



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
15-Oct-17	Sun 15 Oct 2017 - Mount Annan Long Course Carnival at Camden Pools (Everyone to attend)						
20-Oct-17	1	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)	
22-Oct-17	Sun 22 Oct 2017 - MSW Open Water Championships at SIRC (Age 11+ & JX Bronze or better)						
27-Oct-17	2	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Fly (8-11yrs & Open)
3-Nov-17	3	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Free (8-11yrs & Open)
12-Nov-17	MASCA Long Course Swimming Carnival at Campbelltown Pools (Everyone to attend)						
18-19-Nov-17	18 & 19 Nov 2017 - MSW Long Course Championships at SOPAC (Age 7+)						
24-Nov-17	4	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Back (8-11yrs & Open)
24-26-Nov-17	SNSW Metropolitan Championships - SOPAC (Those that Qualify)						
1-Dec-17	5	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Breast (8-11yrs & Open)
8-Dec-17	6	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)	
12-13-Dec-17	SNSW 10U - 12 Years State Age Championships – SOPAC (Those that Qualify)						
15-20-Dec-17	SNSW 13 - 18 Years State Age Championships – SOPAC (Those that Qualify)						
15-Dec-17	Mount Annan Christmas Carnival (Club Night) – Relays / Pizzas / \$\$\$ DASH FOR CASH \$\$\$						
2-Feb-17	Club Nights Return for Session 2 on 2 Feb 2018						

** 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