

PALLIKOODAM

12th Inter-House Swimming Gala: Senior School

HOUSES - Colours - Lanes

SATYAM	Green	1 & 4
SHANTI	Blue	2 & 5
THYAGAM	Red	3 & 6

Winners

1996:	Thyagam
1997-1998:	Thyagam
1998:	Satyam
1998-1999:	Shanti
Mar. 2000:	Satyam
Dec. 2000:	Satyam
Dec. 2001:	Shanti
Dec. 2002:	Satyam
Dec. 2003:	Satyam
Dec. 2004:	Satyam
2005:	Satyam

Senior Competition Groups

Standards 7 & 8 (Junior); Standards 9 & 10 (Senior); Standards 11 & 12 (ISC); OPEN

Rules & Regulations:

1. Swimmers **may** compete in their Standard Competition Group and/or Open events only. Only swimmers from Standards 7-12 may compete in individual OPEN events.
2. A Girl and Boy Champion will be decided in each competition group. Swimmers may count their best four (4) points scores in a competition group towards the competition championship in that group.
3. The **OPEN Championship** events are available to swimmers from Standards 7-12; best four (4) scores (from Open events) determine the Open Champions (Girls & Boy) of the school. Competition Points are **not** scored for Open Championship events.
4. **Points:** Every swimmer who completes a race receives at least one point. Therefore **every** swimmer can contribute to the total points of their house.

Individual Events Relays

1 st	8	16
2 nd	6	12
3 rd	4	8
4 th	3	-
5 th	2	-
6 th	1	-

Any swimmer who is disqualified but completes the race receives 1 point;
Teams: 4 points.

All times are rounded up to the next tenth of a second;

e.g. 23.42 becomes 23.5

Why?

Try to start and stop a watch in .10 of a second.

Swimmers work hard to establish records; rounding helps maintain performance integrity and relieves pressure on inexperienced timekeepers. Better to have happy equal record holders, than a record change hands by 1/100 of a second.

5. All individual swimmers and relay teams who break or equal an existing record receive a bonus of 4 points (in addition to their competition place points). Record bonuses do **NOT** apply in calculating championships. (All swimmers / teams will be timed.)
6. The House Cup will be presented by the Principal, Mrs. Roy, to the winning house at the conclusion of the Swimming Gala.

Program

1. Boys' Open Freestyle 100m: Vijay Thomas, 1:20.1 (02)
2. Girls' Open Freestyle 100m: Samira Abraham, 1:29.5 (02)
3. Boys' ISC Freestyle 50m: K. Z. Kuriyan, 32.0 (04)
4. Girls' ISC Freestyle 50m: Tamara Kallivelil, 35.7 (04)
5. Boys' 9-10 Freestyle 50m: Vijay Thomas, 33.6 (02)
6. Girls' 9-10 Freestyle 50m: Rima George, 36.0 (04)
7. Boys' 7-8 Freestyle 50m: Vijay Thomas, 33.3 (03)
8. Girls' 7-8 Freestyle 50m: Tamara Kallivelil, 38.6 (00)
9. Boys' Open Freestyle 50m: Reuben Joseph, 33.3 (04)
10. Girls' Open Freestyle 50m: Samira Abraham, 37.1 (00)
11. Boys' ISC Breaststroke 25m: Abraham Alex, 18.8 (05)
12. Girls' ISC Breaststroke 25m: Nandita Varghese, 20.3 (99)
13. Boys' 9-10 Breaststroke 25m: Nakul Uthup Joseph, 20.0 (03)
14. Girls' 9-10 Breaststroke 25m: Samira Abraham, 21.0 (04)
15. Boys' 7-8 Breaststroke 25m: Ashwin Thomas, 20.6 (02)
16. Girls' 7-8 Breaststroke 25m: Samira Abraham, 21.9 (02)
17. Boys' Open Breaststroke 50m: Alex Thomas, 45.6 (04)
18. Girls' Open Breaststroke 50m: Tamara Kallivelil, 48.2 (04)

At the commencement of the Program there will be a Swim Past an Official Opening and Athlete's Oath



19. Boys' ISC Backstroke 25m: K.Z. Kuriyan, 17.0 (05)
 20. Girls' ISC Backstroke 25m: Riyanka George 19.3 (05)
 21. Boys' 9-10 Backstroke 25m: Cherian Kurian, 19.0 (00)
 22. Girls' 9-10 Backstroke 25m: Riyanka George, 20.1 (03)
 23. Boys' 7-8 Backstroke 25m: Arun Lal, 19.1 (04)
 24. Girls' 7-8 Backstroke 25m: Sanjana Abraham, 21.8 (04)
 25. Boys' Open Backstroke 50m: K.Z. Kuriyan, 40.2 (05)
 26. Girls' Open Backstroke 50m: Mary Eapen, 46.3 (04)
27. Boys' 7-8 Freestyle 25m: Vijay V. Thomas, 14.9 (00)
 28. Girls' 7-8 Freestyle 25m: Rima Anna George, 16.7 (02)
 29. Boys' 9-10 Freestyle 25m: K.Z. Kuriyan, 14.5 (03)
 30. Girls' 9-10 Freestyle 25m: Rima George, 16.3 (04)
 31. Boys' ISC Freestyle 25m: K.Z. Kuriyan, 13.4 (04)
 32. Girls' ISC Freestyle 25m: Samira Abraham, 16.3 (05)

