




# 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](#)

<b>Friday 17th October 2025</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><u>1 distance for each stroke.</u></b> (4 swims max)  <b>11-12 Oct NSW LC Preparation Meet -SOPAC</b>
<b>Friday 24th October 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><u>1 distance for each stroke.</u></b> (5 swims max)
<b>Friday 31st October 2025</b>		<b>SAT 1 NOVEMBER 2025</b> 🏆🏆🏆
	No Club Swimming	<b>CSC OPEN SWIM CARNIVAL</b> <b>12 PM START</b> <a href="#">Programme here</a>
<b>Friday 7<sup>th</sup> November 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 14<sup>th</sup> November 2025</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>15-16 November Metsea Summer Championships -SOPAC</b>
<b>Friday 21st November 2025</b>		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	<b>22 Nov Peakhurst Development Meet</b> Swimmers may only swim <b><u>1 distance for each stroke.</u></b> (5 swims max)

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

<b>Friday 23rd January 2026</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>1 distance for each stroke.</b> (5 swims max)
<b>Friday 30th January 2026</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- 13yrs 100m Butterfly 17/18    Open 400m Freestyle	<b>Championship Night 3</b>	<b>31 Jan 2026 Speedo Sprint Series Heats-SOPAC</b>
<b>Friday 6th February 2026</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>1 distance for each stroke.</b> (5 swims max)
<b>Friday 13th February 2026</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 SNSW Senior Metro Championships – SOPAC</b>  Swimmers may only swim <b>1 distance for each stroke.</b> (5 swims max)
<b>Friday 20th February 2026</b>		
No Club Swimming		<b>19-22 Feb SLSNSW – U9 – U14- Swansea Belmont</b>  
<b>Friday 27th February 2026</b>		
<b>B/G</b> <b>Event</b> 1/2    U/7 50m Butterfly 3/4    10 & U 100m Butterfly 5/6    Open 200m Breaststroke 7/8    8 - 13yrs 50m Backstroke 9       Non-Championship – 25m Freestyle 10/11    Open 100m Butterfly  12/13    11-13 yrs 100m Freestyle 14       Non-Championship – 25m Backstroke 15/16    Open 50m Freestyle 17/18    11- 13yrs 200 IM 19/20    Open 400m IM (QT – See Manual)	<b>Championship Night 4</b>	<b>26 Feb -1 March 2026 SLSNSW – Opens - Swansea Belmont</b> <b>28 Feb 2026 Speedo Sprints Finals – SOPAC</b> 27 - 1 Sans Souci Open Meet  _____

<b>Friday 6th March 2026</b>		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Breaststroke Butterfly Freestyle Backstroke Individual Medley	<b>6-8 March SNSW Open Championships – SOPAC</b> Swimmers may only swim <b><u>1 distance for each stroke.</u></b> (5 swims max)
<b>Friday 13th March 2026</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><u>1 distance for each stroke.</u></b> (5 swims max)
<b>Friday 20th March 2026</b>		
25, 50, 100m 25, 50, 100m 25, 50, 100m 25, 50, 100m 100m, 200m	Freestyle Backstroke Breaststroke Butterfly Individual Medley	<b>21-22 March Swimming NSW Youth State Age– SOPAC</b> <b>21-22 March SLSA Youth Aussies - Kirra Beach Qld</b> Swimmers may only swim <b><u>1 distance for each stroke.</u></b> (5 swims max)
<b>Friday 27th March 2026</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

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