



South Shore Swimming Club - Summer Program 2015/16

Swim 1 19/10/2015	Swim 2 26/10/2015	Swim 3 2/11/2015
200BBB (Breast, Butterfly, Back) Freestyle (25, 50, 100) Backstroke (25, 50, 100) Breaststroke (25, 50, 100) Butterfly (25, 50, 100)	200m Freestyle Backstroke (25, 50, 100) Butterfly (25, 50, 100) Breaststroke (25, 50, 100) Freestyle (25, 50, 100)	Individual Medley (100, 200) Breaststroke (25, 50) Freestyle (25, 50, 100) Backstroke (25, 50, 100) Butterfly (25, 50)
Swim 4 9/11/2015	Swim 5 16/11/2015	Swim 6 23/11/2015
200BBB (Breast, Butterfly, Back) Butterfly (25, 50, 100) Freestyle (25, 50, 100) Backstroke (25, 50, 100) Breaststroke (25, 50, 100)	200m Freestyle Freestyle (25, 50, 100) Backstroke (25, 50, 100) Breaststroke (25, 50, 100) Butterfly (25, 50, 100)	Individual Medley (100, 200) Backstroke (25, 50, 100) Breaststroke (25, 50, 100) Freestyle (25, 50, 100)
Swim 7 30/11/2015	Swim 8 7/12/2015	Swim 9 Friday 11/12/2015
200BBB (Breast, Butterfly, Back) Breaststroke (25, 50, 100) Freestyle (25, 50, 100) Butterfly (25, 50, 100) Backstroke (25, 50, 100)	Butterfly (25, 50, 100) Backstroke (25, 50, 100) Freestyle (25, 50, 100) Breaststroke (25, 50, 100)	400 Freestyle Backstroke (25, 50, 100) Breaststroke (25,50,100) Freestyle (25,50.100)
Swim 10 21/12/2015	Swim 11 11/1/2016	Swim 12 18/1/2016
200m Freestyle Backstroke (25, 50, 100) Freestyle (25, 50, 100) Breaststroke (25, 50, 100) Butterfly (25,50.100)	Individual Medley (100, 200) Backstroke (25, 50, 100) Breaststroke (25, 50, 100) Butterfly (25, 50, 100)	Favazzo Trophy - Freestyle 25m Individual Medley (100, 200) Butterfly (25, 50, 100) Freestyle (25, 50, 100) Breaststroke (25, 50, 100) Backstroke (25, 50, 100)
Swim 13 Friday 22/1/2016	Swim 14 1/2/2016	Swim 15 8/2/2016
200 Freestyle Backstroke (25, 50, 100) Breaststroke (25, 50, 100) Freestyle (25, 50, 100) Butterfly (25, 50, 100)	Trophy Races - Heats & Finals Christie - Breaststroke 50m(11/u) Mottram - Breaststroke 100m (12/o) Breastroke (25,50) if not in trophy Backstroke (25,50,100) Individual Medley (100/200) Freestyle (25,50,100)	Trophy Races - Heats & Finals Schaper - Freestyle - Freestyle 50m(11/u) Bert Barrett - Freestyle (12/0) Girls - 100m Bert Barrett - Freestyle (12/0) boys - 100m Butterfly (25, 50, 100) Backstroke (25,50,100) Freestyle (25, 50) if not in trophy Breaststroke (25, 50, 100)
Swim 16 15/2/2016	SPLASH N DASH Sunday 21/02/2016	Swim 17 Friday 26/2/2016
Trophy Races - Heats & Finals Warren Manning - Backstroke 50m(11/u) Lyn Watson - Backstroke 100m (12/0) Backstroke (25, 50 if not in trophy) Breastroke (25,50,100) Freestyle (25,50,100) Butterfly (25,50,100)	Please register Warm up at 3pm Racing starts at 4pm at Leisure Fit Booragoon	200 Freestyle Freestyle (25, 50, 100) Backstroke (25, 50, 100) Breaststroke (25, 50, 100) Individual Medley (200/400)

NO CLUB NIGHT MONDAY 7th March, 2016	Swim 18 14/3/2016	SUNDAY 20/3/16
STAY TUNED FOR THE DETAILS ON MOORE RIVER CAMP AND THE CLUB PREMIERSHIPS ON THE SATURDAY 5 MARCH, 16	Trophy Races - Heats & Finals Presidents Trophy - 25 m Renner Trophy - 50m fly (12/u) IEE Trophy - 100m (13/o)	CLUB CHAMPIONSHIPS & END OF SUMMER
	Freestyle (25, 50, 100) Breastroke (25,50,100) Backstroke (25,50,100) Individual Medley (200)	SEASON Warm up at 3pm Racing starts at 4pm at Leisure Fit Booragoon

1. Nominations for Club Night races must be completed online by 5.30pm for a 7.05 pm start.
2. Indicated races for each club night are subject to change.
3. The seasons Top Ten Points Trophies are based on 50m and 100m races.
4. To qualify for the handicap trophy races you must have swum that distance 3 times in the summer season and be a financial member.