



## From the Principal Welcome to Term 1, 2020



This year as we resume work we are faced with some extraordinary challenges. We may find the precautions around the coronavirus outbreak irksome – quarantine, loss of schooltime, disruption to the start of the school year, medical checks – but we need to set these inconveniences against the loss of habitat, crops, homes, animals, livestock and livelihoods that many Australians have had to endure as a consequence of the continuing bushfires menacing our society. Others have been impacted by cyclones, flooding, hail and damaging winds. The drought is still a clear and present threat to townships running out of water. In such times of crisis, Australians have always managed to try and put community before self. Our volunteer fire fighters have done much to protect us... sometimes at the cost of their own lives. Let us learn from their example and work together to start this school year as comfortably as we possibly can by cooperating with each other and working effectively, within our self-imposed restrictions. January is a time for renewal at High each year. We welcome 180 Year 7 students, three in Year 8, 34 in Year 9 and nine in Year 11. I trust you will all settle in quickly and start to enjoy the many co-curricular opportunities that High offers.

### High Talent



In mid-December last year, our U-17 volleyball team won the Australian U17 Championship in a 5-set nail biter against Mazenod College.

Congratulations to Oliver Yang, Billy Nguyen, Zac Lui, Blair Zhong, Alec Ng, David Zhou, Sean Giang, Matt Awad and tournament MVP Joshua Reid. Well done to Pinyan Gao (SHS-2014) for his great coaching. In the Open division 1, High won gold; Year 8 Division 1 won silver and Years 9/10 Division 1 won bronze. This was our most successful Nationals campaign in volleyball in the history of the school. Thanks to MIC Michael Kay and his staff for all they do for our students.

### Staff Changes

We welcome back Ms Elly Harcourt to the History department after maternity leave. Mr Gainford is returning to us in Mathematics on a half load while convalescing from his multiple and invasive operations. Ms Penny Schlam has been appointed as our new drama/ English teacher, replacing Ms Hancock. Temporary engagements for this term, include Ms Marina Trompetter in English, Ms Zishan Zeng in Mathematics, Mr Lucas Matto in Science and Ms Elianna Apostolides in Visual Arts. I am confident that they will fit in easily over the coming weeks.

### The Governors Centre - Update

At our latest Project Control Group meeting on 8 January, we were informed that blockages by Sydney Water around the sewer and stormwater diversion had been overcome. Construction work was back in operation. Regrettably, the projected completion date will now be pushed back until mid-November 2020. Thus far, no other obstacles have been encountered during the excavation phase. We need your continuing support to finalise the fit-out of this facility. We are down to fixtures, fittings and furniture for the interiors. We will be closing off donations to the Governors Centre at some stage this year. For Year 7 and new enrolment parents, only a limited time remains to purchase a theatre seat or a brick in the wall of gratitude. If you are interested in finding out more about how to support this project, please contact [Peta.Woods@shsfoundation.org.au](mailto:Peta.Woods@shsfoundation.org.au).

## Holidays Properties Changes

Over the break, rooms 401-404 were upgraded with whiteboards and interactive smart projectors. We now have 11 rooms completed. My plan is to ramp up the effort this year, with installations planned for six more rooms in the first two-week break. The ergo room was air conditioned. The cricket/ fencing COLA had new sheeting and guttering fitted to the gap left for the tree which had to be removed. Prep rooms 303-4 had fume cabinets removed and storage shelves fitted. Gas pipes and heaters were removed from rooms 303 & 304. In the research room 301-302, plumbing and waste pipes were removed to enhance storage space. At High there is always something in the pipeline designed to improve the working and learning environment for students and staff.

## Light Rail Update

For new students and those wanting to access light rail, I have included excerpts from the latest advice.

'...The Sydney Light Rail commenced services between Circular Quay and Randwick in December 2019 and services between Kingsford and Circular Quay via Central are expected to open in early 2020. Students can plan their journey on the Sydney Light Rail using [transportnsw.info](http://transportnsw.info) and for real time information they can refer to the light rail stops and on-board passenger information displays.

'During school terms, additional shuttle services will be operating between Central Chalmers St and Moore Park from Monday to Friday; in the morning and afternoon to provide additional capacity for students and staff from Sydney Boys High and Sydney Girls High Schools in Moore Park, as well as other commuters'.

'Operating times for Sydney Light Rail trams are 5am to 1am. Services operate on the CBD and South East Light Rail run approximately every four to eight minutes between Circular Quay and Central and every eight to twelve minutes between Central and Randwick from 7am to 7pm every day of the week. Services between Kingsford and Circular Quay via Central are expected to open in early 2020'.

'Students now travelling on a School Opal card under the SSTS will be able to travel on any mode of transport, including light rail, to get to or from school, or college. Students are reminded to tap on and tap off on all modes of transport. Students do not need to update their entitlement to include Light Rail as it will be automatically applied... Any school students making a new SSTS application for free travel to and from school, or updating an existing entitlement, are eligible to travel

on the new Sydney Light Rail, as well as other transport modes, as long as they meet the usual eligibility requirements. Applications for student travel are available online. Students or parents should go to the SSTS online application form at [apps.transport.nsw.gov.au/ssts...](https://apps.transport.nsw.gov.au/ssts...)

**Dr K A Jaggar**  
Principal

## Meet the 2020 Prefect Intern



**Mathew Shuman**

### What do you love about the sports that High offer?

There are many things which make the sports offered at High special. Some may say it's the variety, while others may say it's the winning mentality, but for me, it's the culture. I've played basketball for 5 years at High and when I came in year 7 we were losing badly, like 40 points every game badly. That didn't matter to any of us though. We put our heads down and kept working hard. We had each other's back and pushed each other to our limits. In year 8, we were losing by 10, but by year 9, we were winning. That's what I love about the sports in High. We are never the biggest, fastest or most athletic players, but we played hard, played smart and we played together.

### What drew you into choosing waterpolo as a sport?

As mentioned above, there is a great amount of camaraderie in each sport and for me I just felt most attracted to waterpolo. It might be because many of my closest friends also chose to play waterpolo.

### **What advice would you can give to the Year 9s?**

There are two main things I would change if I could go back to Year 9.

The first is setting up a good work ethic. While Year 9 is a pretty relaxing year because "who cares it's just year 9," I still find it very important that you know how to study and work hard because that's something you take everywhere you go after HSC.

The second thing is to take advantage of everything that is offered here at High. The extra-curriculars, such as ISCF, band, environment team and CSC. Having your friends here at High and you will soon learn that they are your brothers. After HSC, there are not many places where you can form these intimate friendships with people, so savour it while you're at High and enjoy it.

### **How do you balance sports and extracurriculars with your academics?**

You can go about this in two ways. Either you procrastinate and have the mindset of "I'll do it later" and fail to balance your life or you can plan out what you're going to do. For me, I have 3 training sessions a week, 3 tutoring sessions, 1 piano lesson, youth group and church, although I do often fall into the first category. However, through the work ethic I mentioned in the last question, by working hard and planning ahead, you can get everything done. There's also one last point I'd like to add. If you ever need help, don't be afraid to ask. Ask your teachers, your prefects, your peers and so on. Be proud to be a High Boy and make the most of it.

