



# Session 3 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
4-May-18	17	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)	
5-May-18	<b>Sat 5 May 18 - MSW Winter Sprint Series, Guildford (open to all)</b>						
11-May-18	18	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Back (8-11yrs & Open)
18-May-18	19	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Free (8-11yrs & Open)
25-May-18	20	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)	
1-Jun-18	21	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		100 Breast (8-11yrs & Open)
8-Jun-18	22	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		200 Fly (8-11yrs & Open)
16-17-Jun-18	<b>16 &amp; 17 Jun 18 - MSW Short Course Championships, SOPAC (All that qualify)</b>						
22-Jun-18	23	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)	
29-Jun-18	24	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		200 Back (8-11yrs & Open)
20-22-Jul-18	<b>20-22 Jul 18 – SNSW Metro SC Championships, SOPAC (All that qualify)</b>						
27-Jul-18	25	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		100 Free (8-11yrs & Open)
3-Aug-18	26	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)	
12-Aug-18	<b>Club Championships, Warm-Up 12pm, Races Start 1pm</b>						
<b>24-26 Aug 18 - SNSW 13 &amp; Over State SC Champs / 8-9 Sep 18 – SNSW 12 &amp; Under State SC Champs, SOPAC</b>							
14-Sep-18	<b>Club Presentation Night, 6pm - Lakeside Golf Club</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