



# 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
2-Feb-18	7	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)	
9-Feb-18	8	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		200 Fly (8-11yrs & Open)
11-Feb-18	<b>Sun 11 Feb 18 - MSW Qualifying Meet, Blacktown</b>						
16-Feb-18	9	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		100 Free (8-11yrs & Open)
18-Feb-18	<b>Sun 18 Feb 18 - MSW Speedo Sprint Series Heats, Blacktown</b>						
23-Feb-18	10	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	400 Freestyle (10 & over)	
2-Mar-18	11	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		100 Breast (8-11yrs & Open)
3-Mar-18	<b>Sat 3 Mar 18 - MSW 5-8 year old Development Carnival, Guildford</b>						
9-Mar-18	12	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		200 Back (8-11yrs & Open)
16-Mar-18	13	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	200 IM (8 & over) 100 IM* (6 & over)	
17-Mar-18	<b>Sat 17 Mar 18 - MSW Sprint Meet, Blacktown</b>						
23-Mar-18	14	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Fly (8-11yrs & Open)
6-Apr-18	15	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Breast (8-11yrs & Open)
13-Apr-18	16	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)	
<b>Club Nights Return for Session 3 on 4 May 2018</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