**Mathew Shuman**

**Year 9 Prefect**

**Waterpolo Prefect**

### **Meet the 2020 Prefect Intern**

#### **How have extracurriculars and sports shaped you as a person?**

As a curious person, I have always wanted to be involved in everything. This meant that when I entered High, I quickly joined lots of extracurriculars. Specifically, the string ensembles have fostered my passion for music through the rewarding ability for to be able to play music as a unified group. The Community Services Committee gave me a deeper insight into the struggles of the disadvantaged people in our communities, which have strengthened my desire to support those in need. The Social Justice Society, PAWS, Enviro team and the Equality Committee were also able to provide me with a significantly deeper understanding of the inherent issues in society to allow me to develop a more nuanced perspective of the world.



**Joshua Lam**

The GPS sports throughout these years have shaped my competitive yet resilient mindset, and an intimate brotherhood relationship. We support one another in Tennis so that we come through victorious as a team, not as individual players, just as we work together to encourage each other to push through in Cross Country.

### **What is community service and how can I get involved?**

There are many opportunities for us to support our communities' financially and mentally disadvantaged. Now is a good time to begin giving back to our society. Why not start at High's Community Services Committee? While it can mean attending the weekly Thursday CSC meetings or helping out with the Bourke Street Buddies outreach program, or waking up at 5:30 for morning collections at Central or helping out with the BBQs, it is great to be able to serve the community at such a young age.

### **What does Sydney Boys High offer in terms of music?**

Having been part of the music program's string ensembles since year 7 as a violinist, it has been great to be able to play with other string players, working together to perfect many pieces music. High has a wide variety of music ensembles and orchestras to choose from. Yet, all these orchestras are able to come together at the annual music camps, and it is there that we get the opportunity to practise an orchestral work involving all 300 students to create truly tremendous music. These music camps have been the most fulfilling part of my experience in High's music program throughout these years, as I practise with my ensemble while stuffing myself with food.



### What do you love about tennis at High?

I love the way that the tennis program at High has expanded significantly since I first joined. This tight-knit community has improved its results through intense training. Progressing through the age groups from the 13's to the Opens teams, I have felt us transform into one of the strongest teams amongst the other GPS schools. With the 5th Grade and 6th Grade teams having been added, High's tennis program continues to grow, making it fantastic to be a part of.

**Joshua Lam**

**Community Service Prefect**

**Tennis Prefect**

**Music Prefect**

### PHOTOS, PHOTOS, PHOTOS



All GPS Sport, Music & Co-Curricular Photos are now ready to view and order.

To view and purchase Sports/Music/Co-Curricular photos for 2019 please go to:



[www.melbastudios.com.au](http://www.melbastudios.com.au)

then to School Orders,

Password to use is: high.



### Year 7 Basketball Uniforms

Please bring \$121 to the High Store on the following days according to your team..

Times as follows for entire team

#### TUESDAY 4 February 2020

A Team go to high store beginning of period 2  
10.10am

B Team go to high store beginning of period 3  
11.50am

C Team go to high store beginning of period 4  
12.55pm

#### WEDNESDAY 5 February 2020

D Team go to high store beginning of period 2  
10.10am

E Team go to high store beginning of period 3  
11.30am

F Team go to high store beginning of period 4  
1.10pm

All boys are required to purchase their uniforms at this time



The High A Team



### From the Canteen

Welcome back to another busy academic year. High Canteen looks forward to serving the school community and seeks your ongoing support. Remember every dollar made goes back to the school. Please encourage your boys to sign up for cashless purchase option through Student TAG. Check student or parent portal for further details. This greatly reduces waiting times and cash handling.



### 2020 Volunteer Recruitment Drive

Our volunteers are the backbone of High Canteen. They help prepare much of our extensive menu on site daily. They also help serve at canteen windows during recess and lunch. This allows us to keep our operating costs low while returning all profits to the school community.

Each day, we require at least 2-3 volunteers. If you have a few hours to spare either on a regular or ad hoc basis, please call Canteen managers Karen & Tracey on 962 9350. We still have a number of vacancies. Full training will be provided, and language or prior experience is no barrier.

Working in the canteen offers an excellent window into the world of High. It is a long-standing tradition and one that we hope will continue.

### Sustainability Initiatives

High Canteen is looking for ideas and support from the parent community to drive down food and packaging waste. Each day, canteen generates green waste that could be composted and soft plastics waste that could be REDcycled. Please join the conversation so we can all help each other to *Do the Right Thing*.

If you have an interest in composting, resource recovery, recycling and waste management or quite simply want to help reduce our carbon footprint, please contact canteen on 9662 9350 to get involved.

### Committee Roles

The P&C subcommittee which manages the High Canteen is also looking for new members. We meet most months on the second Friday. Much of the work is conducted electronically. If you are interested in joining the committee, please speak to canteen managers. Prior canteen volunteering experience will give you an insight to way canteen operates but is not essential. Positions that need to be filled include: President, Vice President, Sustainability coordinator, Secretary, Volunteer coordinator & members. Most of current members retire in 2020.

**Usha Arvind**

President Canteen Committee



**WE LOVE**  
**OUR VOLUNTEERS**





### **2020 Welcome Back!!!!**

We hope you have had a wonderful and restful break over the holidays. Also, a warm welcome to new parents, guardians and students! We have an exciting and a very full year ahead of us in the Music Performance Program, especially with the upcoming European Music Tour in 11-weeks' time!

### **2020-2021 Parent/Guardian Music News and Future Notifications**

Besides the weekly High Notes, there are currently two communication methods the Music Department is notifying parents and guardians regarding upcoming Music Events e.g. Music Camp/Music Workshops/Music Committee Meetings.

PLEASE NOTE: All future music news and notifications will be transitioned to SZapp at the start of 2021.

For now, there are two communication methods, please see the two options below.

Option #1: Please download SZapp from the Apple App Store or Google Play and subscribe to MUSIC. Installation guide is in High Notes

Option #2: Please send the following details to [music@sbhs.nsw.edu.au](mailto:music@sbhs.nsw.edu.au) if you would like to receive emails regarding the Music Performance Program only [i.e. Music Events e.g. Music Camp/Concerts/Workshops, Music Committee Meetings etc.].

- Email Subject Line: Music Contact List
- Student Name
- Student Year
- 1 x Parent/Guardian Name
- 1 x Contact Email Address

If you would like to be removed from the Parent/Guardian Music Contact List, please email: [music@sbhs.nsw.edu.au](mailto:music@sbhs.nsw.edu.au)

### **Music Ensembles & Private Instrumental Lessons**

Private Instrumental lessons and most ensembles will commence from Week 2 i.e. Tuesday 4 February. There will be no lessons/ensembles running on Monday 3 February due to the Swimming Carnival.

