the venue offer a reasonable menu and serve a decent coffee for not too many dollars \$\$.

It is definitely an exciting meet and there were many fast and hotly contested events to keep the crowds amused.

The multi-class events were swum as straight finals. Luke Ahern and Taylor Cameron entered three (3) events each, being 50 & 100 freestyle plus 100 backstroke.

Abbey Slaughter posted a national qualifying time in her 100 butterfly event to position herself in the final where she backed up her time with a further solid swim.

Ryan Slaughter entered eight (8) events at the state championships being freestyle; backstroke and butterfly of varying distance and hoped to achieve some promising results. It was clear that Ryan was in a growth phase and feeling less than confident in his changing body. He swam an equal time to his entry time in the 15 years 200 butterfly and faced the starter in the final looking to go slightly faster to qualify for the 16 year event at national age. It was not to be on this occasion and Ryan finished in the same 8<sup>th</sup> place ranking.

Jordan Amies was feeling confident in her favoured 200 backstroke event and was looking to post a time that would make the final and qualify her for national age. The heat was a good swim but the time swum was slightly over her entry time which had been a recently swum pb. The final offered her another chance to secure a national opportunity. She made no errors and improved her ranking to finish 7<sup>th</sup> with a 0.58second personal

best time which qualified her in this event for the 2020 national age championships. It was a good result that brought a huge smile to her face. Jordan posted a further 3 personal best times at the meet in the 200 IM ; 100 Backstroke and 100 Freestyle. She posted times equal to eleventh (11<sup>th</sup>) place in the 200 IM and 100 Backstroke-finals that were not contested.

In her first senior state meet, Kiani Slaughter qualified to enter five (5) 13 year events and set about her business to achieve personal best times to entry times in 200 Breaststroke; 100 Freestyle; 50 Freestyle and 100 Backstroke. The only event to elude a pb by 0.73 was her 100 Breaststroke event where she had posted her personal best time in the MSW championships in the prior month.

The 50metre freestyle event was a popular one for the team with Abbey Slaughter; Kiani Slaughter; Matthew Bone; Arianne Thomas and Riley Stevens all posting personal best times to their recorded entry times. Riley was particularly stoked to post his first 25 with a 25:86 result which placed him 20<sup>th</sup> in his age.

Results posted by Nepean Aquatic Centre Swim Club athletes were constant. Skills on starts and turns were prominent however, in my opinion, there remains much work to be done to improve pace and finishes.

The biggest pb of the meet was recorded by Lucas Bentley in the 16 years 200 Butterfly with a 7.34 seconds improvement. The second highest pb was recorded by Taylor Cameron in the MC Open 100 Freestyle event where she learned how to pace a little better. The third highest pb was also recorded by Lucas Bentley in the 16 years 800 freestyle event where he recorded a 6.91 second pb. Some excellent reflection of completed training sets.

Taylor Cameron was the team highest pointscore recipient earning 36 points overall from her three (3) events.



The overall **Top 10 results** for the team were earned and recorded as follows:-

- Luke Ahern** ~ 9<sup>th</sup> MC 100 Backstroke
- Jordan Amies** ~ 7<sup>th</sup> 15 years 200 Backstroke
- Taylor Cameron** ~ 6<sup>th</sup> MC 100 Backstroke ; 7<sup>th</sup> 50 Freestyle
- Abbey Slaughter** ~ 9<sup>th</sup> 100 Open Fly
- Ryan Slaughter** ~ 8<sup>th</sup> 15 years 200 Butterfly

On the day following the completion of the State Championships, the team were signed up for a day of fun in the sun with the NACSC Club Captain / Christmas Activity Day to Jamberoo Action Park. Everyone was keyed up for a great day out.



The State Championships continue with the Open Water Age and Open 5klm / 7.5klm & 10klm Championship events scheduled for 20<sup>th</sup> & 21<sup>st</sup> December at Sydney International Regatta Centre, Penrith – nice and close to our home pool. Conditions will not be kind with the bushfire smoke haze however, the athletes are keen and have trained well leading into the meet and therefore, should feel quietly confident for some good pb results.



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