



Summer Programme 2011/12

Maximum of three(3) swims each Club Night

Friday Club Night starts at 7.30pm

12½ m choice, swimmers can swim either kickboard, free, back, fly or breast

Oct. 7	12½ m Choice	Free	Breast	Back	200/400
Oct. 14	12½ m Choice	Fly	Free	Breast	200/400
Oct. 21	12½ m Choice	Back	Fly	Free	200/400
Oct. 25	12½ m Choice	Free	Back	Breast	200/400
Nov. 4	12½ m Choice	Breast	Free	Fly	cc1500free
Nov. 11	12½ m Choice	Back	Fly	Free	200/400
Nov. 13	Blacktown 50th Anniverary Meet BAC				
Nov. 18	12½ m Choice	Free	Breast	Back	Any 200
Nov. 20	SMSW Open Water Championships				
Nov. 25	12½ m Choice	Fly	Free	Breast	200/400
Nov. 26-27	SMSW LC Championships SOPAC				
Dec. 2	12½ m Choice	Back	Fly	Free	cc400free
Dec. 3-4	NSW Age & Open Open Water Championships				
Dec. 9	12½ m Choice	Breast	Free	Fly	200/400
Dec. 16	Xmas Party				
Dec. 23	closed				
Dec. 30	closed				
Jan. 6	closed				
Jan. 7-8	NSW State Age 10/Under - 12 yrs (SOPAC)				
Jan. 13	12½ m Choice	Breast	Free	Back	Any 200
Jan. 10-15	NSW State Age 13 - 18 yrs - (SOPAC)				
Jan. 20	12½ m Choice	Free	Back	Fly	200/400
Jan. 27	12½ m Choice	Back	Breast	Free	cc800free
Feb.3	12½ m Choice	Free	Fly	Breast	cc400 IM
Feb. 5	Speedo Heats				
Feb.10	12½ m Choice	Breast	Free	Back	200/400
Feb. 10-12	NSW State Open SOPAC				
Feb. 17	12½ m Choice	Fly	Back	Free	200/400
Feb 17-19	Aust Age & Open Open Water Championships				
Feb. 24	12½ m Choice	PT.(men 100 fly, women 100 breast) Free, Breast, PT.(men 100 free, women 100m back) Fly			
Mar. 2	12½ m Choice	Back	Free	cc Programme 1	
Mar. 3-4	NSW Metropolitan Championships (SOPAC)				
Mar. 9	12½ m Choice	Club championships - Programme 2			
Mar. 16	12½ m Choice	Club championships - Programme 3			
Mar. 15-22	Australian Championships (Adelaide)				
Mar. 23	12½ m Choice	Club championships - Programme 4			
Mar. 30	12½ m Choice	Club championships - Programme 5			

**Race Entries
close
Thursday
Night
7.30 pm**

Progression Standards		
Stroke	Distance	Time
Free	25m-->50m	25.00
Free	50m-->100m	40.00
Free	100m-->200m	1.25.00
Free	200m-->400m	2.50.00
Free	400m-->800m	5.30.00
Free	400m -->1500m	*5.30.00
<small>*Must have been swum in current season at Club Night</small>		
Back	25m-->50m	28.00
Back	50m-->100m	50.00
Back	100m-->200m	1.45.00
Fly	25m-->33m	40.00
Fly	33m-->50m	45.00
Fly	50m-->100m	48.00
Fly	100m-->200m	1.35.00
Breast	25m-->33m	40.00
Breast	33m-->50m	50.00
Breast	50m-->100m	55.00
Breast	100m-->200m	1.50.00
IM	200m-->400m	3.15.00

NOTE: For distances under 50m the referee will decide on progression. Over 50m - time standards must be met BEFORE progression.

cc Championships event - All Open events may only be swum by 8 fastest male and female swimmers.

Feb. 18 PT = perpetual trophy events - 8 fastest male and female swimmers.