Please see the ensemble schedule below. Most ensembles will be running at the same time as last year's schedule. Some ensembles may not commence till later. It is important for all music students in the music performance program to check the daily notices regularly

for updates and/or to ask the Music Department. Students need to remember not to schedule private instrumental lessons during ensemble rehearsal time(s).

### **Music Recruitment Night**

The Music Recruitment Night will be held on Thursday 6 February 6.30pm in the school's Great Hall. The Music Department will discuss the school's Music Performance Program (including music ensembles and private lessons). A letter will be distributed to all new students to Sydney Boys High School within the week. If your son does not receive a letter, please pick one up from the Music Department. In addition, it is never ever too late to start learning an instrument and/or join an ensemble!

### **New Students Joining the Music Performance Program**

Please do not hesitate to come and speak with anyone in the Music Department with any music enquiries. Please ensure to check *Daily Notices* every day for Music Performance Program announcements (i.e. music ensembles, music events, music payments etc).

### **Music Storage Room**

To all students who carry music instruments only: Please place your instruments in the music storage room [located next to Room 101. Please do not block the pathway and make sure the door is closed at ALL TIMES.



## 2019 Music Ensemble Rehearsal Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Jazz Ensemble</b> Room 101 7.45am-8.45am	<b>Senior Concert Band</b> Room 201 7.45am – 8.45am	<b>Junior Stage Band</b> Room 101 7.45am – 8.45am	<b>Intermediate Stage Band</b> Room 101 7.45am – 8.45am	<b>Senior Strings Ensemble</b> Room 101 7.45am – 8.45am
<b>Intermediate Concert Band</b> Room 201 7.45am -8.45am	<b>Symphony Orchestra</b> Room 201 7.45am – 8.45am	<b>Senior Stage Band</b> Room 201 7.45am – 8.45am	<b>Philharmonic Orchestra</b> Room 203 7.30am – 8.30am	<b>Marching Band</b> MPW 8.00am – 9.00am <i>Term 1 &amp; 4 ONLY</i>
<b>Guitar Ensemble</b> Room 202 7.45am – 8.45am	<b>Guitar Ensemble 2</b> Room 202 3.30pm – 4.30pm		<b>European Music Tour</b> String Ensemble Room 204 7.30am-8.30am	<b>European Music Tour</b> Concert Band TBC Room 201 [T4] 7.45am-8.45am
<b>Chamber Choir</b> 7.45am-8.45am Room 203	<b>Marching Band</b> Room 204/GH/MPW 3.20pm-4.20pm <i>T1 &amp; T4 ONLY</i>			
	<b>European Music Tour</b> Concert Band Room 201 [T2-T4] 3.30pm – 4.30pm	<b>Percussion Ensemble</b> Room 201 3.20pm – 4.20pm		

*Please note the schedule is subject change (Check with Ensemble Conductor and/or the Music Department)*

Marching Band is on Tuesday afternoons 3.30pm-4.30pm & Friday mornings 7.45am-9.00am for ALL of Term 1 & 4. The Marching Band performs in the Sydney City March on Anzac Day (25<sup>th</sup> April) each year.

\*Students need to remember to schedule lessons at a different time to music ensemble rehearsals. An attendance rate of 80% is necessary to obtain Award Scheme Points and a Music Pocket for senior students  
EUROPEAN MUSIC TOUR STUDENTS: Rehearsals will be communicated via Daily Notices, Email & High Notes

## 2020 Term 1 Music Events Calendar

Week	Date	Event	Music Students Involved
Week 1A	Friday 31 January	Welcome to new Year 7 students Summer Sports Assembly	Rhys Shariff (11S) Kalaish Stanley (11T)
Week 2B	From Tuesday 4 February	All instrumental private lessons + ensembles commence rehearsing	Instrumental private lessons Music Ensembles
Week 2B	Tuesday 4 February	Welcome to new Parents Evening	Kalaish Stanley (11S) Andrew Gu (11F)
Week 2B	Thursday 6 February	Music Recruitment Night, 6.30pm Great Hall	Music Prefects, Music Staff
Week 3A	Sunday 16 February	European Music Tour Ensemble Rehearsals	EMT Concert Band EMT Stage Band EMT String Ensemble EMT Percussion Ensemble

Music Events are continually added and are subject to change







Phone: (02) 9662 9300  
Fax: (02) 9662 9310

[www.sydneyboyshigh.com](http://www.sydneyboyshigh.com)

# Sydney Boys High School

1883



Sydney Boys High School  
Moore Park  
Surry Hills NSW 2010

Dr K A Jaggar  
Principal

29 January 2020

Dear Year 7, 8, 9 & 11 New Students, Parents & Guardians,

The Music Department will be holding a Music Recruitment Night on **Thursday 6 February 2020** at **6:30pm** in the school's **Great Hall** (Term 1, Week 2).

We encourage all new students, parents and guardians to attend this evening to listen to the variety of instruments available to learn at school, and to talk with you about our Music Academic and Performance Program (i.e. Music Ensembles, Private Instrumental lessons, Years 7-12 academic program, music events etc.). Each of our tutors will also give a short demonstration on their instrument and there will be time for questions and answers. There will be enrolments for both Music Ensembles and Instrumental lessons at the Music Recruitment Night.

***Please note:** RSVP is not required and students do not need to bring their instruments*

For the latest news and notifications, please download **SZapp** from the Apple App Store or Google Play and subscribe to MUSIC. Installation guide is in the school's High Notes.

We look forward to your company on **Thursday 6 February 2020**, 6.30pm in the Great Hall.

Sincerely,

R. Miller, S. Lim, S. Kim  
Music Department  
Sydney Boys High  
E: [music@sbhs.nsw.edu.au](mailto:music@sbhs.nsw.edu.au)  
P: (02) 9662 9300





### **Cadet Recruit Bivouac 2019**

When the word 'cadets' comes to people's minds, the first thing that lots of people think of is that cadets is boring and only involves marching or standing still for long periods of time. What many people sometimes don't understand are the many opportunities Cadets provides.

Cadets is an organisation that helps people grow. It builds confidence and allows the individual to develop their leadership skills. It provides people with many skills that are also applicable in the real world, such as self-reliance, strengthening self-discipline, dealing with pressure and managing challenges. Cadets offers many experiences that most people do not get to experience in their everyday life. An example of this is the recruit bivouac we had recently.

On the 29<sup>th</sup> November 2019, a group of 30 excited cadets boarded the bus for the annual Sydney High School Cadet Unit recruit bivouac. This bivouac provided new experiences for many of us including myself. For 18 of these cadets, it was their first time experiencing a cadet camp. It was their first-time consuming army ration packs. It was their first time sleeping in hutchies. Most importantly, it was their first time experiencing some of the many opportunities that SHS Cadets have to offer.

For six of these cadets, it was their first time stepping up to a leadership role on a bivouac after passing their first promotions course (Cadet Lance-Corporal). These junior NCOS (Non-Commissioned Officers) were the ones that taught most of the lessons to the recruits. They passed on their knowledge and skills to them, helping them gain a deeper understanding on hygiene in the field, first aid, the importance of maintaining communication and much more. It was their first taste of the many responsibilities that come with being an NCO.

