



# SUMMER PROGRAMME 2009-2010

02/10/09	<b>NO CLUB – LONG WEEKEND</b>				
04/10/09	<b>NSW DEVELOPMENT MEET SOPAC</b>				
09/10/09	<b>NO CLUB – CANBERRA TRIP</b>				
10/10/09	<b>BURLEY GRIFFIN CARNIVAL (CANBERRA) - AIS</b>				
11/10/09					
16/10/09 <b>PROGRAMME 1</b>	Freestyle	25M	50M	100M	800/1500M*
	Butterfly	25M	50M	100M	200M
	Breaststroke	25M	50M	100M	200M
23/10/09 <b>PROGRAMME 2</b>	Backstroke	25M	50M	100M	200M*
	Medley			100M	200M
	Freestyle	25M	50M	100M	200/400M
30/10/09 <b>PROGRAMME 3</b>	Breaststroke	25M	50M	100M	200M*
	Freestyle	25M	50M	100M	200M
	Butterfly	25M	50M	100M	200M
	<b>*6:45 START FOR 800/1500 SWIMMERS</b>				
06/11/09 <b>PROGRAMME 4</b>	Freestyle	25M	50M	100M	800/1500M*
	Backstroke	25M	50M	100M	200M
	Medley			100M	200M
13/11/09 <b>PROGRAMME 5</b>	Butterfly	25M	50M	100M	200M*
	Breaststroke	25M	50M	100M	200M
	Freestyle	25M	50M	100M	200/400M
14/11/09	<b>SWIM METRO NORTH WEST LONG COURSE SUMMER CHAMPIONSHIPS - SOPAC</b>				
15/11/09					

20/11/09 <b>PROGRAMME</b> <b>6</b>	Medley Freestyle Backstroke	25M 25M	100M 50M 50M	200M 100M 100M	400M* 200M 200M
21/11/09 22/11/09	<b>SWIM METRO NORTH WEST LONG COURSE SUMMER CHAMPIONSHIPS - SOPAC</b>				
<b>*6:45 START FOR 800/1500 SWIMMERS</b>					
27/11/09 <b>PROGRAMME</b> <b>1</b>	Freestyle Butterfly Breaststroke	25M 25M 25M	50M 50M 50M	100M 100M 100M	800/1500M* 200M 200M
04/12/09 <b>PROGRAMME</b> <b>2</b>	Backstroke Medley Freestyle	25M	50M	100M 100M 100M	200M* 200M 200/400M
11/12/09 <b>PROGRAMME</b> <b>3</b>	Breaststroke Freestyle Butterfly	25M 25M 25M	50M 50M 50M	100M 100M 100M	200M* 200M 200M
12/12/09 13/12/09	<b>SYDNEY CREDIT UNION NSW METRO CHAMPIONSHIPS - SOPAC</b>				
18/12/09	<b>CHRISTMAS PARTY</b>				
25/12/09	<b>CHRISTMAS DAY – HOLIDAY BREAK</b>				
01/01/09	<b>NEW YEAR’S DAY – HOLIDAY BREAK</b>				
04/01/10 to 09/01/10	<b>NSW STATE AGE (LC) 13-18 YEARS CHAMPIONSHIPS - SOPAC</b>				
08/01/10	<b>NO CLUB – SCHOOL HOLIDAYS</b>				
<b>*6:45 START FOR 800/1500 SWIMMERS</b>					
15/01/10 <b>PROGRAMME</b> <b>4</b>	Freestyle Backstroke Medley	25M 25M	50M 50M	100M 100M 100M	800/1500M* 200M 200M

16/01/10 17/01/10	<b>NSW STATE AGE (LC) 10/UNDER-12 YEARS CHAMPIONSHIPS - SOPAC</b>				
<b>PROGRAMME</b> <b>5</b>	Butterfly	25M	50M	100M	200M*
	Breaststroke	25M	50M	100M	200M
	Freestyle	25M	50M	100M	200/400M
<b>PROGRAMME</b> <b>6</b>	Medley		100M	200M	400M*
	Freestyle	25M	50M	100M	200M
	Backstroke	25M	50M	100M	200M
<b>*6:45 START FOR 800/1500 SWIMMERS</b>					
<b>PROGRAMME</b> <b>1</b>	Freestyle	25M	50M	100M	800/1500M*
	Butterfly	25M	50M	100M	200M
	Breaststroke	25M	50M	100M	200M
06/02/10	<b>SPEEDO SPRINT SERIES, SMNW HEATS - BLACKTOWN</b>				
<b>PROGRAMME</b> <b>2</b>	Backstroke	25M	50M	100M	200M*
	Medley			100M	200M
	Freestyle	25M	50M	100M	200/400M
12/02/10 to 14/02/10	<b>NSW STATE OPEN CHAMPIONSHIPS – SOPAC</b>				
<b>PROGRAMME</b> <b>3</b>	Breaststroke	25M	50M	100M	200M*
	Freestyle	25M	50M	100M	200M
	Butterfly	25M	50M	100M	200M
<b>*6:45 START FOR 800/1500 SWIMMERS</b>					
<b>PROGRAMME</b> <b>4</b>	Freestyle	25M	50M	100M	800/1500M*
	Backstroke	25M	50M	100M	200M
	Medley			100M	200M

26/02/10 to 28/02/10	<b>SWIMMING AUSTRALIA OPEN WATER SWIMMING CHAMPIONSHIPS NAGAMBLE LAKE, VIC</b>				
27/02/10 28/02/10	<b>AUSTRALIAN AGE MULTI DISABILITY CHAMPIONSHIPS - SOPAC</b>				
05/03/10 <b>PROGRAMME 5</b>	Butterfly	25M	50M	100M	200M*
	Breaststroke	25M	50M	100M	200M
	Freestyle	25M	50M	100M	200/400M
12/03/10 <b>PROGRAMME 6</b>	Medley		100M	200M	400M*
	Freestyle	25M	50M	100M	200M
	Backstroke	25M	50M	100M	200M
13/03/10	<b>NSW SPEEDO SPRINT SERIES FINALS - SOPAC</b>				
16/03/10 to 21/03/10	<b>TELSTRA AUSTRALIAN SWIMMING CHAMPIONSHIPS - SOPAC</b>				
19/03/10	<b>CLUB SUMMER CHAMPIONSHIPS – SESSION 1</b>				
26/03/10	<b>CLUB SUMMER CHAMPIONSHIPS – SESSION 2</b>				
27/03/10	<b>CLUB SUMMER 400M CHAMPIONSHIPS – SESSION 3</b>				
02/04/10	<b>NO CLUB - GOOD FRIDAY</b>				
09/04/10	<b>NO CLUB – SCHOOL HOLIDAYS</b>				
16/04/10	<b>RETURN FOR WINTER SEASON</b>				