

Girls shine at IPSHA Swimming and Diving Carnival

Meriden Junior School girls achieved incredible results at the IPSHA Swimming and Diving Carnival held at Sydney Olympic Park Aquatic Centre on Wednesday 1 March.

Several girls produced personal best times and placed in their heats. The Junior Girls 4 x 50-metre Freestyle Relay Team, consisting of Jenny Li, Alice Wu, Veronica Xu and Liliana Zhou, placed first and won by an astonishing four seconds!

Lucinda Buckley, Jenny Li, Veronica Xu and Liliana Zhou had many successes in the pool and placed in multiple events. The girls will now represent IPSHA at the CIS Primary Swimming Championships later this month.

The Swimming Team produced one of our best-ever performances at an IPSHA Swimming Carnival.



Junior Girls Relay Team - Alice Wu, Veronica Xu, Liliana Zhou and Jenny Li; Lucinda Buckley

Below are more excellent results from the team:

Lucinda Buckley	• 12 Years 50-metre Butterfly, First • 12 Years 50-metre Freestyle, Third • 12 Years 50-metre Backstroke, Third • Open 100-metre Freestyle, Third • 12 Years 50-metre Breaststroke, Fifth
Jenny Li	• 8 – 10 Years 50-metre Butterfly, First • 10 Years 50-metre Freestyle, Fourth • 8 – 10 Years 50-metre Backstroke, Fourth
Veronica Xu	• 9 Years 50-metre Freestyle, Second
Liliana Zhou	• 9 Years 50-metre Freestyle, First • 8 – 10 Years 50-metre Butterfly, Third

The Diving Team performed brilliantly in the diving competition. Most of the girls in the team are new to the sport but executed fantastic dives and represented Meriden with pride.

Congratulations to all the girls who took part and gave their best performances.

The 2023 IPSHA Swimming and Diving Team consisted of the following girls:

Rebecca Bal	Zara Hovilai	Sophia Mony
Lucinda Buckley	Claire Huang	Angie Poon
Angela Cai	Juanita Khnanisho	Annie Pryor
Sophie Chen	Jenny Li	Eva Teng
Alice Deng	Briana Liang	Alice Wu
Naomi Girgis	Camille Lin	Veronica Xu
Constance Gus	Chloe Lu	Liliana Zhou
Grace Henry	Eve Marsh	

Miss Belinda Wilsher

Junior School Sport Coordinator



2023 Meriden IPSHA Swimming and Diving Team