



Cronulla Swim Club Programme

2023/2024 Season

Friday 13th October 2023	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 swimcentral Swimmers may only swim 1 distance for each stroke. (4 swims max) Oct 14-15 NSW LC Qualifying Meet -SOPAC
Friday 20th October 2023		
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)
Friday 27th October 2023	Championship Night 1	
B/G Event 1/2 U/7 50m Freestyle 3/4 Open 200m Freestyle 5/6 8 – 13 yrs 50m Butterfly 7 Non Championship – 25m Freestyle 8/9 10 & under 100m Breaststroke 10/11 Open 200m Backstroke 12 Non Championship – 25m Backstroke 13/14 10 & under 100m Freestyle 15/16 Open 100m Breaststroke		Postponed to March 15 2024
Friday 3rd November 2023		SAT 4 NOVEMBER CSC OPEN SWIM CARNIVAL 12 PM START
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	
Friday 10th November 2023		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	11-12 Nov Metsea Summer Meet-SOPAC
Friday 17th November 2023		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Butterfly Freestyle Backstroke Breaststroke	

Friday 24th November 2023		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	25-26 Nov SNSW Junior Metro Championships – SOPAC

Friday 1st December 2023	Championship Night 2	
B/G Event 1/2 U/7 50m Backstroke 3/4 Open 100m Freestyle 5/6 8 – 13yrs 50m Breaststroke 7 Non -Championship – 25m Freestyle 8/9 Open 200m IM 10/11 11-13 yrs 100m Freestyle 12 Non -Championship – 25m Breaststroke 13/14 11 – 13yrs 100m Backstroke 15/16 Open 200m Butterfly		

Friday 8th December 2023		
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 15th December 2023	Last night in 2023– Xmas break	
25, 50m 4 x 50m	Sprint Night – All strokes Novelty Races Family Relays	17-18 Dec SNSW Open Water Championship -SIRC

MERRY CHRISTMAS TO ALL OF OUR SWIMMERS AND THEIR FAMILIES! Have a wonderful Christmas Break

Friday 22nd December 2023		
	No Club Swimming	

Friday 29th December 2023		
	No Club Swimming	

Friday 5th January 2024		
	No Club Swimming	

Friday 12th January 2024		
	No Club Swimming	

Friday 19th January 2024		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Butterfly Freestyle Backstroke Breaststroke	

Friday 26th January 2024		
Australia Day Public holiday	No Club Swimming	Jan 24-27 Australian Open Water Championships TBA
Friday 2nd February 2024		
Championship Night 3		
B/G Event 1/2 U/7 50m Breaststroke 3/4 Open 100m Backstroke 5/6 8- 13yrs 50m Freestyle 7 Non Championship – 25m Freestyle 8/9 10 & U 100M Butterfly 10/11 11 -13 100m Butterfly 12 Non Championship – 25m Backstroke 13/14 Open 50m Backstroke 15/16 10 & Under 100 m Backstroke 17/18 Open 400m IM (QT – See Manual)		2024 Speedo Sprint Series Heats 3 Feb
Friday 9th February 2024		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	
Friday 16th February 2024		
Championship Night 4		
B/G Event 1/2 U/7 50m Butterfly 3/4 Open 100m Butterfly 5/6 8- 13yrs 50m Backstroke 7 Non-Championship – 25m Freestyle 8/9 Open 200m Breaststroke 10/11 Open 50m Butterfly 12 Non-Championship – 25m Butterfly 13/14 11- 13yrs 200 IM 15/16 Open 400m Freestyle		
Friday 23rd February 2024		
200m / 400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	24- 25 Feb SNSW Senior Metro Championships – SOPAC
Friday 1st March 2024		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Breaststroke Butterfly Freestyle Backstroke	2 Mar 2023 Speedo Sprints Finals – SOPAC

100m, 200m	Individual Medley	
Friday 8th March 2024		
200m/400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Butterfly Freestyle Backstroke Breaststroke	7-8 March SLSNSW – U9 – U12- SNB 9-10 March SLSNSW – U13 -U15 -SNB
Friday 15th March 2024	Championship Night 1	
B/G Event 1/2 U/7 50m Freestyle 3/4 Open 200m Freestyle 5/6 8 – 13 yrs 50m Butterfly 7 Non Championship – 25m Freestyle 8/9 10 & under 100m Breaststroke 10/11 Open 200m Backstroke 12 Non Championship – 25m Backstroke 13/14 10 & under 100m Freestyle 15/16 Open 100m Breaststroke		15-17 March SNSW Open Championships – SOPAC 15-17 March – SLSNSW U17 – Open – SNB
Friday 22nd March 2024		
200m/400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	23-24 March Swimming NSW Junior State Age– SOPAC
Friday 29th March 2024		
Good Friday	No Club Swimming	
Friday 5th April 2024 Last night of the Season	Sprint Night	
25, 50m 4 x 50m	Sprint Night – All strokes Novelty Races Family Relays	

Other Events

- 8th – 14th April, 2024 2024 Australian Age Swimming Championships –TBA
- 17th - 20th April 2024 2024 Australian Open Swimming Championships – TBA
- 13th - 21st April 2024. 2024 Australian Surf Life Saving Titles- Sunshine Coast, Queensland