



Session 1 Programme

**Mount Annan
Swimming Club**
mtannan.swimming.org.au

Date	Week	Race 1		Race 2		Race 3 (Age Restrictions Apply)	
		Junior Dolphin *	Point Score	Junior Dolphin *	Point Score	Distance Point Score	Championship Swim
18 Oct 2019	1	12m Kick	25 Kick or 25/50/100 Fly	12m Freestyle	25/50/100 Back		100 Breast (8-11yrs & Open)
19-20 Oct 2019		2019 NSW Long Course Qualifying Meet at SOPAC					
25 Oct 2019	2	12m Kick	25 Kick or 25/50/100 Breast	12m Freestyle	25/50/100 Free		100 Fly (8-11yrs & Open)
27 Oct 2019		2019 Mount Annan Long Course Carnival at Camden (Everyone to attend)					
1 Nov 2019	3	12m Kick	25 Kick or 25/50/100 Fly	12m Freestyle	25/50/100 Back		100 Free (8-11yrs & Open)
2-3 Nov 2019		2019 MSW Long Course Championships – Senior at SOPAC (12/13+yrs)					
8 Nov 2019	4	12m Kick	25 Kick or 25/50/100 Breast	12m Freestyle	25/50/100 Free		100 Back (8-11yrs & Open)
10 Nov 2019		2019 MASCA Long Course Carnival at Picton (Everyone eligible to attend)					
15 Nov 2019	5	12m Kick	25 Kick or 25/50/100 Fly	12m Freestyle	25/50/100 Back	400 Free (10yrs & over)	
17 Nov 2019		2019 MSW Open Water (2.5/5km) Championships at Penrith (11+yrs)					
22 Nov 2019	6	12m Kick	25 Kick or 25/50/100 Breast	12m Freestyle	25/50/100 Free	200 IM (8yrs & over) 100 IM * (6yrs & over)	
29 Nov 2019	7	12m Kick	25 Kick or 25/50/100 Fly	12m Freestyle	25/50/100 Back		200 Breast (8-11yrs & Open)
30 Nov-1 Dec 2019		2019 NSW Senior Metropolitan Championships at SOPAC (12/13+yrs)					
6 Dec 2019		Mount Annan Christmas Carnival (Club Night) – Relays / Pizzas / \$\$\$ DASH FOR CASH \$\$\$					
13-18 Dec 2019		2019 NSW Senior State Age Championships at SOPAC (12/13+yrs)					
5 Jan 2020		2020 MSW Long Course Qualifying Meet at SOPAC					
31 Jan 2020		Club Nights Return for Session 2 on 31 Jan 2020					

* Denotes Non-Point Score Events

Who Can Swim What Distance							Version 1
Distance	Junior Dolphin *	25m	50m	100m IM *	100m	200m	400m
Ages	7 & under	4 to 12 years	6+ years	6+ years	8+ years	8+ years	10+ years