



Cronulla Swim Club Programme

2024/2025 Season

Entries need to be completed weekly before 8pm on the Thursday night before Club Night through [Swim Central](#)

Friday 18th October 2024	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	Swimmers may only swim 1 distance for each stroke. (4 swims max) 12-13 Oct NSW LC Qualifying Meet -SOPAC 19-20 Oct Metsea Summer Meet-SOPAC
Friday 25th October 2024		
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 1st November 2024		SAT 2 NOVEMBER 2024 🏆🏆🏆🏆
	No Club Swimming	CSC OPEN SWIM CARNIVAL 12 PM START Programme here
Friday 8th November 2024		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	Swimmers may only swim 1 distance for each stroke. (5 swims max) 8 Nov and 10 SLC Aquadot Spring into Summer Open Meet (Long distance events on 8th) 9 Nov Peakhurst Development Meet
Friday 15th November 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 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		
Friday 22nd November 2024		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	23-24 Nov NSW Junior Metro Championships – SOPAC Swimmers may only swim 1 distance for each stroke. (5 swims max)

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

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

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