



COAST & VALLEY SWIMMING ASSOCIATION 2022 SUMMER LONG COURSE CHAMPIONSHIPS

The Annual Long Course Swimming Championships for 2022 were held at Maitland Aquatic Centre on Friday evening 25th, Saturday 26th & Sunday 27th December 2022. The weather gods were kind and it shaped up to be a cracking weekend of fast racing.

The meet program saw a full complement of races, including reintroducing a combined format of both senior and junior races throughout the sessions and the inclusion of medley relays which have been absent since pre-covid. The number of events swimmers could enter per session also increased.

A total of 18 Teams competed over the weekend. A total of 448 swimmers were in attendance compared to 395 at 2021 Championships. Total entries received were 2,065 compared to 1,933 at 2021 Championships. It's pleasing to see attendance numbers are on the increase post COVID.

These Championships were extremely successful with many P.B's achieved and twelve (12) Coast & Valley Records were broken over the weekend (5 Male, 1 Relay and 6 Female). Congratulations to the following swimmers and team on breaking the following Coast & Valley records:

Male	Name/Club	Female	Name/Club
10&U 200m Freestyle Relay	Novocastrian SC	10yrs 200m IM 10yrs 200m Backstroke 10yrs 200m Freestyle	Xander Murdoch – Hunter SC
10yrs 50m Freestyle	Eli Gardiner – Novocastrian SC	11yrs 100m Freestyle	Quin Neyland – Valley Aquatic SC
11yrs 400m Freestyle	Jacob Samokhin - NuSwim	12yrs 100m Backstroke	Sophie Hamilton – Novocastrian SC
15yrs 50m Butterfly 15yrs 50m Backstroke	Cash Milner – Kincumber Pacific Dolphins SC	16yrs 200m Butterfly	Gem Crittenden – Hunter SC
17&O 50m Backstroke	Alexander Foreman – Kincumber Pacific Dolphins SC		

Congratulations to NuSwim for gaining the highest Club Pointscore at these Championships with a total of 2,428 points. Nelson Bay Swim Club was awarded the Quality Club Pointscore. Well done teams.

We would also like to congratulate all swimmers on their achievements. In particular, the Top Scoring Male & Female swimmers of the Meet were:

Male	Name/Club	Female	Name/Club
	Hayden McGregor Kincumber Pacific Dolphins SC		Xander Murdoch Hunter SC

The following swimmers performed extremely well in their respective age groups (top 3):

Age	Male Name/Club	Female Name/Club
9 yrs	Blake Ngaheu – Novocastrian SC	Layla Tolar – Hunter SC
	Kyran Van Dam – Hunter SC	Evangelia Tsiaousis – Novocastrian SC
	Zane Khafaji – Hunter SC	Bridey Jones – Titans SC
10 yrs	Eli Gardiner – Novocastrian SC	Xander Murdoch – Hunter SC
	Callan Atherton – Woy Woy SC	Emily Skehan – Novocastrian SC
	William Ryan – Singleton ASC	Bethany Klepzig – Wyee Point SC
11 yrs	Sebastian Chalhoub – Hunter SC	Penny Vogt - NuSwim
	Reef Mueller – Gosford Stingrays SC	Alexandra Hall – Kincumber Pacific Dolphins SC
	Mackinley Griffin – Hunter SC	Indi Rayfield – Hunter SC
12 yrs	Charlie Potts – Valley Aquatic Club	Sophie Hamilton – Novocastrian SC
	Kye McDermott – Mingara Aquatic SC	Hanna Mounter - NuSwim
	Lachlan Parker – Nelson Bay SC	Ruby Carter – Hunter SC
13 yrs	Bodi Bone – Charlestown SC	Emily Jack - NuSwim
	Magnus Gregory – Nelson Bay SC	Lara Morgan – Hunter SC
	Lincoln Catchpole – Charlestown SC	Sahara O’Keeffe – Mingara Aquatic SC
14 yrs	Hayden McGregor – Kincumber Pacific Dolphins SC	Alexandra Noonan – Charlestown SC
	Isaac Howells – Valley Aquatic Club	Eva Potts – Novocastrian SC
	Nicholas Gavin – Novocastrian SC	Kathryn Dumas – Novocastrian SC
15 yrs	Cameron Gawn – Novocastrian SC	Ella Mounter - NuSwim
	Cash Milner – Kincumber Pacific Dolphins SC	Bree Spalding – Kincumber Pacific Dolphins SC
	Tyler Trethan – NuSwim	Ebony Nix – Nelson Bay SC
16 yrs	Koby Hall – NuSwim	Georgia Christian-Milne – Novocastrian SC
	Isaac Rees – NuSwim	Gem Crittenden – Hunter SC
	Koby Young - NuSwim	Lola Russell – Hunter SC
17yrs/Over	Jack Hendy – HuSwim	Ava Jankovic – Valley Aquatic Club
	Reece Caddy – Valley Aquatic Club	Gabriella Howells – Valley Aquatic Club
	Ryley Twiss – Hunter SC Alexander Foreman – Kincumber Pacific Dolphins SC	Sarah Bull – Hunter SC

The various Coast & Valley Committees would like to thank everyone for their involvement in these Championships, it was a team effort. We look forward to continuing to provide our swimmers with the opportunity to learn, compete and have fun right from the grass roots and up.

As always, thank you to the Technical Officials for volunteering their time. These Championships would not have been a success without your ongoing support. Thank you also to Valley Aquatic for being gracious hosts keeping our officials well hydrated and fed and pool management who assisted in helping to run an efficient meet.

Wishing everyone a very Merry Christmas looking forward to seeing everyone poolside in 2023 for more fantastic swimming.