



Cronulla Swim Club Programme

2025/2026 Season

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

Friday 17th October 2025	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) 11-12 Oct NSW LC Preparation Meet -SOPAC
Friday 24th October 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 <u>1 distance for each stroke.</u> (5 swims max)
Friday 31st October 2025		SAT 1 NOVEMBER 2025 🏆🏆🏆
	No Club Swimming	CSC OPEN SWIM CARNIVAL 12 PM START Programme here
Friday 7th November 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 14th November 2025	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		15-16 November Metsea Summer Championships -SOPAC
Friday 21st November 2025		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	22 Nov Peakhurst Development Meet Swimmers may only swim <u>1 distance for each stroke.</u> (5 swims max)

Friday 28th November 2025		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Butterfly Freestyle Backstroke Breaststroke	29 -30 Nov NSW Youth Metro Championships – SOPAC Swimmers may only swim 1 distance for each stroke. (5 swims max)
Friday 5th December 2025	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 12th December 2025	Last night in 2025 – Xmas break	
25, 50m 4 x 50m	Sprint Night – All strokes Novelty Races Family Relays	13-19 Dec NSW 13-18 State Age Championships -SOPAC
MERRY CHRISTMAS TO ALL OF OUR SWIMMERS AND THEIR FAMILIES! Have a wonderful Christmas Break! 🎄🧑🏻‍🎄		
Friday 19th December 2025		
	No Club Swimming	21-22 Dec NSW Open Water Championship -SIRC
Friday 26th December 2025		
	No Club Swimming	
HAPPY NEW YEAR! 🎉🥳		
Friday 3rd January 2026		
	No Club Swimming	
Friday 9th January 2026		
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 16th January 2026		
200m /400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	17 Jan St George Australia Day Meet Bexley Swimmers may only swim 1 distance for each stroke. (5 swims max)

Friday 23rd January 2026		
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 30th January 2026		
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 13yrs and Under 100m Butterfly 17/18 Open 400m Freestyle	Championship Night 3	31 Jan 2026 Speedo Sprint Series Heats-SOPAC
Friday 6th February 2026		
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 13th February 2026		
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 Swimmers may only swim 1 distance for each stroke. (5 swims max)
Friday 20th February 2026		
200m / 400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Backstroke Breaststroke Butterfly Freestyle	19-22 Feb SLSNSW – U9 – U14- Swansea Belmont 20-22 Feb SNSW Senior Metro Championships – SOPAC
Friday 27th February 2026		
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	26 Feb -1 March 2026 SLSNSW – Opens - Swansea Belmont 28 Feb 2026 Speedo Sprints Finals – SOPAC Swimmers may only swim 1 distance for each stroke. (5 swims max)

Friday 6th March 2026		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	6-8 March SNSW Open Championships – SOPAC Swimmers may only swim <u>1 distance for each stroke.</u> (5 swims max)
Friday 13th March 2026		
200m/400m 25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m	Freestyle Butterfly Freestyle Backstroke Breaststroke	Swimmers may only swim <u>1 distance for each stroke.</u> (5 swims max)
Friday 20th March 2026		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	21-22 March Swimming NSW Youth State Age– SOPAC 21-22 March SLSA Youth Aussies - Kirra Beach Qld Swimmers may only swim <u>1 distance for each stroke.</u> (5 swims max)
Friday 27th March 2026 Last night of the Season		
25, 50m 4 x 50m	Sprint Night Sprint Night – All strokes Novelty Races Family Relays	

Other Events

23rd - 29 March 2026	2026 Australian Surf Life Saving Titles- North Kirra Beach, Gold Coast, Queensland
11th – 18th April, 2026	2026 Australian Age Swimming Championships – Gold Coast Aquatic Centre
6th - 8th April 2026	2026 Australian Open Swimming Championships – Gold Coast Aquatic Centre