



Cronulla Swim Club Programme

2022/2023 Season

Friday 14th October 2022	New Members Welcome!	OPEN NIGHT -Come try for Free
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly	Entries need to be completed weekly before 5pm on the Club Night through www.anotherpb.com Swimmers may only swim 1 distance for each stroke. (4 swims max) Oct 15-16 NSW LC Qualifying Meet - SOPAC
Friday 21st October 2022		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	Swimmers may only swim 1 distance for each stroke. (5 swims max) 22-23 Oct Metsea Summer Meet-SOPAC
Friday 28th October 2022	Championship Night 1	
B/G Event 1/2 U/7 50m Freestyle 3/4 Open 100m Backstroke 5 Non Championship – 25m Freestyle 6/7 8 – 13 yrs 50m Backstroke 8/9 Open 100m Breaststroke 10/11 11-13 yrs 100m Freestyle 12 Non Championship – 25m Backstroke 13/14 10 & under 100m Freestyle 15/16 Open 400m Freestyle		
Friday 4th November 2022		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	
Friday 11th November 2022		SAT 12 NOVEMBER CSC OPEN SWIM CARNIVAL 1PM START
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	

Friday 18th November 2022		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Butterfly Freestyle Backstroke Breaststroke	
Friday 25th November 2022		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	26- 27 Nov SNSW Junior Metro Championships – SOPAC

Friday 2nd December 2022	Championship Night 2	
B/G Event 1/2 U/7 50m Backstroke 3/4 8 -13yrs 50m Freestyle 5/6 11 -13 and Open 100m Butterfly 7 Non -Championship – 25m Freestyle 8/9 10 & under 100m Breaststroke 10/11 Open 50 Breaststroke 12 Non -Championship – 25m Breaststroke 13/14 11 – 13yrs 100m Breaststroke 15/16 Open 200m Breaststroke 17/18 Open 400m IM (QT – See Manual)		
Friday 9th December 2022		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	10-16 Dec SNSW 13-18 State Age Championships -SOPAC
Friday 16th December 2022	Last night in 2022– Xmas break	
25, 50m 4 x 50m	Sprint Night – All strokes Novelty Races Family Relays	18-19 Dec SNSW Open Water Championship -SIRC
Friday 23rd December 2022		
MERRY CHRISTMAS TO ALL OF OUR SWIMMERS AND THEIR FAMILIES! Have a great Christmas Break	No Club Swimming	
Friday 30th December 2022		
	No Club Swimming	
Friday 6th January 2023		
	No Club Swimming	

Friday 13th January 2023		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	
Friday 20th January 2023		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Butterfly Freestyle Backstroke Breaststroke	
Friday 27th January 2023		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	Jan 25-28 Australian Open Water Championships - TBA
Friday 3rd February 2023		Championship Night 3
B/G Event 1/2 U/7 50m Breaststroke 3/4 Open 200m Freestyle 5/6 8- 13yrs 50m Butterfly 7 Non Championship – 25m Freestyle 7/8 Open 200m Backstroke 9/10. 10 & U 100M Butterfly 11/12 Open 50m Freestyle 13 Non Championship – 25m Butterfly 14/15 Open 50m Butterfly 16/17 11- 13yrs and OPEN 200 IM		
Friday 10th February 2023		
200m / 400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	
Friday 17th February 2023		Championship Night 4
B/G Event 1/2 U/7 50m Butterfly 3/4 8 – 13yrs 50m Breaststroke 5/6 Open 100m Freestyle 7 Non-Championship – 25m Freestyle 8/9 11-13yrs 100m Backstroke 10/11 10 & Under 100 m Backstroke 12/13 Open 50m Backstroke 14 Non-Championship – 25m Backstroke 15/16 Open 200m Butterfly		

Friday 24th February 2023		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	25- 26 Feb SNSW Senior Metro Championships – SOPAC 23-24 Feb SLSNSW – U9 – U12- SNB 25-26 Feb SLSNSW – U13 -U15 -SNB
Friday 3rd March 2023		
200m/400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Butterfly Freestyle Backstroke Breaststroke	4 Mar 2023 Speedo Sprints Finals – SOPAC 3-5 March – SLSNSW U17 – Open – SNB
Friday 10th March 2023		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	10-12 March SNSW Open Championships – SOPAC
Friday 17th March 2023		
200m/400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	
Friday 24th March 2023		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	25-26 March Swimming NSW Junior State Age– SOPAC
Friday 31st March 2023		
Last night of the Season	Sprint Night	
25, 50m 4 x 50m	Sprint Night – All strokes Novelty Races Family Relays	

Other Events

7th – 15th April, 2023 2023 Australian Age Swimming Championships –TBA

17th- 20th April 2023 2023 Australian Open Swimming Championships – TBA

25th March – 2nd April 2023. 2023 Australian Surf Life Saving Titles - Perth WA