

SUMMER PROGRAMME 2011/2012
Cards In by 6.45pm - Racing starts at 7.00pm sharp

DATE	EVENT 1	EVENT 2	EVENT 3	EVENT 4
07/10/11	Fly up to 50m	Free up to 50m	Breast up to 50m	Back up to 50m
14/10/11	Back up to 50m	Free up to 50m	Fly up to 50m	Breast up to 50m
15-16/10/11	NSW Age Qualifying Meet SOPAC			
21/10/11	Breast up to 100m	Fly up to 100m	Free up to 100m	F/C 200/400/800m
28/10/11	F/C 200/400m	Back up to 100m	Breast up to 100m	Free up to 100m
4/11/11	Free up to 100m	Fly up to 100m	Back up to 100m	F/C 200/400/800m
04/11/09	IMPORTANT: CLUB CAPTAIN NOMINATIONS TONIGHT			
11/11/11	F/C 200/400m	Free up to 100m	Breast up to 100m	Fly up to 100m
12 Nov	Berry Rickards – 5km OWS at Penrith lakes 9am Start			
18/11/11	Back up to 100m	Breast up to 100m	Free up to 100m	F/C 200/400m
25/11/11	F/C 200/400m	Fly up to 100m	Back up to 100m	Free up to 100m
02/12/11	Free up to 100m	Breast up to 100m	Fly up to 100m	Free 1500m
3 Dec	NSW Age & Open 5km Open Water Championships at Penrith Lakes			
4 Dec	NSW Age & Open 10 Open Water Championships at Penrith Lakes			
09/12/11	Free 400/800m	Back up to 100m	Free up to 100m	Breast up to 100m
16/12/011	CHRISTMAS PARTY			
23/12/11-30/12/11 & 01/01/12	Merry Christmas and Happy New Year - No Swimming – 3 week break			
				
7 - 8/01/12	NSW State Age 10 & under - 12 years at Homebush SOPAC			
10- 15/01/12	NSW State Age 13-18 years at Homebush SOPAC			
13/01/12	Free up to 100m	Fly up to 100m	Back up to 100m	F/C 1500m
20/01/12	F/C 200/400	Free up to 100m	Breast up to 100m	Fly up to 100m
27/01/12	Free up to 100m	Back up to 100m	Breast up to 100m	F/C 200/400m
27/01/12	ALL OPEN CHAMPIONSHIP CARDS TO BE IN \$1.50 per SWIM			
29 JAN	3km Bridge to Bridge OWS at Penrith Lakes 10am Start			
03/02/11	Open 200m IM	Fly up to 50m	Back up to 50m Open 200m Free	Free up to 50m
4-5/02/12	Speedo Sprint Series Heats at Homebush SOPAC			
10/02/12	Open 400m Free	Free up to 50m	Back up to 50m OPEN 100m FLY	Breast up to 50m
10-12/2/12	NSW State Open Championships at SOPAC			
17/02/12	Open 400m IM	Fly up to 50m	Free up to 50m OPEN 100m Breast	Back up to 50m
24/02/12	ALL AGE CHAMPIONSHIP CARDS TO BE IN \$1.50 per SWIM			
24/02/12	Open 200m Breast	Breast up to 50m	Fly up to 50m OPEN 100m Back	Free up to 50m
02/03/12	AGE 100m Fly	Back up to 50m	Free up to 50m OPEN 100m Free	Breast up to 50m
3-4/3/12	NSW Metropolitan Championships			
09/3/12	Open 200m Back	Free up to 50m	Fly up to 50m AGE 100m Breast	Back up to 50m
11/3/12	Speedo Sprint Series Finals/Grand Final At Homebush SOPAC			
16/03/12	Open 200m Fly	Breast up to 50m	Free up to 50m AGE 100m Back	Fly up to 50m
23/03/12	AGE CHAMPIONSHIP NIGHT – ALL 50M AND 100M EVENTS			