



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
1-Feb-19	6	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)	
2-Feb-19	Sat 2 Feb 19 - MSW Speedo Sprint Series Heats, SOPAC						
8-Feb-19	7	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)	
15-Feb-19	8	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		200 Fly (8-11yrs & Open)
16-Feb-19	Sat 16 Feb 19 - MSW Junior Championships, SOPAC						
22-Feb-19	9	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Free (8-11yrs & Open)
1-Mar-19	10	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		200 Back (8-11yrs & Open)
2-Mar-19	Sat 2 Mar 19 – SNSW Junior Metro Championships, SOPAC						
8-Mar-19	11	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Breast (8-11yrs & Open)
15-Mar-19	12	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)	
16-Mar-19	Sat 16 Mar 19 - MSW 5-8 year old Development Carnival, Emerton						
22-Mar-19	13	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)	
23-Mar-19	Sat 23 Mar 19 - MSW Sprint Meet, Blacktown						
29-Mar-19	14	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Fly (8-11yrs & Open)
30/31-Mar-19	30 & 31 Mar 19 – SNSW Junior State Age Championships, SOPAC						
5-Apr-19	15	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		100 Breast (8-11yrs & Open)
12-Apr-19	16	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Back (8-11yrs & Open)
Club Nights Return for Session 3 on - 3 May 2019							

Who Can Swim What Distance * Denotes Non-Point Score Events

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