It was my first time acting in the role of Company Sergeant Major (CSM) on a cadet camp alongside CUO Kevin Tran who was the Company Commander (COYCMD). Together, our job was to make sure training went smoothly, the recruits slept/woke up on time and everyone got fed. It can be tough at times when things do not run the way you want it to, but it can also be rewarding at times. Seeing the recruits develop new skills, enjoying themselves and grow as people really makes me proud. Proud that the efforts put in by the NCOs and me have paid off.

Special thanks to 2LT (AAC) Ronald Luo who gave up lots of his personal time to organise this camp. Without his efforts, this bivouac would not have happened. Also, many thanks to Major (AAC) Scully, CAPT (AAC) Owen, 2LT (AAC) Thomas and Dah (AAC) Fong for giving up their time to supervise the camp, making sure everything went well. Last of all, I would like to thank the efforts of all the NCOs who came along this camp and I am extremely proud of them for helping make this biv such a successful one. I look forward to the many more to come.

**Adam Masen**  
CDTSGT  
SHSCU





## Captain of Boats January Camp Report Holiday Training Report

The annual senior rowing January camp was unfortunately held at the school's boatshed this year due to the hazardous levels of air quality in Canberra during this summer's bushfire season. However, the seniors weren't going to let their situation affect the quality of training.

The very first session of the camp, a 6km ERG test, yielded improvements across almost the entire board, even though it was preceded by the first 3 weeks of the holidays. This was a testament to the long hours we have dedicated to training in our free time as part of a friendly mileage competition, some members of the squad reaching above 200km in the competition with a combination of ERGing and running.

After the 6k ERG, we prepared for the next 3 sessions of the first day, which consisted of 2 rowing sessions with a technical focus, and a body weight circuit. The rest of the week comprised of 3-4 sessions per day with plenty of time for rest, or table tennis for some, in between sessions and amazing meals from the wonderful parents who gave up their time in the holidays to prepare food for

us. Especially appreciated was a hot breakfast on Thursday morning after a miserable thunderstorm forced the Senior Vllls to dock at Riverview's boatshed and retreat back to Abbotsford. Saturday morning saw the first bit of high rate work between the 1<sup>st</sup> and 2<sup>nd</sup> Vlll as an introduction to the anaerobic training to come. A big thanks to Alan Wong for coming down in the early hours of the morning to film the session.

After the Saturday session, we were treated to a 3-day break, with training resuming on Tuesday. The week of training beginning Tuesday saw sessions ranging from 15 min power pieces with the Year 10s, to long technical rows along the river. This was usually followed by a 40 min run or a couple of rounds of the unrelenting body weight circuit.

This block of training places the senior Vllls in a strong position for when racing begins once again this Saturday. Having cemented the good work in our technique, we look to pursue the vast amount of speed available through anaerobic training as we wind up to Head of the River in March.

**Alan Jessup**  
Captain of Boats

## Key Dates coming up

Event	Who
Joeys Regatta – SIRC – Feb 1	Senior A, Senior B, Year 10 1 <sup>st</sup> Vlll, Year 9 Quads
High Regatta – H+C – Feb 8	All crews
All Schools Regatta – H+C – Feb 15	Junior Crews







Welcome to the official start of the GPS tennis season. A big welcome to our new players.

#### Week 2 Schedule Below

(please note that sprints will not be on Monday due to the school swimming carnival)

Group	Monday	Tuesday	Wednesday	Thursday	Friday
1st-3rd	School 7:15-8:45am		School 1-3pm	Eastcourts 1-3pm	School 7:15-9am
4-8th	-	School 7:15-8:45am	Moore Park 1-3pm	School 7:15-8:45am	
16's			Eastcourts 1-3pm	Moore Park 7:15-8:45am	
15's			Moore Park 7:15-8:45am	Eastcourts 1-3pm	
14's			School 7:15-8:45am	Moore Park 1-3pm	
13's		Moore Park 7:15-8:45am		School 1-3pm	
Development Squad		Development Squad are to train with the 4-8th grade in the mornings and 15's During Sport Time. They will also have a session every Saturday at Moore Park 12-2pm			

Remember if your son cannot attend a training session or Saturday fixture, an email must be sent to [Absences.Sport@sbhs.nsw.edu.au](mailto:Absences.Sport@sbhs.nsw.edu.au)

Kurt Rich  
MIC Tennis





## Cricket Results/News Update – 2019 Term 4 Week 9

### 5 Highs 1<sup>st</sup> XI Cricket Tournament

Rnd	Score	Result	Highlights
1	High 10/151 def by. Kent St 6/153	LOSS	Goonaratne 33
2	High 10/80 def by. Brisbane High 2/81	LOSS	
3	High 10/106 def by. Adelaide High 10/161	LOSS	Arvind 34 Roussos 33 Mahajan 3/32 Strivatsen 3/42
4	High 10/256 def. Melbourne High 10/180	WIN	Mahajan 102 Goonaratne 54 Arvind 30 Mahajan 4/28

#### Round 1 vs Kent Street High School

We came up against the Perth school Kent Street High School in Round One of the Five Highs competition. As temperatures were predicted to be reaching the high 30's in the afternoon, we decided to bat on a flat deck. As usual we got off to a flyer with our top order ticking the runs over at a rapid rate however some unconventional and miscued strokes saw our downfall for 150. We came out all guns blazing with our opening spin bowler Bilal Abbasi (Yr 10) and Menuja Goonaratne (Yr 11) taking quick wickets however poor fielding efforts and some missed chances saw them pass our total quite simply.

#### Round 2 vs Brisbane State High School

Brisbane. A strong rivalry between us and Brisbane State High as we came up against each other previously in the East Coast cup in Years 8 and 9. Again as a result of ridiculous heat and humidity we decided to bat. A flat wicket, seemingly fantastic to bat on was prepared. However again, not taking advantage of these run scoring conditions we were knocked over for 80. This rather small total posted from us was chased down easily in their home conditions. We hoped to redeem ourselves against Adelaide.

### Round 3 vs Adelaide High School



Adelaide High School sent us in to bowl. As smoke started to set in from the nearby bushfires, it was difficult fielding conditions. However credit to our bowlers who stayed strong and pushed through especially Vivek Mahajan (Yr11) and Adi Srivatsan (Yr 11) taking 3 wickets a piece. We ended up bowling Adelaide High out for 160. We came out to bat confident to chase this total down. Yet again miscued strokes as well as poor shot selection combined with some good bowling led to us being bowled out for 110. Credit to Saarangan Arvind and Chris Roussos (Yr 8) for leading the boys with the bat.





