



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 |
|--------------|--|-------------------------|----------------------------|-------------------------|----------------------|---|-----------------------------|
| 15-16-Jan-16 | SNSW State Age 10&U-12 Years - SOPAC | | | | | | |
| 18-23-Jan-16 | SNSW State Age 13-18 Years - SOPAC | | | | | | |
| 29-Jan-16 | 8 | 12m Kick | 25 Kick & 25/50/100 Breast | 12m Freestyle | 25/50/100 Freestyle | 400 Freestyle (10 & over) | |
| 5-Feb-16 | 9 | 12m Kick | 25 Kick & 25/50/100 Fly | 12m Freestyle | 25/50/100 Backstroke | | 100 Free (8-11yrs & Open) |
| 7-Feb-16 | Sun 7 Feb 2016 - Speedo Sprint Series, MSW LC Heats - Blacktown | | | | | | |
| 12-Feb-16 | 10 | 12m Kick | 25 Kick & 25/50/100 Breast | 12m Freestyle | 25/50/100 Freestyle | 200 IM (8 & over) 100 IM* (6 & over) | |
| 19-Feb-16 | 11 | 12m Kick | 25 Kick & 25/50/100 Fly | 12m Freestyle | 25/50/100 Backstroke | | 200 Fly (9-11yrs & Open) |
| 20-Feb-16 | Sat 20 Feb 2016 - Merrylands Swimfest LC Meet - Merrylands | | | | | | |
| 26-Feb-16 | 12 | 12m Kick | 25 Kick & 25/50/100 Breast | 12m Freestyle | 25/50/100 Freestyle | 400 Freestyle (10 & over) | |
| 27-Feb-16 | Sat 27 Feb 2016 – MSW 5-8 Years Development Meet - Guildford | | | | | | |
| 28-Feb-16 | Sun 28 Feb 2016 - Camden ASC LC Qualifying Meet - Camden | | | | | | |
| 4-Mar-16 | 13 | 12m Kick | 25 Kick & 25/50/100 Fly | 12m Freestyle | 25/50/100 Backstroke | | 200 Back (8-11yrs & Open) |
| 11-Mar-16 | 14 | 12m Kick | 25 Kick & 25/50/100 Breast | 12m Freestyle | 25/50/100 Freestyle | 200 IM (8 & over) 100 IM* (6 & over) | |
| 18-Mar-16 | 15 | 12m Kick | 25 Kick & 25/50/100 Fly | 12m Freestyle | 25/50/100 Backstroke | | 100 Breast (8-11yrs & Open) |
| 19-Mar-16 | Sat 19 Mar 2016 - MSW LC Sprint Meet - Blacktown | | | | | | |
| 25-Mar-16 | Good Friday - Break For Easter & School Holidays, Club Nights return 29 April 2016 | | | | | | |
| 28-Mar-16 | 28th Mar - 4th Apr 2016 - 2016 Georgina Hope Foundation Australian Age Swimming Championships - SAALC, Adelaide, SA | | | | | | |

** 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 |