



# Session 2 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
3-Feb-17	7	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Breast (8-11yrs & Open)
5-Feb-17	<b>Sun 5 Feb 2017 – MSW heats for Speedo Sprint Series at Blacktown</b>						
10-Feb-17	8	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	400 Freestyle (10 & over)	
11-Feb-17	<b>Sat 11 Feb 2017 – MSW Long Course Qualifying Meet at SOPAC</b>						
17-Feb-17	9	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		100 Free (8-11yrs & Open)
24-Feb-17	10	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)	
3-Mar-17	11	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Fly (9-11yrs & Open)
10-Mar-17	12	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	400 Freestyle (10 & over)	
17-Mar-17	13	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Back (8-11yrs & Open)
18-Mar-17	<b>Sat 18 Mar 2017 – MSW 5-8 Years Development Meet at Guildford</b>						
24-Mar-17	14	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)	
25-Mar-17	<b>Sat 25 Mar 2017 – MSW Long Course Sprint Meet at Blacktown</b>						
31-Mar-17	15	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		100 Breast (8-11yrs & Open)
7-Apr-17	16	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	400 Freestyle (10 & over)	