## Round 4 vs Melbourne High School



Our last game against Melbourne High was our final chance to redeem ourselves. On top of that we were playing for the Cec Rubie Trophy. This was our last chance to leave with some silverware. We won the toss and batted. Again we lost quick wickets however some runs towards the end from Menuja Goonaratne (Yr 11) posting 50 and Vivek Mahajan (Yr 11) posting 100 brought us to a strong total of 253. Running onto the field, we were keen to take these wickets and to regain the trophy. Some fantastic bowling from Adi Srivatsan taking 2 wickets and Vivek Mahajan taking 4 wickets, had them bowled out for 160.

**Vivek Mahajan**

**1<sup>st</sup> Xi Captain**

**5 Highs Captain**



Pictured: Vivek Mahajan 102

## To All Parents and Players, Don't Forget To Go Through The Points Below:

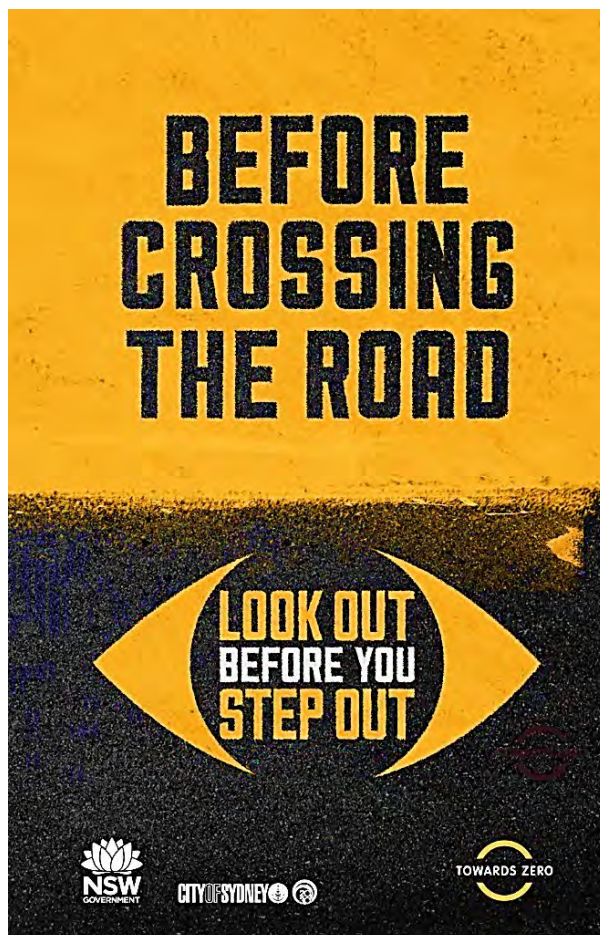
- If the weather is inclement on a Saturday, you can find any changes to the fixtures on the SBHS website on the home page. No changes = game is definitely on.
- Please make sure that all the boys wear SBHS logo hats and tops.
- Make sure they drink plenty of water and carry a drink bottle with them to training and fixtures.
- For training sessions (outside of school hours) and Saturdays, parents are to email through the specific details of absence (**Student number, name, sport, team, reason and date of absence** to [absences.sport@sbhs.nsw.edu.au](mailto:absences.sport@sbhs.nsw.edu.au))
- Remember all cricket games are important to attend to each Saturday, otherwise you are letting your team down.
- A **100% attendance record** equates to **5 extra Award Scheme points** for juniors.
- Please notify their coach if they are unable to attend training or their fixture.

Play Hard, Play with Sportsmanship & High Spirit and most importantly have fun with your cricket!

Best of luck on your GPS match this Saturday!

**David Smith MIC Cricket**

**Charles Clay Cricket Prefect 2019/2020**





## MEMO TO PARENTS

### SYDNEY BOYS HIGH SWIMMING CARNIVAL; *Monday 3rd February 2020*

The School Swimming Carnival will be held at the Des Renford Aquatic Centre (Heffron Park Pool) Robey Street, Maroubra on ***Monday 3rd February 2020***.

The carnival will commence at 8:45 am for all years and finish approximately 2:45 pm for years 8-11 and approximately 3:00 pm for year 7. (Year 7 swim test will take place between 2:45pm -3:00pm)

***ALL students will make their own way to and from the Swimming Pool.***

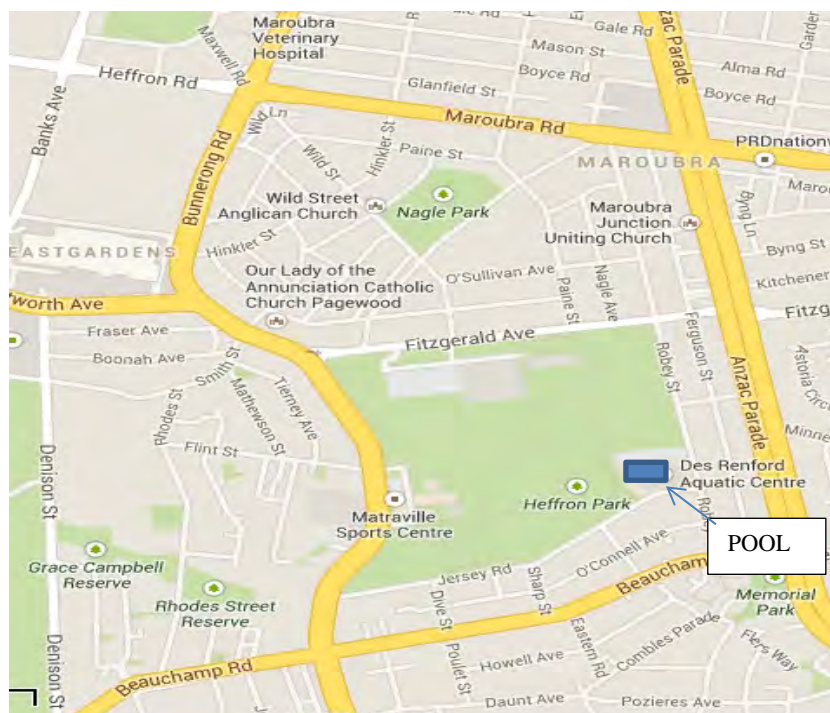
Public transport is available from Central Station and City to Maroubra Junction and Eastgardens. Students will then make the short walk to Heffron Park (Des Renford Aquatic Centre). The pool is located between Bunnerong Road and Anzac Parade, with the entry located on Robey Street. Planning their trip can be done through the transport NSW website.

<https://transportnsw.info/routes/train>

The roll will be marked electronically upon entry to the pool, so please bring your student ID card.

School uniform is **NOT** required. Students should wear their (PE uniform), a hat and sunblock should be used as shady areas are limited. Food will be on sale from the canteen at the pool. **The Carnival will be held "rain, hail or shine!"**.

