



# Cronulla Swim Club Programme

## 2024/2025 Season

Entries need to be completed weekly before 5pm on Club Night through [Swim Central](#)

<b>Friday 18th October 2024</b>	<b>New Members Welcome!</b>	<b>OPEN NIGHT -Come try for Free</b>
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly	Swimmers may only swim <b>1 distance for each stroke.</b> (4 swims max)  <b>12-13 Oct NSW LC Qualifying Meet -SOPAC</b> <b>19-20 Oct Metsea Summer Meet-SOPAC</b>
<b>Friday 25th October 2024</b>		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	Swimmers may only swim <b>1 distance for each stroke.</b> (5 swims max)
<b>Friday 1st November 2024</b>		<b>SAT 2 NOVEMBER 2024</b> 🏆🏆🏆
	No Club Swimming	<b>CSC OPEN SWIM CARNIVAL</b> <b>12 PM START</b> <a href="#">Programme here</a>
<b>Friday 8<sup>th</sup> November 2024</b>		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	Swimmers may only swim <b>1 distance for each stroke.</b> (5 swims max) <b>8 Nov and 10 SLC Aquadot Spring into Summer Open Meet (Long distance events on 8th)</b> <b>9 Nov Peakhurst Development Meet</b>
<b>Friday 15<sup>th</sup> November 2024</b>	<b>Championship Night 1</b>	
<b>B/G Event</b> 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 11 -13 yrs 100m Breaststroke 10/11 Open 50m Backstroke 12 Non Championship – 25m Backstroke 13/14 10 & under 100m Freestyle 15/16 Open 100m Breaststroke		
<b>Friday 22nd November 2024</b>		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	<b>23-24 Nov NSW Junior Metro Championships – SOPAC</b>  Swimmers may only swim <b>1 distance for each stroke.</b> (5 swims max)

<b>Friday 29th November 2024</b>	<b>Championship Night 2</b>	
<b>B/G Event</b> 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 Backstroke 10/11 Open 50m Butterfly 12 Non -Championship – 25m Breaststroke 13/14 10 and under 100m Backstroke 15/16 11 – 13yrs 100m Backstroke 17/18 Open 200m Butterfly		
<b>Friday 6th December 2024</b>		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Butterfly Freestyle Backstroke Breaststroke	Swimmers may only swim <b>1 distance for each stroke.</b> (5 swims max)  <b>6 -12 Dec SNSW 13-18 State Age Championships -SOPAC</b>
<b>Friday 13th December 2024</b>	<b>Last night in 2024 – Xmas break</b>	
25, 50m  4 x 50m	Sprint Night – All strokes Novelty Races Family Relays	<b>14 -15 Dec SNSW Open Water Championship -SIRC</b>
<b>MERRY CHRISTMAS TO ALL OF OUR SWIMMERS AND THEIR FAMILIES!</b> <b>Have a wonderful Christmas Break!</b> 🎄👶		
<b>Friday 20th December 2024</b>		
	No Club Swimming	
<b>Friday 27<sup>th</sup> December 2024</b>		
	No Club Swimming	
<b>HAPPY NEW YEAR!</b> 🎉		
<b>Friday 3rd January 2025</b>		
	No Club Swimming	
<b>Friday 10<sup>th</sup> January 2025</b>		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	Swimmers may only swim <b>1 distance for each stroke.</b> (5 swims max)
<b>Friday 17th January 2025</b>		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100	Freestyle Backstroke Breaststroke Butterfly Freestyle	<b>18 Jan St George Australia Day Meet Bexley</b> Swimmers may only swim <b>1 distance for each stroke.</b> (5 swims max)

<b>Friday 24<sup>th</sup> January 2025</b>		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	<b>23-26 Jan Australian Open Water Championships - Busselton Jetty - Western Australia</b> Swimmers may only swim <b><u>1 distance for each stroke.</u></b> (5 swims max)
<b>Friday 31st January 2025</b>		
<b>B/G</b> <b>Event</b> 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 Breaststroke 10/11 Open 200m IM 12     Non Championship – 25m Butterfly 13/14 Open 50m Breaststroke 15/16 11 -13 100m Butterfly 17/18 Open 400m Freestyle	<b>Championship Night 3</b>	<b>2 Feb 2025 Speedo Sprint Series Heats</b>
<b>Friday 7th February 2025</b>		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Butterfly Freestyle Backstroke Breaststroke	<b>8 Feb -Engadine Development Meet</b>  Swimmers may only swim <b><u>1 distance for each stroke.</u></b> (5 swims max)
<b>Friday 14<sup>th</sup> February 2025</b>		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	<b>14-15 Feb Sans Souci Open Meet (Long distance events on Fri 14th)</b>  Swimmers may only swim <b><u>1 distance for each stroke.</u></b> (5 swims max)
<b>Friday 21st February 2025</b>		
<b>B/G</b> <b>Event</b> 1/2    U/7 50m Butterfly 3/4    Open 200m Breaststroke 5/6    8- 13yrs 50m Backstroke 7      Non-Championship – 25m Freestyle 8/9    Open 100m Butterfly 10/11 11-13 yrs 100m Freestyle 12     Non-Championship – 25m Backstroke 13/14 Open 50m Freestyle 15/16 11- 13yrs 200 IM 17/18 Open 400m IM (QT – See Manual)	<b>Championship Night 4</b>	<b>22-23 Feb SNSW Senior Metro Championships – SOPAC</b>
<b>Friday 28th February 2025</b>		
200m / 400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	<b>1 Mar 2025 Speedo Sprints Finals – SOPAC</b> Swimmers may only swim <b><u>1 distance for each stroke.</u></b> (5 swims max)

<b>Friday 7th March 2025</b>		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	<b>6-7 March SLSNSW – U9 – U12- SNB</b> <b>8-9 March SLSNSW – U13 -U15 -SNB</b>  Swimmers may only swim <b><u>1 distance for each stroke.</u></b> (5 swims max)
<b>Friday 14<sup>th</sup> March 2025</b>		
200m/400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Butterfly Freestyle Backstroke Breaststroke	<b>15-16 March Swimming NSW Junior State Age– SOPAC</b> <b>14-16 March – SLSNSW U17 – Open – SNB</b>  Swimmers may only swim <b><u>1 distance for each stroke.</u></b> (5 swims max)
<b>Friday 21st March 2025</b>		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	<b>21-23 March SNSW Open Championships – SOPAC</b>  Swimmers may only swim <b><u>1 distance for each stroke.</u></b> (5 swims max)
<b>Friday 28th March 2025</b>		
200m/400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	Swimmers may only swim <b><u>1 distance for each stroke.</u></b> (5 swims max)
<b>Friday 4<sup>th</sup> April 2025</b>		
<b>Last night of the Season</b>		
25, 50m  4 x 50m	<b>Sprint Night</b>  Sprint Night – All strokes Novelty Races Family Relays	

### **Other Events**

29th March - 6 April 2025	2025 Australian Surf Life Saving Titles- North Kirra Beach, Gold Coast, Queensland
10th – 18th April, 2025	2025 Australian Age Swimming Championships –Brisbane Aquatic Centre
21st - 24 <sup>th</sup> April 2025	2025 Australian Open Swimming Championships – Brisbane Aquatic Centre