

2024 KENRIDGE SWIMMING SEASON and the INTERHOUSE GALA TRIALS and ASSESSMENTS for term 1.

Normal school swimming training for Gr 2-7 swimmers will start on Monday, 22 January 2023. The Grade 1's will still have their trials (see Gr 1 document)

Please consult the menu forms for the correct levels and time-slots.

Should you wish to be eligible to represent Kenridge and swim in school galas, you must attend **one** school training session per week. This also applies to club swimmers. If you cannot attend on the allocated days, please contact Mrs Du Plessis at lisa.duplessis@kenridge.org.za.

SCHOOL SWIMMING and INTERHOUSE GALA TIME-TRIALS

*Some swimmers have already swum their times at the end of 2023.

All Level 2 and 3 swimmers who would like to be considered to represent the school during the 1st term must please attend COMPULSORY time-trials on the following days during the first week of the 1st term.

If you are new to swimming and must be assessed for training levels, please also attend the trials and assessments in your age-group.

INTERHOUSE TIME-TRIALS and ASSESSMENTS

DAY	TIME / AGE	TIME / AGE
Wednesday, 17 January		14:30 - 15:30 (U/10 & U/11) 15:30 – 16:30 (U/12 & U/14))
Thursday, 18 January	13:30-14:15 (U/8 English classes)	14:30 - 15:15 (U/9) 15:15 – 16:15 (Extras)
Friday, 19 January	12:00-12:45 (U/8 Afrikaans classes)	

Level 1 swimmers can stay Level 1, but they are also welcome to be reassessed for Level 2 if they feel they have improved sufficiently.

PLEASE try to attend your allocated time-slot, as it is preferable that you swim with your peers in the correct age-group.

If you are unable to attend your allocated time-slot, please make arrangements with Mrs Du Plessis to attend the Thursday afternoon (extra) session.

The swimmers with the top eight times recorded at the time-trials for each particular event, will qualify to swim in these finals at the Interhouse Gala. Letters will be sent out via email to the finalists on Wednesday, 24 January. The A and B relay teams for the first term will be chosen from the Interhouse 25m results, with the exception of the U/12 and U/13 age-groups, which swim 50 m events at the gala. **U/12 & U/13 25m trials will be on Monday, 22 January in their practice session from 15:30-16:15, and on Thursday, 25 January from 14:30-15:30 to select their relay teams.**

Our KENRIDGE INTERHOUSE CHAMPIONSHIP GALA will take place on Thursday, 1 February at 14:30. We hope to finish by 17:15. The gala takes preference over other school sport on this day.

All swimmers must wear a plain black swimming costume (black jammers are allowed for the boys) and a KPS green or house colour cap. No other coloured caps or club caps are allowed.

The points will be awarded as follows:

1st place: 10 points

2nd place: 8 points

3rd place: 6 points

4th place: 4 points

5th place: 2 points

6th - 8th place: 1 point each.



Medals will be awarded for the first three places in each event.

The following trophies will be awarded:

The Top Foundation Phase Swimmer (U/7 - U/9), boy and girl.

The Junior Victor and Victrix Ludorum (U/10 + U/11).

The Senior Victor and Victrix Ludorum (U/12 + U/13).

These will be awarded to the swimmers who have accumulated the most points during the gala.

SCHOOL SWIMMING GALA DATES FOR 2024

Kenridge will be taking part in a number of galas during the 1st term. A list will go onto the SC later this week.