



# 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
21-Oct-18	<b>Sun 21 Oct 2018 - Mount Annan Long Course Carnival at Camden Pools (Everyone to attend)</b>						
26-Oct-18	1	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		100 Breast (8-11yrs & Open)
2-Nov-18	2	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Fly (8-11yrs & Open)
4-Nov-18	<b>MASCA Long Course Swimming Carnival at Macquarie Fields Pool (Everyone eligible to attend)</b>						
9-Nov-18	3	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		100 Free (8-11yrs & Open)
11-Nov-18	<b>Sun 11 Nov 2018 - MSW Open Water (2.5/5km) Championships at SIRC (Age 11+ &amp; JX Bronze or better)</b>						
17-18-Nov-18	<b>17 &amp; 18 Nov 2018 - MSW Long Course Senior* Championships at SOPAC (*Age 12+ who qualify &amp; have chosen Senior Series)</b>						
23-Nov-18	4	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Back (8-11yrs & Open)
30-Nov-18	5	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	200 IM (8 & over) 100 IM* (6 & over)	
1-2 Dec 2018	<b>1 &amp; 2 Dec 2018 - SNSW Metropolitan Senior* Championships - SOPAC (*Age 12+ who qualify &amp; have chosen Senior Series)</b>						
7-Dec-18	<b>Mount Annan Christmas Carnival (Club Night) – Relays / Pizzas / \$\$\$ DASH FOR CASH \$\$\$</b>						
14-19-Dec-18	<b>SNSW 12+ Years State Age Championships – SOPAC (*Age 12+ who qualify &amp; have chosen Senior Series)</b>						
6-Jan-19	<b>Sun 6 Jan 2019 - MSW Long Course Qualifying Meet at SOPAC (Everyone who qualifies to attend)</b>						
1-Feb-19	<b>Club Nights Return for Session 2 on 1 Feb 2019</b>						

*\* 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