



# South Shore Swimming Club Winter 2015

Swim 1	Swim 2	Swim 3	Swim 4
4 - May,2015	11-May-2015	18-May-2015	22-May,2015
<b>SHORT COURSE</b>	<b>SHORT COURSE</b>	<b>1st Leg Distance Champs</b>	<b>FRIDAY NIGHT/Sausage Sizzle</b>
Backstroke (25, 50, 100) Breaststroke (25, 50) Freestyle (25,50,100,200) Individual Medley (100, 200)	Individual Medley (100, 200) Backstroke (25, 50) Breaststroke (25, 50) Freestyle (25, 50, 100) Butterfly (25, 50)	200 backstroke Breaststroke (25,50) Freestyle (25,50,100,200) Backstroke (25,50) Individual Medley (100)	<b>2nd Leg Distance Champs</b> 100 Butterfly 200m Freestyle Freestyle (25, 50, 100) Backstroke (25, 50) Breaststroke (25, 50) Butterfly (25, 50)
<b>NO SWIM</b>	<b>Swim 5</b>	<b>Swim 6</b>	<b>Swim 7</b>
1-June,2015	8-Jun-2015	15-Jun-2015	19-Jun-2015
<u>Public Holiday</u>	<b>3rd Leg Distance Champs</b>	<b>4th Leg Distance Champs</b>	<b>FRIDAY NIGHT/Sausage Sizzle</b>
	<b>Freestyle 400-Distance Champs</b> Breaststroke (25, 50) Backstroke (25,50,100) Freestyle (25,50,100)	200 backstroke Breaststroke (25, 50) Butterfly (25, 50) Backstroke (25, 50) Freestyle (25,50,100,200)	<b>5th Leg Distance Champs</b> <b>Freestyle 800-Distance Champs</b> Breaststroke (25, 50) Freestyle (25,50,100) Backstroke (25,50)
<b>Swim 8</b>	<b>NO SWIM</b>	<b>NO SWIM</b>	<b>Swim 9</b>
29-Jun-2015	6-Jul-2015	13-Jul-2015	20-Jul-2015
<b>SPRINT CHAMPIONSHIPS</b>	<b>SCHOOL HOLIDAYS</b>	<b>SCHOOL HOLIDAYS</b>	<b>SHORT COURSE</b>
Backstroke (25, 50) Freestyle (25,50) Breaststroke (25, 50) Butterfly (25, 50) Individual Medley (100, 200)			Individual Medley (100, 200) Breaststroke (25, 50) Backstroke (25, 50, 100) Freestyle (25, 50, 100, 200)
<b>Swim 10</b>	<b>Swim 11</b>	<b>Swim 12</b>	<b>Swim 13</b>
24-Jul-2015	3-Aug-2015	10-Aug-2015	17-Aug-2015
<b>FRIDAY NIGHT/Sausage Sizzle</b>	<b>Trophy Races - Heats</b>	<b>Trophy Races - Finals</b>	<b>SHORT COURSE</b>
Individual Medley ( 200) Butterfly (25, 50) Freestyle (25, 50,100,200) Backstroke (25, 50) Breaststroke 25,50,100)	Finucane - Free 100m (11/U) Fremantle SC Life Members - Free 200m (12/O) Freestyle (25, 50) Butterfly (25, 50) Backstroke (25, 50,100) Breaststroke 25,50) Individual Medley (100)	Finucane - Free 100m (11/U) Fremantle SC Life Members - Free 200m (12/O) Backstroke (25,50) Breaststroke (25, 50) Butterfly (25, 50) Freestyle 25,50) Individual Medley (100,200)	Individual Medley (100, 200) Breaststroke (25, 50, 100) Backstroke (25, 50) Freestyle (25, 50) Butterfly (25, 50)
<b>Swim 14</b>	<b>Swim 15</b>	<b>Swim 16</b>	
24-Aug-2015	31-Aug-2015	4-Sep-2015	
<b>SHORT COURSE TROPHY</b>	<b>SHORT COURSE TROPHY</b>	<b>FRIDAY NIGHT/Sausage Sizzle</b>	
<b>Trophy Race - Heats</b> Carey - 100m Medley (11/u) John Gorrings - 200m Medley (12/O) Freestyle (25, 50) Butterfly (25, 50) Backstroke (25, 50) Breaststroke (25, 50)	<b>Trophy Race - Final</b> Carey - 100m Medley (11/u) John Gorrings - 200m Medley (12/O) Butterfly (25, 50) Backstroke (25, 50,100) Breaststroke 25,50,100) Freestyle (25,50,100)	<b>FUN NIGHT</b> Breaststroke (25, 50) Backstroke (25, 50) Freestyle (25, 50)	
		Need to confirm Inflatable on that day	

**Nominations for Club Night Races for a Monday must be completed no later than 6:45pm for a 7.05pm start and on Friday club nights no later than 5.45pm for a 6.05pm start.**

1) Indicated races for each club night are subject to change.

2) In Winter the Season's Top Six Points Trophies are based on 50m, 100m and 200m races.

To be considered for trophies you must have swum that event 3 times in the winter season.