



Session 1 Programme

Mount Annan
Swimming Club
mtannan.swimming.org.au

Date	Week	Junior Dolphin Race 1 *	Point Score Race 1	Junior Dolphin Race 2 *	Point Score Race 2	Distance Point Score	Championship Swim
8-Oct-16	Sat 8 Oct 2016 - SNSW D Squad Meet at SOPAC (Those selected in MSW D Squad)						
16-Oct-16	Sun 16 Oct 2016 - Mount Annan Long Course Carnival at Camden Pools (Everyone to attend)						
21-Oct-16	1	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	200 IM (8 & over) 100 IM* (6 & over)	
28-Oct-16	2	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		200 Free (8-11yrs & Open)
30-Oct-16	Sun 30 Oct 2016 - MSW Open Water Championships at SIRC						
4-Nov-16	3	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)	
12-13-Nov-16	12 & 13 Nov 2016 - MSW Long Course Championships at SOPAC						
20-Nov-16	MASCA Long Course Swimming Carnival at Camden Pools (Everyone to attend)						
25-Nov-16	4	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Fly (8-11yrs & Open)
25-27-Nov-16	SNSW Metropolitan Championships - SOPAC (Those that Qualify)						
2-Dec-16	5	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	200 IM (8 & over) 100 IM* (6 & over)	
9-Dec-16	6	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Back (8-11yrs & Open)
9-10-Dec-16	SNSW 10U - 12 Years State Age Championships – SOPAC (Those that Qualify)						
12-17-Dec-16	SNSW 13 - 18 Years State Age Championships – SOPAC (Those that Qualify)						
16-Dec-16	Mount Annan Christmas Carnival (Club Night) – Relays / Pizzas / \$\$\$ DASH FOR CASH \$\$\$						
3-Feb-17	Club Nights Return for Session 2 on 3 Feb 2017						

** Denotes Non-Point Score Events*

Who Can Swim What Distance							
Distance	Junior Dolphin *	25m	50m	100m IM *	100m	200m	400m
Ages	7 & under	4 to 12 years	6+ years	6+ years	8+ years	8+ years	10+ years