

## Cronulla Swim Club Programme

## 2023/2024 Season

Friday 13th October 2023	New Members	OPEN NIGHT -Come try for Free
	Welcome!	
25, 50, 100m	Freestyle	Entries need to be completed
25, 50, 100m	Backstroke	weekly before 5pm on the Club
25, 50, 100m	Breaststroke	Night through swimcentral
25, 50, 100m	Butterfly	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	Freestyle	Swimmers may only swim 1 distance for
25, 50, 100m	Backstroke	each stroke. (5 swims max)
25, 50, 100m	Breaststroke	
25, 50, 100m	Butterfly	
100m, 200m	Individual Medley	
Friday 27th October 2023	Championship Night 1	
B/G Event		
1/2 U/7 50m Freestyle		Postponed to March 15 2024
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		
Friday 3rd November 2023		SAT 4 NOVEMBER CSC OPEN SWIM CARNIVAL 12 PM START
200m /400m	Freestyle	CSC SI EN SWIN GARANTE IZ I M SIMI
25, 50, 100m	Backstroke	
25, 50, 100m	Breaststroke	
25, 50, 100m	Butterfly	
25, 50, 100m	Freestyle	
Friday 10 <sup>th</sup> November 2023	·	
25, 50, 100m	Breaststroke	
25, 50, 100m	Butterfly	11-12 Nov Metsea Summer Meet-SOPAC
25, 50, 100m	Freestyle	
25, 50, 100m	Backstroke	
100m, 200m	Individual Medley	
Friday 17 <sup>th</sup> November 2023		
200m /400m	Freestyle	
25, 50, 100m	Butterfly	
25, 50, 100m	Freestyle	
25, 50, 100m	Backstroke	
25, 50, 100m	Breaststroke	

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

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Friday 1 <sup>st</sup> 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 8 <sup>th</sup> December 2023		
200m /400m	Freestyle	10-16 Dec SNSW 13-18 State Age
25, 50, 100m	Backstroke	Championships -SOPAC
25, 50, 100m	Breaststroke	
25, 50, 100m	Butterfly	
25, 50, 100m	Freestyle	
Friday 15th December 2023	Last night in 2023-	
	Xmas break	
25, 50m	Sprint Night – All	17-18 Dec SNSW Open Water
	strokes	Championship -SIRC
4 x 50m	Novelty Races	
	Family Relays	
MERRY CHRISTMAS TO ALL OF OUR SWIMMERS	S AND THEIR FAMILIES! Ha	ve a wonderful Christmas Break
Friday 22nd December 2023		
Thuay 22nd December 2025	No Club Swimming	
Fridou 20th December 2022	No Club Swillining	
Friday 29 <sup>th</sup> December 2023		
	No Club Swimming	
Education and appearance of the control of the cont		
Friday 5 <sup>th</sup> January 2024		
	No Club Swimming	
Friday 12 <sup>th</sup> January 2024		
	No Club Swimming	
Friday 19th January 2024		
200m /400m	Freestyle	
25, 50, 100m	Butterfly	
25, 50, 100m	Freestyle	
	Freestyle Backstroke	
25, 50, 100m 25, 50, 100m 25, 50, 100m	1 -	

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Friday 26 <sup>th</sup> January 2024		
Australia Day Public holiday	No Club Swimming	
Traditional Buy Fubility Homoday	Two Clab Swittining	Jan 24-27 Australian Open
		Water Championships TBA
Friday 2nd February 2024	Championship Night 3	2024 Carried Carried Carried House
B/G Event		2024 Speedo Sprint Series Heats 3 Feb
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)		
17/10 Open room in (Q. Oce manau)		
Friday 9 <sup>th</sup> February 2024		
25, 50, 100m	Freestyle	
25, 50, 100m	Backstroke	
25, 50, 100m	Breaststroke	
25, 50, 100m	Butterfly	
100m, 200m	Individual Medley	
Friday 16 <sup>th</sup> February 2024	Championship Night 4	
R/G Event		
B/G Event		
1/2 U/7 50m Butterfly		
1/2 U/7 50m Butterfly 3/4 Open 100m Butterfly		
1/2 U/7 50m Butterfly 3/4 Open 100m Butterfly 5/6 8- 13yrs 50m Backstroke		
<ul> <li>1/2 U/7 50m Butterfly</li> <li>3/4 Open 100m Butterfly</li> <li>5/6 8- 13yrs 50m Backstroke</li> <li>7 Non-Championship – 25m Freestyle</li> </ul>		
1/2 U/7 50m Butterfly 3/4 Open 100m Butterfly 5/6 8- 13yrs 50m Backstroke		
<ul> <li>1/2 U/7 50m Butterfly</li> <li>3/4 Open 100m Butterfly</li> <li>5/6 8- 13yrs 50m Backstroke</li> <li>7 Non-Championship – 25m Freestyle</li> <li>8/9 Open 200m Breaststroke</li> </ul>		
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		
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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		
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 23 <sup>rd</sup> February 2024	Freestyle	24- 25 Feb SNSW Senior Metro
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 23 <sup>rd</sup> February 2024 200m / 400m	Freestyle Backstroke	24- 25 Feb SNSW Senior Metro Championships – SOPAC
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 23 <sup>rd</sup> February 2024 200m / 400m 25, 50, 100m	Backstroke	
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 23 <sup>rd</sup> February 2024 200m / 400m 25, 50, 100m 25, 50, 100m	Backstroke Breaststroke	
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 23 <sup>rd</sup> February 2024 200m / 400m 25, 50, 100m	Backstroke	the state of the s
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 23 <sup>rd</sup> February 2024  200m / 400m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Backstroke Breaststroke Butterfly	
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 23 <sup>rd</sup> February 2024 200m / 400m 25, 50, 100m	Backstroke Breaststroke Butterfly Freestyle	Championships – SOPAC
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 23 <sup>rd</sup> February 2024  200m / 400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m  Friday 1st March 2024  25, 50, 100m	Backstroke Breaststroke Butterfly Freestyle  Breaststroke	
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 23 <sup>rd</sup> February 2024 200m / 400m 25, 50, 100m	Backstroke Breaststroke Butterfly Freestyle  Breaststroke Butterfly	Championships – SOPAC
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 23 <sup>rd</sup> February 2024  200m / 400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m  Friday 1st March 2024  25, 50, 100m	Backstroke Breaststroke Butterfly Freestyle  Breaststroke	Championships – SOPAC

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

8th – 14th April, 2024 2024 Australian Age Swimming Championships –TBA

17<sup>th</sup> - 20<sup>th</sup> April 2024 2024 Australian Open Swimming Championships – TBA

13<sup>th</sup> - 21<sup>st</sup> April 2024. 2024 Australian Surf Life Saving Titles- Sunshine Coast, Queensland