



# 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
9-Oct-15	1	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	200 IM (8 & over) 100 IM* (6 & over)	
16-Oct-15	2	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		200 Free (8-11yrs & Open)
18-Oct-15	<b>Mount Annan Long Course Carnival at Camden Pools (Everyone to attend)</b>						
23-Oct-15	3	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)	
30-Oct-15	4	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Fly (8-11yrs & Open)
6-Nov-15	<b>Club Fundraising Trivia Night at Gledswood Winery (\$20 per person)</b>						
8-Nov-15	<b>MASCA Long Course Swimming Carnival at Campbelltown Pools (Everyone to attend)</b>						
14-15-Nov-15	<b>MSW LC Championships at SOPAC (Those that Qualify)</b>						
20-Nov-15	5	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	200 IM (8 & over) 100 IM* (6 & over)	
27-Nov-15	6	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Back (8-11yrs & Open)
14-15-Nov-15	<b>MSW LC Championships at SOPAC (Those that Qualify)</b>						
4-Dec-15	7	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Breast (8-11yrs & Open)
11-Dec-15	<b>Mount Annan Christmas Carnival (Club Night) – Relays / Pizzas / \$\$\$ DASH FOR CASH \$\$\$</b>						
29-Jan-16	<b>Club Nights Return 29 Jan 2016</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