



Summer Club Night Calendar 2023/24

White Boxes = Pointscore Events

Green Boxes = Age Championships

Blue Boxes = Distance Championships (12& o)

Yellow Boxes = Junior Championships Events

Note: Swimmers may only swim one distance of each stroke in 50m, 100m and 200m events.

Week No.	Date	No. of swims										
1	6/10/2023	4	FS	BK	BS	FLY/K	25	50	100	200	200IM	
2	13/10/2023	4	FLY/K	FS	BK	BS	25	50	100	200	400FS OR 400IM	
3	20/10/2023	3	BS	FLY/K	FS	BK	25	50	100	800FS OR 1500FS		
4	27/10/2023	4	BK	BS	FLY/K	FS	25	50	100	200	400FS OR 400IM	MNW Champs
5	3/11/2023	4	FS	BK	BS	FLY/K	25	50	100	200	200IM	MNW Distance Champs
6	10/11/2023	4	FLY/K	FS	BK	BS	25	50	100	200	400FS OR 400IM	
7	17/11/2023	4	BS	FLY/K	FS	BK	25	50	100	200	200IM	
8	24/11/2023	3	BK	BS	FLY/K	FS	25	50	100	800FS OR 1500FS		Junior Metrop Champs
9	1/12/2023	4	FS	BK	BS	FLY/K	25	50	100	200	200IM	
10	8/12/2023	4	FLY/K	FS	BK	BS	25	50	100	200	400FS OR 400IM	Senior State Age Champs
	15/12/2023		WSC Christmas Party and Dinner Dash									NSW Open Water Champs
11	5/01/2024	4	BS	FLY/K	FS	BK	25	50	100	200	200IM	
12	12/01/2024	3	BS	FLY/K	FS	BK	25	50	100	800FS OR 1500FS		
13	19/01/2024	4	BK	BS	FLY/K	FS	25	50	100	200	200IM	400 IM Champs
14	26/01/2024	4	200 FS Champs		FS	BK	BS	FLY/K	25	50	100	200 BS Champs
15	2/02/2024	4	200 Fly Champs		FLY/K	FS	BK	BS	25	50	100	200 BK Champs
16	9/02/2024	3	BS	FLY/K	FS	BK	25	50	100	400 Free Champs (first event)		
17	16/02/2024	3	BK	BS	FLY/K	FS	25	50	100	800FS OR 1500FS Ch		
18	23/02/2024	4	FS	BK	BS	FLY/K	25	50	100	200	200IM	Senior Metrop Champs
19	1/03/2024	3	FLY/K	FS	BK	BS	25	50	100	200IM Champs		
20	8/03/2024	4	25 FLY/K 50 FLY	100 Fly Champs	25 BS 50 BS	50 BS Champs	25 FS 50 FS	100 FS Champs	25 BK 50 BK	50 BK Champs	200IM	
21	15/03/2024	4	50 FS Champs	25 FS 50 FS	100 BK Champs	25 BK 50 BK	50 Fly Champs	25 FLY/K 50 FLY	100 BS Champs	25 BS 50 BS		State Open Champs
22	22/03/2024	4	25m Fly Champs	50 FLY/K 100 FLY	25m BK Champs	50 BK 100 BK	25m FS Champs	50 FS 100 FS	25m BS Champs	50 BS 100 BS		Junior State Champs
23	29/03/2024											Good Friday - No Club night
24	5/04/2024											Back up
25	12/04/2024											Back up

Note: 800m split given when 1500FS swum

Progression Times must be met to swim each distance of each stroke