



White Boxes = Pointscore Events

Green Boxes = Age Championships

Blue Boxes = Distance Championships (12& o)

Yellow Boxes = Junior Championships Events

Purple Boxes = Middle Distance Championships

Please Note:

Swimmers may only swim one distance of each stroke in 50m, 100m and 200m events.  
Only 1 x 200m event may be swam each week.

Swims/ events may be changed at the discretion of the Race Secretary. In the event an entry is made for an event that the progression time has not been achieved, the swimmer will be transitioned to the lower distance in that event

Week No.	Date	No. of swims											
1	22/04/2022	4	FS	BK	BS	FLY/K	25	50	100	200	100IM or 200IM		
2	29/04/2022	3	FLY/K	FS	BK	BS	25	50	100	200	400FS OR 400IM		
3	6/05/2022	4	BS	FLY/K	FS	BK	25	50	100	200	100IM or 200IM		
4	13/05/2022	3	BK	BS	FLY/K	FS	25	50	100	800FS OR 1500FS			
5	20/05/2022	4	FS	BK	BS	FLY/K	25	50	100	200	100IM or 200IM		
6	27/05/2022	3	FLY/K	FS	BK	BS	25	50	100	200	400FS OR 400IM		
7	3/06/2022	4	BS	FLY/K	FS	BK	25	50	100	200	100IM or 200IM		
	10/06/2022	No Swimming - Queens Birthday Long Weekend										SMNW Winter Champs	
8	17/06/2022	3	BK	BS	FLY/K	FS	25	50	100	800FS OR 1500FS			
9	24/06/2022	4	FS	BK	BS	FLY/K	25	50	100	200	100IM or 200IM		
10	1/07/2022	4	BS	FLY/K	FS	BK	25	50	100	200	100IM or 200IM		
	8/07/2022	No Swimming - School Holidays											
	15/07/2022	No Swimming - School Holidays										SNSW SC Metrops	
11	22/07/2022	3	BK	BS	FLY/K	FS	25	50	100	800FS OR 1500FS	200 Fly Champs		
12	29/07/2022	3	200 FS Champs		FS	BK	BS	FLY/K	25	50	100	200IM Champs	
13	5/08/2022	3	200 BK Champs		FLY/K	FS	BK	BS	25	50	100	200 BS Champs	
Sunday	7/08/2022	WSC Winter Carnival - SOPAC											
14	12/08/2022	3	BS	FLY/K	FS	BK	25	50	100	400 Free Champs			
15	19/08/2022	3	BK	BS	FLY/K	FS	25	50	100	400 IM Champs			
16	26/08/2022	3	FS	BK	BS	FLY/K	25	50	100	800Free or 1500Free Champs		SNSW Snr SC State	
17	2/09/2022	4	100IM Champs	25m Fly Champs	50m FS	25m FS Champs	50m BK	25m FS Champs	50m FLY	25m FS Champs	50m BS		AGM
18	9/09/2022	4	50 Free Champs		100 Back Champs		50 Fly Champs		100 Breast Champs				SNSW Jnr SC State
19	16/09/2022	4	100 Fly Champs		50 Breast Champs		100 Free Champs		50 Back Champs				