



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 <u>1 distance for each stroke.</u> (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 <u>1 distance for each stroke.</u> (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 <u>1 distance for each stroke.</u> (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 <u>1 distance for each stroke.</u> (5 swims max)

Friday 29th November 2024		Championship Night 2	
B/G	Event		Cancelled
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		Freestyle	Swimmers may only swim 1 distance for each stroke. (5 swims max) 6 -12 Dec SNSW 13-18 State Age Championships -SOPAC
25, 50, 100m		Butterfly	
25, 50, 100m		Freestyle	
25, 50, 100m		Backstroke	
25, 50, 100m		Breaststroke	
Friday 13th December 2024		Last night in 2024 – Xmas break	
25, 50m		Sprint Night – All strokes	14 -15 Dec SNSW Open Water Championship -SIRC
4 x 50m		Novelty Races Family Relays	
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		Freestyle	Swimmers may only swim 1 distance for each stroke. (5 swims max)
25, 50, 100m		Backstroke	
25, 50, 100m		Breaststroke	
25, 50, 100m		Butterfly	
100m, 200m		Individual Medley	
Friday 17th January 2025			
200m /400m		Freestyle	18 Jan St George Australia Day Meet Bexley Swimmers may only swim 1 distance for each stroke. (5 swims max)
25, 50, 100m		Backstroke	
25, 50, 100m		Breaststroke	
25, 50, 100m		Butterfly	
25, 50, 100		Freestyle	

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	Championship Night 3	
B/G Event 1/2 Open 200m Butterfly 3/4 U/7 50m Breaststroke 5/6 Open 100m Backstroke 7/8 8- 13 yrs 50m Freestyle 9 Non Championship – 25m Freestyle 10/11 Open 200m IM 12/13 10 & U 100m Breaststroke 14/15 11-13 100m Backstroke 16/17 U/7 50m Backstroke 18/19 8-13 yrs 50m Backstroke 20/21 Open 100m Freestyle 22 Non Championship – 25m Breaststroke 23/24 Open 50m Breaststroke 25/26 11 -13yrs 100m Butterfly 27/28 Open 400m Freestyle		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	Championship Night 4	
B/G Event 1/2 Open 100m Butterfly 3/4 U/7 50m Butterfly 5/6 Open 200m Breaststroke 7 Non-Championship – 25m Freestyle 8/9 8- 13 yrs 50m Backstroke 10/11 Open 50m Butterfly 12/13 11-13 yrs 100m Freestyle 14 Non-Championship – 25m Backstroke 15/16 Open 50m Freestyle 17/18 8-13 yrs 50m Breaststroke 19/20 11- 13 yrs 200 IM		22-23 Feb NSW Senior Metro Championships – SOPAC

21/22 10 & U 100m Backstroke 23/24 Open 200m Backstroke 25/26 Open 400m IM (QT – See Manual)		
Friday 28th February 2025		
200m / 400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	1 Mar 2025 Speedo Sprints Finals – SOPAC Swimmers may only swim <u>1 distance for each stroke.</u> (5 swims max)
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 - 24th April 2025

2025 Australian Open Swimming Championships – Brisbane Aquatic Centre