



South Shore Swimming Club Winter 2016

Swim 1 2-May,2016	Swim 2 9-May-2016	Swim 3 16-May,2016	Swim 4 20-May,2016	Swim 5 30-May,2016	NO SWIM 6-Jun-2016	Swim 6 13-Jun-2016
SHORT COURSE Backstroke (25, 50, 100) Breaststroke (25, 50) Freestyle (25,50,100,200) Individual Medley (100, 200)	SHORT COURSE Individual Medley (100) Backstroke (25, 50) Breaststroke (25, 50) Freestyle (25, 50, 100) Butterfly (25, 50)	1st Leg Distance Champs 200 breaststroke Freestyle (25,50,100,200) Butterly (25,50) Backstroke (25,50) Breaststroke (25,50)	FRIDAY NIGHT/Sausage Sizzle 2nd Leg Distance Champs 100 Butterfly 200m Freestyle Freestyle (25, 50, 100) Backstroke (25, 50) Breaststroke (25, 50) Butterfly (25, 50)	3rd Leg Distance Champs 400 Freestyle Breaststroke (25, 50) Backstroke (25,50,100) Butterly (25,50) Freestyle (25,50,100)	PUBLIC HOLIDAY	4th Leg Distance Championship 200 Backstroke Breaststroke (25, 50) Butterfly (25, 50) Freestyle (25,50,100,200) Backstroke (25, 50)
Swim 7 20-June,2016 SPRINT CHAMPIONSHIPS Backstroke (25, 50) Freestyle (25,50) Breaststroke (25, 50) Butterfly (25, 50) Individual Medley (100, 200)	Swim 8 24-June,2016 FRIDAY NIGHT/Sausage Sizzle 5th Leg Distance Champs 800m Freestyle Freestyle (25, 50, 100) Backstroke (25, 50) Breaststroke (25, 50)	NO SWIM 4-July,2016 SCHOOL HOLIDAYS	NO SWIM 11-July,2016 SCHOOL HOLIDAYS	Swim 9 18-July,2016 SHORT COURSE Individual Medley (100, 200) Backstroke (25, 50, 100) Freestyle (25, 50, 100, 200) Butterly (25,50) Breaststroke (25, 50)	Swim 10 25-July,2016 Butterfly (25, 50) Breaststroke (25, 50) Freestyle (25,50,100,200) Backstroke (25, 50) Individual Medley (100, 200)	Swim 11 1-August,2016 Trophy Races-Heats Finucane - Free 100m (11/U) Fremantle SC Life Members - Free 200m (12/O) Freestyle (25, 50) Breaststroke 25,50 Individual Medley (100) Backstroke (25, 50,100)
Swim 12 8-August,2016 Trophy Races - Finals Finucane - Free 100m (11/U) Fremantle SC Life Members - Free 200m (12/O) Freestyle 25,50 Breaststroke (25, 50) Butterfly (25, 50) Backstroke (25,50) Individual Medley (100,200)	Swim 13 15-August,2016 SHORT COURSE Individual Medley (100, 200) Breaststroke (25, 50) Backstroke (25, 50) Freestyle (25, 50) Butterfly (25, 50)	Swim 14 22-Aug-2016 SHORT COURSE TROPHY Trophy Race - Heats Carey - 100m Medley (11/u) John Gorringe - 200m Medley (12/O) Freestyle (25, 50) Butterfly (25, 50,100) Backstroke (25, 50) Breaststroke (25, 50,100)	Swim 15 29-August,2016 SHORT COURSE TROPHY Trophy Race - Final Carey - 100m Medley (11/u) John Gorringe - 200m Medley (12/O) Butterfly (25, 50) Backstroke (25, 50,100) Breaststroke 25,50 Freestyle (25,50,100)	Swim 16 2-September,2016 FUN NIGHT FRIDAY NIGHT/Sausage Sizzle Breaststroke (25, 50) Backstroke (25, 50) Freestyle (25, 50) Individual Medley (100,200)		

Please Note - available events subject to change and entry numbers. There will be a limit on the number of events a swimmer can enter

Nominations for Club Night Races for a Monday must be completed no later than 6:30pm for a 705 start and Friday 530pm for a 605pm start

All Entries are online except for Visitors and prospective members

Please note swimmers families are expected to provide timekeepers and/or other helpers to help ensure we run a smooth club night.

Trophies Available in Winter Season Include

Points Trophies - Points are scored for every swim based on the swimmers PB improvement

- Season Points Trophies (Sullivan Shield) - Top six trophies are awarded to swimmers for all 50/100 stroke swims and 200 Free only
- Season IM Points (Portelli Trophy) - Highest points for all IM swims over the season

Open Trophies - Based on outright positions

- Open Sprint Championships - Open points allocated at 4,2,1 to decide outright champion
- Open Distance Championship - Held over 5 nights points allocated 10,8,6,4,3,2,1 to decide outright Champion M & F

Handicap trophies - Must swim the event a minimum of three times prior to the trophy race night to qualify

- 11 and unders - Cary Trophy for 100 IM
- 11 and unders - Finucane Trophy for 100 FREE
- 12 and overs - John Gorringe Trophy for 200 IM
- 12 and overs - Fremantle Life members Trophy for 200 FREE

For More descriptions of SSSC Trophies and points systems see page 15-21 of the club handbook available at www.southshoreswimming.com.au