

| <b>S15-1</b>  | <b>Parramatta City Swim Club<br/>Summer 2016/17<br/>Saturday Race Program</b>      | <b>Rev 1<br/>Sept 2016</b> |
|---|--|----------------------------|
| <b>www.parracityswimclub.com.au</b>   |  |                            |
| <p><b>Entries:</b> In entry box by 6pm Thursday or 7pm Thursday night by phone to Bruce Horlyck (0432 852 242) or Wendy Wood (9688 3367)</p> <p><b>Late Entries:</b> 1 point/race -- in by 7.25am Saturday</p> <p><b>Withdrawals:</b> Please notify Race Committee by 7.25am Saturday</p> |  |                            |
| <b>Date</b>   | <b>Distances</b>   | <b>Remarks</b>             |
| 8 Oct   | 100, 50, 25 All Strokes  | Enter on the day           |
| 15 Oct  | 200, 100, 50, 25 All Strokes   | General Meeting            |
| 22 Oct  | 100, 50, 25 All Strokes  |                            |
| 23 Oct  | <b>Winter Presentation – Location to be advised</b>                                |                            |
| 29 Oct  | 400 <sup>1</sup> IM/Free & 50, 25 All Strokes                                      | SMNW Championship          |
| 30 Oct  | <b>Pink Triathlon and Bunnings BBQ &amp; Cake Stall</b>                            |                            |
| 5 Nov   | 200, 100, 50, 25 All Strokes   |                            |
| 12 Nov  | 50, 25 All Strokes   | General Meeting            |
| 19 Nov  | <b>InterClub Carnival and Anniversary Celebration</b><br>No Saturday morning races |                            |
| 26 Nov  | 100, 50, 25 All Strokes  |                            |
| 3 Dec   | 800 <sup>2</sup> Free & 50, 25 All Strokes   |                            |
| 10 Dec  | 200, 100, 50, 25 All Strokes   | General Meeting            |
| 17 Dec  | 50, 25 All Strokes   | <i>Xmas Party</i>          |
| 24 Dec  | <b>Christmas / New Year Recess</b>   |                            |
| 31 Jan  | <b>Christmas / New Year Recess</b>   |                            |
| 7 Jan   | 100, 50, 25 All Strokes  | Enter on the day           |
| 14 Jan  | 200, 100, 50, 25 All Strokes   | General Meeting            |
| 21 Jan  | 100, 50, 25 All Strokes  |                            |
| 28 Jan  | 400 <sup>1</sup> IM/Free & 50, 25 All Strokes                                      |                            |
| 4 Feb   | 100, 50, 25 All Strokes  | Speedo Sprint Heats        |
| 11 Feb  | 50, 25 All Strokes   | “The 1 Hour Challenge”     |
| 18 Feb  | 200, 100, 50, 25 All Strokes   | General Meeting            |
| 25 Feb  | 100, 50, 25 All Strokes  |                            |
| 4 Mar   | 200, 100, 50, 25 All Strokes   |                            |
| 4 Mar   | <b>Junior Dolphins Carnival @ 9.30am</b>   |                            |
| 11 Mar  | 25 <sup>3</sup> Fly/200 IM, 50 Back, 100 Free Champs                               |                            |
| 18 Mar  | 25 <sup>3</sup> Back/200 Back, 50 Free, 100 Brs Champs                             | General Meeting            |
| 25 Mar  | 25 <sup>3</sup> Free/200 Free, 50 Brs, 100 Fly Champs                              |                            |
| 1 Apr   | 25 <sup>3</sup> Brs/200 Brs, 50 Fly, 100 Back Champs                               |                            |
| 8 Apr   | 400 Free Champ, Club Relay Champs + Games  | <i>Break-up Party</i>      |
| 15 Apr  | <b>Easter &amp; School Holiday Break</b>   |                            |
| 22 Apr  | <b>Easter &amp; School Holiday Break</b>   |                            |
| 29 Apr  | <b>Winter 2017 Season begins</b>   |                            |

1 Maximum of 15 swimmers for 400m races

2 Maximum of 10 swimmers for 800m races

3 25m Championships are for 8 years and under only. See over

## Club Championship Events

| Age           | Distances & Stroke   |
|---------------|--|
| 9 yrs & over  | 50 & 100 all strokes plus 200 Free, 200 Back, 200 Breast, 200 IM, 400 Free |
| 8 yrs         | 25, 50 & 100 all strokes   |
| 7 yrs         | 25 & 50 all strokes plus 100 Free and 100 Back                             |
| 6 yrs & under | 25 & 50 all strokes  |

**Note: Age is taken as the age at the date of first championship – 11<sup>h</sup> Mar 2017**

### Qualifying Times

|              |                  |
|--------------|------------------|
| 800m Free is | 7:30:00 for 400m |
| 400m Free is | 3:50:00 for 200m |
| 200m Free is | 1:50:00 for 100m |
| 200m Back is | 2:10:00 for 100m |
| 200m Fly is  | 2:10:00 for 100m |
| 200m Brs is  | 2:15:00 for 100m |

Only one 200m or 400m swim per day.

**Note: Qualifying times do not apply for championships**

### Other Carnivals

|                      |        |                |
|----------------------|--------|----------------|
| Speedo Sprint Heats  | 4 Feb  | Location TBA   |
| Speedo Sprint Finals | 12 Mar | SOPAC Homebush |

### Metro North West Summer Championship

|       |        |                |
|-------|--------|----------------|
| Day 1 | 29 Nov | SOPAC Homebush |
| Day 2 | 30 Nov | SOPAC Homebush |

### Metro North West Development Meet

??? .. TBC

### NSW Championship

|                          |             |                |
|--------------------------|-------------|----------------|
| NSW Metrops              | 25 – 27 Nov | SOPAC Homebush |
| NSW State Age (10-12yrs) | 9 – 10 Dec  | SOPAC Homebush |
| NSW State Age (13-18yrs) | 12 – 17 Dec | SOPAC Homebush |
| NSW State Open Water     | 19 – 20 Dec | SIRC           |
| NSW State Open           | 3 -5 Mar    | SOPAC Homebush |

### NSW School Holidays

|                       |    |                        |
|-----------------------|----|------------------------|
| Monday 26 Sept 2016   | to | Friday 7 October 2016  |
| Wednesday 21 Dec 2016 | to | Monday 27 January 2017 |
| Monday 10 April 2017  | to | Tuesday 25 April 2017  |
| Monday 3 July 2017    | to | Monday 17 July 2017    |

### NSW Important Dates

|               |                      |
|---------------|----------------------|
| Australia Day | Thursday, 26 January |
| Good Friday   | Friday, 14 April     |
| Easter Monday | Monday, 17 April     |
| Anzac Day     | Tuesday, 25 April    |