Junior Swim Demonstration

33. Boys' Open Butterfly 25m: Reuben Joseph, 16.7 (04)
 34. Girls' Open Butterfly 25m: Maria Jose Alani, 20.3 (04)
 35. Boys' 7-8 Butterfly 25m: K.Z. John, 19.3 (05)
 36. Girls' 7-8 Butterfly 25m: Maria Jose Alani, 21.3 (04)
 37. Boys' 9-10 Butterfly 25m: Vivek Varghese, 18.4 (02)
 38. Girls' 9-10 Butterfly 25m: Maria Jose Alani, 19.8 (05)
 39. Boys' ISC Butterfly 25m: Jose Thomas, 18.4 (02)
 40. Girls' ISC Butterfly 25m: Riyanka George, 19.2 (05)

41. Boys' Open Individual Medley (4x25m): (FLY ► B-K ► B-R ► F-S): K.Z. Kuriyan, 1:40.1 (02)
 42. Girls' Open Individual Medley (4x25m): (FLY ► B-K ► B-R ► F-S): Samira Abraham, 1:55.6 (02)
43. Boys' 7-8 Individual Medley (3x25m): (B-K ► B-R ► F-S) .. 1:23.0 (04)
 44. Girls' 7-8 Individual Medley (3x25m): (B-K ► B-R ► F-S) .. 1:32.1 (04)
 45. Boys' 9-10 Individual Medley (3x25m): (B-K ► B-R ► F-S) .. 1:11.0 (04)
 46. Girls' 9-10 Individual Medley (3x25m): (B-K ► B-R ► F-S) .. New Event
 47. Boys' ISC Individual Medley (3x25m): (B-K ► B-R /► F-S) .. 1:07.7 (04)
 48. Girls' ISC Individual Medley (3x25m): (B-K ► B-R ► F-S) .. New Event

Relays:

49. Boys' 7-8 Medley Relay (B-K ► B-R ► FLY ► F-S): Shanti, 1:28.0 (00)
 50. Girls' 7-8 Medley Relay (B-K ► B-R ► FLY ► F-S): Satyam, 1:39.9 (00)
 51. Boys' 9-10 Medley Relay: New Event
 52. Girls' 9-10 Medley Relay: New Event
 53. Boys' ISC Medley Relay: Satyam, 1:21.6 (00)
 54. Girls' ISC Medley Relay: Shanti, 1:43.9 (00)
 55. Boys' Open Medley Relay: Shanti, 1:15.4 (02)
 56. Girls' Open Medley Relay: Satyam, 1:29.0 (02)
57. Boys' 7-8 Freestyle Relay (4 x 25m): Satyam, 1:09.5 (02)
 58. Girls' 7-8 Freestyle Relay (4 x 25m): Shanti, 1:14.2 (02)
 59. Boys' 9-10 Freestyle Relay (4 x 25m): Shanti, 1:02.9 (02)
 60. Girls' 9-10 Freestyle Relay (4 x 25m): Thyagam, 1:17.8 (02)
 61. Boys' ISC Freestyle Relay (4 x 25m): Satyam, 1:07.3 (02)
 62. Girls' ISC Freestyle Relay (4 x 25m): Shanti, 1:16.4 (02)
 63. Boys' Open Freestyle Relay (4 x 25m): Shanti, 1:02.3 (02)
 64. Girls' Open Freestyle Relay (4 x 25m): Shanti, 1:12.0 (02)
65. Mixed 9 Freestyle Relay (4x25m): Satyam, 1:10.0 (05)
 66. Mixed 11 Freestyle Relay (4x25m): Shanti, 1:07.6 (05)

PRESENTATIONS: Mrs. Roy

In all **Breaststroke** events, swimmers must touch with both hands at the same time at turns and at the finish.

**Good
is
Not
Enough
Where
Better
is
possible**

Butterfly

At the finish, swimmers **must** touch with both hands at the same time.

Individual Medleys feature swimmers with advanced skills in all strokes.

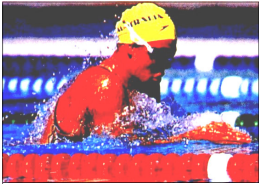
Congratulations to all involved.

All Swimmers receive a *Certificate of Participation*.
Boys' & Girls' Championships
 St. 7-8; St. 9-10; ISC
Boys' & Girls' OPEN Championship
HOUSE AGGREGATE CUP



Records are the measure of human progress

Pallikoodam has made giant steps in the past few years
 To grow, accept the challenge of the, as yet, unachieved



PALLIKOODAM

12th Inter-House Swimming Gala: Junior School

ALL students involved in the Gala and/or demonstrations receive a *Certificate of Participation*.

HOUSES - Colours - Lanes

SATYAM	Green	1 & 4
SHANTI	Blue	2 & 5
THYAGAM	Red	3 & 6

House Competition applies only in Standard 4 and Standard 5-6.