P Loizou  
Swimming Co-ordinator





# Sydney Boys High School Swimming Carnival Student Program 2020



**MONDAY 3rd February 2020 @ Maroubra Pool (Heffron Park)**

## HOUSE PATRONS

Eedy (Blue) – Suvipra Vaidya	Torrington (Royal Blue) – Ritchie Ah-Koon
Saxby (Green) – Angus Henningham	Rubie (White) - Yishan Shen
Fairland (Red) – Ben Bao	McKay (Yellow) – Terry Zhai

## Captains for 2020

**Derek Sae-Jong (C) and Yung Kim (VC)**



**The GPS (4X100m) medley relay from 2019**

From left to right:: David Goh, Ike Matsuoka, William Amos and Derek Sae Jong

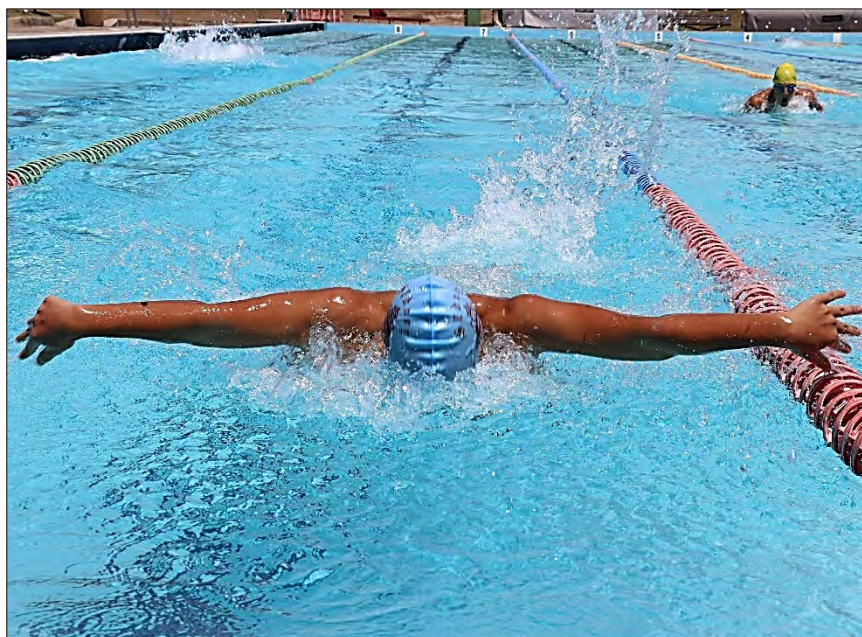


## CARNIVAL RULES

1. Decisions of the Referee to be final.
2. No limit on the number of events each boy can enter in his own age group. He may only swim in a higher division if the event is not provided in his division (e.g. 200 individual medley).
3. There is no limit on the number of competitors a House can have in each event.
4. Points will be awarded as follows:

Final:            1st - 10;    2nd - 6;    3rd - 3;   Other -1

5. House caps should be worn in all events.
6. It is the responsibility of each boy to listen for the announcement of his event and to report to the Marshalling Area at the correct time.
7. Divisional Champions will be decided in each age group based on place finish and participation points.
8. There will not be a lunch break. Competitors are expected to have their lunch at a time not to affect their events.
9. Each house has been allocated an area in the stand. All boys competing are to follow the instructions of the marshals and assemble in the shaded area.
10. **ROLL CALL** will be electronic – students will scan on using their ID cards





## ***ORDER OF EVENTS***

**Carnival commences at 9:00am**

**NOTE: The age group you compete in is the age you turn this year**

**NOTE:** 1. All places will be decided by times

**Event:**

1	12years	200m	Freestyle
2	13 years	200m	Freestyle
3	14 years	200m	Freestyle
4	15 years	200m	Freestyle
5	16 years	200m	Freestyle
6	17 years	200m	Freestyle
7	18 years	200m	Freestyle
8	12 years	100m	Freestyle
9	13 years	100m	Freestyle
10	14 years	100m	Freestyle
11	15 years	100m	Freestyle
12	16 years	100m	Freestyle
13	17 years	100m	Freestyle
14	18 years	100m	Freestyle
15	12 years	50m	Breastroke
16	13 years	50m	Breastroke
17	14 years	50m	Breastroke
18	15 years	50m	Breastroke
19	16 years	100m	Breastroke
20	17 years	100m	Breastroke
21	18 years	100m	Breaststroke
22	12 years	50m	Butterfly
23	13 years	50m	Butterfly
24	14 years	50m	Butterfly
25	15 years	50m	Butterfly
26	16 years	100m	Butterfly
27	17 years	100m	Butterfly
28	18 years	100 m	Butterfly

29	12 years	50m	Freestyle
30	13 years	50m	Freestyle
31	14 years	50m	Freestyle
32	15 years	50m	Freestyle
33	16 years	50m	Freestyle
34	17 years	50m	Freestyle
35	18 years	50m	Freestyle
36	12 years	50m	Backstroke
37	13 years	50m	Backstroke
38	14 years	50m	Backstroke
39	15 years	50m	Backstroke
40	16 years	100m	Backstroke
41	17 years	100m	Backstroke
42	18 years	100m	Backstroke

**## 2pm GPS Medley Relay – 4 X 100m -Backstroke/Breaststroke/Butterfly/Freestyle**  
**GPS event 4 x 100 Medley Relay winners 2019– Newington**

These event will be conducted after the GPS medley relay at about 2;30 pm.

\* 800m and 400m swimmers will be timed in the SAME event.

43	16 years	800m*	Freestyle
44	17 years	800m*	Freestyle
45	18 years	800m*	Freestyle
46	15 years	400m	Freestyle
47	16 years	400m	Freestyle
48	17 years	400m	Freestyle
49	18 years	400m	Freestyle
50	12 -16 years	200m	Individual Medley
51	17 years	400m	Individual Medley
52	18 years	400m	Individual Medley

From 2;45 to 3;00pm There will be a year 7 swimming competency test.

If unable to swim please inform Mr Loizou.

- NOTES:**
1. All places will be decided by times.
  2. The GPS swimming team is chosen based on times.
  3. The 5 GPS carnivals are held on Friday nights in February and March
  4. From the GPS carnivals, swimmers can qualify for the CIS and All Schools State carnivals. In swimming, we follow, the GPS path and NOT the CHS path. We DO NOT compete in the Zone as the GPS competitions serve as state qualifiers.



