



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
2-Jun-17	Club Disco Fun Night – Camden Lakeside – 7PM – includes pizzas & a drink (free for members)						
9-Jun-17	17	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	200 IM (8 & over) 100 IM* (6 & over)	
16-Jun-17	18	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Back (8-11yrs & Open)
17-18 Jun-17	17-18 Jun 2017 – MSW Short Course Championships at SOPAC						
23-Jun-17	19	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Free (8-11yrs & Open)
30-Jun-17	20	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		100 Fly (9-11yrs & Open)
21-Jul-17	21	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke	400 Freestyle (10 & over)	
28-Jul-17	22	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle	200 IM (8 & over) 100 IM* (6 & over)	
4-Aug-17	23	12m Kick	25 Kick & 25/50/100 Fly	12m Freestyle	25/50/100 Backstroke		200 Breast (8-11yrs & Open)
11-Aug-17	24	12m Kick	25 Kick & 25/50/100 Breast	12m Freestyle	25/50/100 Freestyle		200 Back (8-11yrs & Open)
20-Aug-17	Sunday 1pm (warm-up 12pm) – Club Championships						
15-Sep-17	Friday – Club Annual Presentation – Wests Leagues Club						

** 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