



# 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	
1-Apr-16	16	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		200 Back (8-11yrs & Open)	
8-Apr-16	17	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		100 Free (8-11yrs & Open)	
29-Apr-16	18	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)		
6-May-16	19	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)		
13-May-16	20	Cancelled, pool was closed						
20-May-16	21	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Breast (8-11yrs & Open)	
<b>Sun 22 May 2016 - Mount Annan Junior Dolphin 7 &amp; Under Meet - Mt Annan Leisure Centre</b>								
27-May-16	22	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)		
3-Jun-16	23	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)		
10-Jun-16	24	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Back (8-11yrs & Open)	
17-Jun-16	25	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Free (8-11yrs & Open)	
<b>25 &amp; 26 Jun 2016 - MSW Area Short Course Championships - SOPAC</b>								
1-Jul-16	27	<b>Official Time Trial Night: 25m back &amp; free, 50/100 All Strokes, 200IM (9 &amp; over) <i>N.B. there will be no 12m races this week</i></b> <b>(Swimmers can pick up to 3 events, swimming 50m &amp; 100m of same stroke counts as 2 events)</b>						
22-Jul-16	28	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		200 Fly (9-11yrs & Open)	
<b>24 Jul 2016 - MSW Short Course Qualifying Meet - SOPAC</b>								
29-Jul-16	29	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		100 Breast (8-11yrs & Open)	
5-Aug-16	30	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)		
12-Aug-16	31	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)		
21-Aug-16	<b>Club Championships, Sunday Afternoon Session at Mt Annan Pools</b>							

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