## RECORDS

### **Backstroke 50-100m**

<b>DIVISION</b>	<b>COMPETITOR</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DATE</b>
12_U Male	James LUO	McKay	'38.00 Mins	3/02/2014
13 Male	Allen GUO	Fairland	'36.20 Mins	3/02/2014
14 Male	Patrick YI	Fairland	0'34.24 Mins	5/02/2018
15 Male	ELLIS LOUIE	Eedy	'32.03 Mins	4/02/2003
16 Male	Christian HADD0	Eedy	1'10.70 Mins	3/02/2014
17 Male	Christian HADD0	Eedy	1'10.54 Mins	2/02/2015
18_O Male	David GOH	Rubie	1'18.22 Mins	4/02/2019

### **Breaststroke 50-100m**

<b>DIVISION</b>	<b>COMPETITOR</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DATE</b>
12_U Male	Nathan WANG	Rubie	0'41.78 Mins	1/02/2016
13 Male	Nathan WANG	Rubie	0'37.69 Mins	6/02/2017
14 Male	William (Geon) LEE	Rubie	0'34.78 Mins	1/02/2016
15 Male	Andrew REIS	Eedy	'33.44 Mins	3/02/2004
16 Male	Andrew REIS	Eedy	1'10.00 Mins	8/02/2005
17 Male	Benjamin CHOW	Rubie	1'05.00 Mins	8/02/2005
18_O Male	Kevin GUO	Eedy	1'16.22 Mins	5/02/2017

### **Butterfly 50-100m**

<b>DIVISION</b>	<b>COMPETITOR</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DATE</b>
12_U Male	James LUO	McKay	'35.87 Mins	3/02/2014
13 Male	Patrick YI	Fairland	0'32.09 Mins	6/02/2017
14 Male	Patrick YI	Fairland	0'31.22 Mins	5/02/2018
15 Male	Christian HADD0	Eedy	0'29.80 Mins	4/02/2013
16 Male	Ellis LOUIE	Eedy	1'03.90 Mins	3/02/2004
17 Male	Thomas MILLER	Torrington	1'02.25 Mins	3/02/2004
18_O Male	David GOH	Rubie	1'14.66 Mins	4/02/2019

### **Freestyle 100m**

<b>DIVISION</b>	<b>COMPETITOR</b>	<b>TEAM</b>	<b>RESULT</b>	<b>DATE</b>
12_U Male	James LUO	McKay	1'09.00 Mins	3/02/2014
13 Male	Kazuo NAKAMURA	McKay	1'05.05 Mins	14/02/2011
14 Male	William (Geon) LEE	Rubie	1'01.90 Mins	1/02/2016
15 Male	Christian HADD0	Eedy	0'58.30 Mins	4/02/2013
16 Male	Kalem BEST	McKay	0'59.00 Mins	2/02/2015
17 Male	Thomas MILLER	Torrington	0'55.57 Mins	3/02/2004
18_O Male	David GOH	Rubie	1'02.12 Mins	4/02/2019

### Freestyle 200m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	James LUO	McKay	2'31.00 Mins	3/02/2014
13 Male	Patrick YI	Fairland	2'23.94 Mins	6/02/2017
14 Male	Patrick YI	Fairland	2'17.41 Mins	5/02/2018
15 Male	Jake ROWLANDS	Rubie	2'10.00 Mins	3/02/2014
16 Male	Christian HADD0	Eedy	2'10.00 Mins	3/02/2014
17 Male	Thomas MILLER	Torrington	2'05.41 Mins	3/02/2004
18_O Male	David GOH	Rubie	2'22.81 Mins	4/02/2019

### Freestyle 400m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
15_U Male	Jake ROWLANDS	Rubie	4'38.02 Mins	3/02/2014
16 Male	Andrew REIS	Eedy	4'26.33 Mins	8/02/2005
17 Male	G BREWER		4'12.00 Mins	31/01/1976
18_O Male	Eric HOLMSTROM	Torrington	7'02.97 Mins	4/02/2019

### Freestyle 50m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
12_U Male	James LUO	McKay	31.50 Secs	3/02/2014
13 Male	Kazuo NAKAMURA	McKay	29.50 Secs	14/02/2011
14 Male	Jaden YI	Torrington	27.54 Secs	4/02/2019
15 Male	Leonard MAH	Rubie	26.80 Secs	6/02/2012
15 Male	Christian HADD0	Eedy	26.80 Secs	4/02/2013
16 Male	Tom MILLER	Torrington	26.15 Secs	6/02/2002
17 Male	Thomas MILLER	Torrington	25.18 Secs	3/02/2004
18_O Male	Adam FENG	Saxby	26.13 Secs	5/02/2018

### Freestyle 800m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
16_U Male	B EBEL		9'16.34 Mins	31/01/2003
17 Male	S CROFT		9'30.91 Mins	31/01/2003

### Individual Medley 200-400m

DIVISION	COMPETITOR	TEAM	RESULT	DATE
16_U Male	Andrew REIS	Eedy	2'28.00 Mins	8/02/2005
17 Male	David GOH	Rubie	5'45.00 Mins	6/02/2018





## **CHAMPION HOUSE 2019- TORRINGTON**

**Peter Loizou (Social Sciences Faculty) MIC Swimming**

Please note the GPS dates posted on the schools R Drive – sports folder, for those competing at GPS events in 2020 and for the weekly schedules, including results.

# Stay up to date with SZapp

Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

## Installation Instructions



### 1. DOWNLOAD SZAPP

Search the App Store / Play Store for **SZapp**.  
Download and install SZapp. **Install is Free.**



### 2. FIND OUR SCHOOL

Select Region: Asia Pacific  
Sydney Boys High School

### 3. REGISTER A USER

You will need to register a user with your email or sign in with Google or Facebook.



### 4. MANAGE NOTIFICATIONS

Choose which group/s you would like to receive notifications from. Groups with arrows indicate that there are sub-groups which you can join.



### 5. CHECK SETTINGS FOR APP NOTIFICATIONS

Check your phone settings to allow for push notifications from SZapp.

For any further information see:

