

W16-4

Parramatta City Swim Club Winter 2016 Saturday Race Program

Rev 4
July 2016

www.parracityswimclub.com.au

Entries in box by 6 pm Thursday or 7 pm Thursday night by phone to Club Hotline / Bruce Horlyck (0432 852 242) or Wendy Wood (9688 3367)
Late Entries 1 point/race -- in by 7.30 am Saturday
Withdrawals Please notify Race Committee by 7.35 am Saturday

Date	Distances	Remarks
30 April	100, 50, 25 All Strokes	Enter on the day
7 May	200 any 50, 25 All Strokes	
14 May	100, 50, 25 All Strokes	General Meeting
21 May	400 IM/Free ¹ 50, 25 All Strokes	
28 May	100, 50, 25 All Strokes	Annual General Meeting
29 May	Summer Presentation – Olympic Park Archery Centre	
4 Jun	200 any 50, 25 All Strokes	
11 Jun	100, 50, 25 All Strokes	
13 Jun	Bunnings BBQ - Rydalmere	
18 Jun	200 any 50, 25 All Strokes	General Meeting
25 Jun	100, 50, 25 All Strokes	
2 Jul	400 IM/Free ¹ 50, 25 All Strokes	
9 Jul	100, 50, 25 All Strokes	
16 Jul	800 Free ² 50, 25 All Strokes	7:20am start for 800m race
23 Jul	50 Back, 100 Free, 50 Fly(Breast) ³ Handicaps or 25m ⁴	General Meeting
30 Jul	50 Back, 100 Breast, 50 Free Handicaps or 25m ⁴	
6 Aug	50 Breast, 100 Free, 50 Back Handicaps or 25m ⁴	
13 Aug	50 Free, 100 Breast, 50 Back Handicaps or 25m ⁴	
20 Aug	50 Free, 100 Back, 50 Fly(Breast) ³ Handicaps or 25m ⁴	General Meeting
27 Aug	50 Back, 100 Free, 50 Breast Handicaps or 25m ⁴	
3 Sept	50 Free, 100 Breast, 50 Fly(Back) ³ Handicaps or 25m ⁴	
10 Sept	50 Breast, 100 Back, 50 Free Handicaps or 25m ⁴	General Meeting
11 Sept	Parramatta City Carnival – Granville Pool	
17 Sept	50 Back, 50 Breast Handicaps or 25m ⁴ , Handicap Relay	
24 Sept	October School Holiday Break	
1 Oct		
8 Oct	2016-17 Summer Season Begins	
30 Oct	Pink Triathlon & Bunnings BBQ and Cake Stall	
19 Nov	Intercup Carnival & Anniversary Celebration @ Granville Pool	

¹ Maximum of 15 swimmers for 400m races

² Maximum of 10 swimmers for 800m races

³ See over for when butterfly must be swum

⁴ See over for when 25m must be swum rather than 50m or 100m Handicap

Handicap Races

- Times for handicap events will be a swimmers best time since the start of the last winter season (ie 18 April 15)
- If a swimmer has not completed a 50 Butterfly since above date, they may swim the alternative stroke shown in brackets.
- For Handicap races, swimmers must do 25m rather than 50m or 100m of a stroke if they are slower than the following.

	Swim 25m rather than 100m	Swim 25m rather than 50m
Free	1:20:00 for 50m Free	40:00 for 25m Free
Breast	1:30:00 for 50m Breast	45:00 for 25m Breast
Back	1:25:00 for 50m Back	40:00 for 25m Back
Fly		40:00 for 25m Fly

- The complete set of rules for Handicap Events can be found in the Club's Race Rules

Qualifying Times for graded races

Distance	800m	400m	200m	100m	50m
Medley		4:30:00 for 200m IM			
Free	7:30:00 for 400m Free	3:50:00 for 200m Free	1:50:00 for 100m Free	1:10:00 for 50m Free	40:00 for 25m Free
Breast			2:15:00 for 100m Breast	1:15:00 for 50m Breast	45:00 for 25m Breast
Back			2:10:00 for 100m Back	1:10:00 for 50m Back	40:00 for 25m Back
Fly			2:10:00 for 100m Fly	1:10:00 for 50m Fly	40:00 for 25m Fly

Only one 200m or 400m swim per day.

Note: Qualifying times do not apply for championships

Swimming Metro North West Carnivals

Winter Development Carnival	17 April	Loreto College
Winter Championships	11 - 12 June	Homebush
Summer Development Meet	25 Sept	Blacktown
Summer Championships	29 - 30 Oct	Homebush

NSW Winter Championships

NSW Metrops	15 - 17 July	Homebush
NSW State Age	26 - 28 Aug	Homebush
NSW Open	9 - 10 Sept	Homebush
NSW MC Meet #2	4 June	Homebush
NSW MC Meet #3	6 Aug	TBC
NSW MC Champs	22 Oct	Homebush

NSW School Holidays

Monday 11 April 2016	to	Monday 25 April 2016
Monday 4 July 2016	to	Friday 15 July 2016
Monday 26 September 2016	to	Friday 7 October 2016
Wednesday 21 December 2016	to	Thursday 26 January 2017

NSW Important Dates

Anzac Day	Saturday 25 April 2016
Mothers Day	Sunday 8 May 2016
Queens Birthday	Monday 13 June 2016
Fathers Day	Sunday 4 September 2016
Labour Day	Monday 3 October 2016