Sub-Junior Competition Groups:

Standard 3 (Freestyle); Standard 4 (Freestyle & Backstroke); Standards 5 & 6 (Sub Junior)

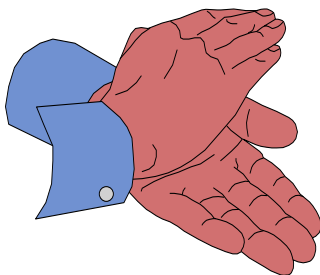
Rules & Regulations:

1. A Girl and Boy Champion will be decided in the following competition groups: Standard 4; Standards 5-6.
2. **Standard 4 and Standard 5-6 Points:** Every swimmer who completes a race receives **at least one point**. Therefore **every** swimmer can contribute to the total points of their house.

	Individual Events	Relays
1 st	8	16
2 nd	6	12
3 rd	4	8
4 th	3	-
5 th	2	-
6 th	1	-

Any swimmer who is disqualified but completes the race receives 1 point;
Relay Teams: 4 points.

3. All individual swimmers and relay teams who break or equal an existing record receive a bonus of 4 points (in addition to their competition place points). Record bonuses do **NOT** apply in the determination of championships. (All swimmers / teams will be timed.)
4. At various stages throughout the program **demonstrations** will be conducted by students from Standards 2-6, and Standards 7-8 to help spectators appreciate the developing skills of all the children, provide the students with a model of what lies ahead in their swimming, and offer a recovery time before the next series of events.



We can **all** be very proud of steadily improving quality of swimming at **Pallikoodam**.

Every student is improving and developing a greater level of confidence.

But, we must also take care not to over-extend ourselves.

Always take care.
Think safety at all times.



Program

Swim Past and Official Opening

1. Boys' Standard 5-6 Freestyle 50m: K. Z. Kuriyan, 41.0 (00)
2. Girls' Standard 5-6 Freestyle 50m: Tamara Kallivelil, 40.6 (00)
3. Boys' Standard 4 Freestyle 25m: Mikhail Kallivelil, 21.6 (99)
4. Girls' Standard 4 Freestyle 25m: Samira Abraham, 19.3 (99)
5. Boys' Standard 3 Freestyle 25m: K. Z. John, 23.9 (99)
6. Girls' Standard 3 Freestyle 25m: Maria Jose Alani, 25.3 (00)

Demonstration: Standards 2 & 3

7. Boys' 5-6 Backstroke 25m: Mathew C. George, 23.6 (02)
8. Girls' 5-6 Backstroke 25m: Tessa John, 22.9 (02)
9. Boys' Standard 4 Backstroke 25m: Jacob C George, 30.1 (05)
10. Girls' Standard 4 Backstroke 25m: Rhea E. Mathew, 28.1 (04)
11. Boys' 5-6 Breaststroke 25m: Michael Tomy, 24.4 (02)
12. Girls' 5-6 Breaststroke 25m: Samira Abraham, 24.9 (00)

Demonstration: Drownproofing (St. 7-8)

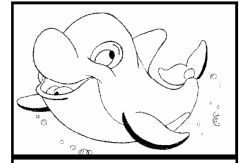
13. Boys' 5-6 Freestyle 25m: K. Z. Kuriyan, 18.4 (00)
14. Girls' 5-6 Freestyle 25m: Maria Jose Alani, 17.8 (02)

Demonstration: Butterfly (St. 7-8)

15. Boys' 5-6 Butterfly 25m: Vasiakh Suresh, 26.6 (00)
16. Girls' 5-6 Butterfly 25m: Riyanka George, 26.9 (00)

Demonstration: Individual Medley (St. 7-8)

17. Boys' 5-6 Individual Medley (3x25m): (B-K / B-R / F-S) .. New Event
18. Girls' 5-6 Individual Medley (3x25m): (B-K / B-R / F-S) .. New Event
19. Boys' & Girls' St. 3 F-S Kick Relay .. with fins (4 x 25m) .. New Event
20. Boys' St. 4 F-S Kick Relay .. with fins (4 x 25m) .. New Event
21. Girls' St. 4 F-S Kick Relay .. with fins (4 x 25m) .. New Event
22. Boys' & Girls' 3-4 Freestyle Relay (4 x 25m): New Event
23. Boys' 5-6 Freestyle Relay (4 x 25m): Satyam, 1:18.5 (00)
24. Girls' 5-6 Freestyle Relay (4 x 25m): Shanti, 1:24.1 (00)



**Learning
New Skills
is
FUN**

In all **Breaststroke** events, swimmers must touch with both hands at the same time at turns and at the finish.

Butterfly

At the finish, swimmers **must** touch with both hands at the same time.

Records are **not** kept for groups below Standard 5-6, except in freestyle.

In the younger age groups swimming is even more about learning skills and rewarding endeavour.

**The most important thing is not winning,
it is the direction in which we are moving ..
IMPROVEMENT is the goal .. learning New Skills,
but
appreciating that there are many skills we should applaud ..
not only swimming
Do your best today ... then, get on with the rest of your lives**

Well Done

All Students, Staff

**and special thanks to the parents and friends of the school
for your support.**