<http://www.schoolzineplus.com/app-faq>



Canteen Price List 2020
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Breakfast		Lunch and Recess Items			Hot Food			
		*So you don't miss out on what you want for lunch, make sure you ORDER it before school						
Cheese Toast	\$1.80						Chicken Fingers	\$2.00
Cheese & Tomato Toast	\$2.00						Chicken & Corn Roll	\$2.00
Ham & Cheese Toast	\$2.20						Chicken Burger	\$4.50
Cheese/spinach/tomato toast	\$2.20	Sandwiches / Wraps / Rolls		Rolls	Chicken Mayo Roll (hot)	\$4.00		
Ham & Egg Muffin	\$3.20	Buttered Roll		\$1.50	Chicken Mayo Sandwich (hot)	\$3.20		
Hot Chocolate (Term 3 only)	\$1.00	Cheese & Tomato (v)	\$2.00	\$2.60	Chicken Schnitzel Roll	\$4.00		
		Cheese & Salad (v)	\$3.00	\$3.60	Foccacia - chicken/avo/cheese	\$3.50		
		Chicken & Coleslaw	\$4.00	\$4.60	Foccacia - chicken/mayo/cheese	\$3.50		
		Chicken & Lettuce	\$4.00	\$4.60	Garlic Bread (v)	\$2.00		
Fruit / Snacks		Chicken & Salad	\$4.00	\$4.60	Japanese/teriyaki don, noodlesetc	\$5.00		
Fruit - apple/orange/banana	\$0.80	Curried Egg & Lettuce (v)	\$3.00	\$3.60	Lasagne/Macaroni Cheese	\$3.50		
Fruit Salad	\$3.00	Dagwood Roll		\$4.00	Noodles In A Cup	\$2.80		
Banana Bread	\$2.20	Egg & Lettuce (v)	\$3.00	\$3.60	Pasta - homemade small	\$4.00		
		Egg & Salad (v)	\$3.00	\$3.60	Pasta - homemade large	\$5.00		
assorted snacks at various prices		Ham & Tomato	\$3.40	\$4.00	Pide - sausage, chicken/mushroom	\$2.50		
		Ham & Salad	\$4.00	\$4.60	Pide - spinach/cheese (v)	\$2.50		
		Roast Beef & Tomato	\$3.40	\$4.00				
Drinks		Roast Beef & Mustard & Lettuce	\$3.40	\$4.00	Pie - meat (sauce+20c)Garlo's	\$4.00		
300ml Plain Milk	\$1.20	Roast Beef & Salad	\$4.00	\$4.60	Mexi Wrap	\$4.20		
300ml Flavoured Milk	\$2.20	Salad (v)	\$2.80	\$3.40	Pie - potato	\$4.50		
600ml Plain Milk	\$2.00	Salmon (red) & Salad	\$4.00	\$4.60	Pizza Wrap	\$4.00		
500ml Flavoured Milk	\$3.00	Vegemite	\$1.20	\$1.50	Rice Box - homemade	\$4.00		
Up & Go	\$2.00	Turkey cranberry & lettuce	\$3.80	\$4.40	Sausage Roll	\$3.00		
Water - Spring	\$1.50	Wraps	\$3.80		Spinach Ricotta Roll (v)	\$3.00		
Water - Pump	\$3.00	sushi (homemade)M T W	\$3.00		Steak & onion roll	\$4.00		
Juice Bomb	\$2.50	Sushi (Thur Fri)	\$3.80		Sweet Chilli Chicken Wrap	\$4.20		
Appletiser	\$2.50	Vietnamese Rolls	\$3.80		Traveller Pies	\$3.80		
Juice	\$2.50				Falafel Wrap	\$4.20		
LA Ice	\$2.50							
Cans Diet Coke	\$3.00							
Chill Aloe Vera	\$3.50				Miscellaneous			
Chill Iced Tea	\$3.50	Salad Boxes (meat or egg)	\$6.00		Tissues	\$0.60		
Waterford	\$2.50	Salad Box (plain)	\$5.00		Spoons / Forks	\$0.05		
					(supplied free with meal puchase)			
Special Orders					Seasonal Foods			
# If you have specific dietary needs or your favourite sandwich is not on the menu - all you have to do is ask! We may be able to make it for you. Make sure you order before school.					**NB Not all food items are available all the time. For example, home style lunch boxes - pasta, rice, salads, soup etc are all seasonal. Please check with the canteen before you order.			

2020 PRICE LIST	
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8.30 to 9.00 am *Breakfast is available * Time to place lunch orders
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ALL CANTEEN PROFITS ARE RETURNED TO THE SCHOOL FOR THE BENEFIT OF THE BOYS' EDUCATION AND DEVELOPMENT

# February/March 2020

31-01-2020

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 B	3 Medical Booklet Update School Swimming Carnival, Des Renford Pool (Heffron Park), Maroubra Tennis: SE Trials	4	5 Rowing: Year 10 Visit by Melbourne High, 12:30	6 Year 7 Meeting, Great Hall, 09:55-10:20 Rowing: Year 10 Visit by Melbourne High Year 7 Music Recruitment Night setup, Great Hall, 11:00 Year 7 Music Recruitment Night, Great Hall, 18:30	7 Rowing: Year 10 Visit by Melbourne High Excursion: Year 8, Art + History, AGNSW, 09:30-14:45	8 Sport: Group 1 Shore v SHS, Group 2 SJC v SHS Rowing: High Regatta, Hen and Chicken Bay Rowing: Year 10 Visit by Melbourne High	9 Room Booking, room 204, 08:30-14:30
3 C	10 Year 7 Outdoor Education Camp (Morisset) P+C Executive Meeting, The Great Hall, 17:30 P+C Meeting, The Great Hall, 18:30 Swimming: GPS Annual Dinner, St. Joseph's College Parlour, 18:00	11 Year 7 Outdoor Education Camp (Morisset) School Council Meeting, Board Room, 17:30-19:00 The Great Hall: Prefect afternoon tea, 15:15-18:00	12 Year 7 Outdoor Education Camp (Morisset) Cricket: Committee meeting, 901, 18:00	13 Sports Council Meeting, Board Room, 07:30 Elevate: New Year 9 (Time management), P1, selected students	14 Debating: FED Newington v SHS	15 Sport: Group 1 SHS v TSC, Group 2 SHS v TSC Rowing: All schools Regatta, Hen and Chicken Bay	16 European Music Tour Rehearsals, 09:30-15:30, rooms 101+201
4 A	17 Rugby: Yr 7 house 7's, lunch 1+2, E+F	18 Years 10, 11 and 12 Awards Assembly, Great Hall, 09:55-10:40 Rugby: Yr 7 house 7's, lunch 1+2, M+R Presentation Night rehearsal (All prize winners), Great Hall, 11:50-12:50 Presentation Night, Great Hall, 19:00-21:00	19 Years 7, 8 and 9 Awards Assembly, Great Hall, 09:50-10:35 Rugby: Yr 7 house 7's, lunch 1+2, S+T Welcome to New Parents of Incoming Students 2020, Great Hall, 17:30-20:00	20 Elevate: Kickstart, Year 7, P1, all students in normal classrooms Excursion: Art , AGNSW, 09:30-14:45 (selected 9-12 students), 09:30-14:45	21 Basketball: CHS Opens KO Round 1 (tbc) Rowing: CHS, SIRC Volleyball: SE Trials, Olympic Park Debating: FED SGHS v SBHS Swimming: GPS Qualifying carnival, 18:45 (NC)	22 Sport: Group 1 SHS v TSC, Group 2 SIC v SHS Rowing: Newington Regatta, Hen and Chicken Bay Rowing: SRC Regatta, SIRC	23
5 B	24 Attendance and Progress Review (all Years) Year 10 Meeting, Great Hall, 09:55-10:20 Rugby: House Oztag Lunchtime competition, Y7 Rugby: Committee Meeting, Staff Common Room, 18:00	25 Year 9 Meeting, Great Hall, 09:55-10:20 Rugby: House Oztag Lunchtime competition, Y7 Foundation meeting, 18:30-20:30	26 Rugby: House Oztag Lunchtime competition, Y7 Water Polo: Sydney East CHS Open KO, Sutherland Leisure Centre	27 Year 7 Try Rugby Day, MPW, P1-3 Year 8 Meeting, Great Hall, 09:55-10:20	28 Clean up Australia Day, 06:30-09:00 Morning collection: Bandaged Bear, 07:30-09:00 Chess Selection Trials, Great Hall, 09:00-15:20 Debating: Eastside TSC v SBHS Debating: FED SHS v TSC Swimming: GPS Qualifying carnival, 18:45 (SOPAC)	29 Sport: Group 1 SGS v SHS, Group 2 SGS v SHS Rowing: Riverview Gold Cup	1