

Calendar

Campbelltown Masters Swimming Club develops a swimming program each year to try and accomodate the Aerobic and Endurance components of the club competition. It is designed to assist in the completion of either the [clubs E500 program](#) or the [Masters E1000 program](#).

Listed below are the Sunday swim meets of the club and the suggested program for each meet, as well as social events, meetings and carnivals that occur throughout the year. Wednesday meets are less structured and are designed for you to have the freedom to swim whatever stroke or distance you want.

This program is purely a suggestion. It is not expected that members follow the program. If you are unable to swim a stroke or a distance mentioned, don't let that put you off coming. We accommodate all levels of ability at all club swim meets. Carnival attendance is also optional. But is a great way to support the club even if you choose not to compete.



Suggested Swims

To accomodate the Aerobic and Endurance components of the club competition, a recommended program is developed yearly



Meetings

Club Meetings are usually held once a month following the Sunday morning swim



Social Events

The club has a very busy social calendar with something for everyone



Carnivals

As a club member you can attend both state, interstate and international carnivals held throughout the year

Abbreviations / Key

FR - Freestyle

BK - Backstroke

BR - Breaststroke

FLY - Butterfly

IM - Individual Medley (FLY, BK, BR, FR)

Ch - Your choice of stroke

WU - Warm up swim before sprint races, eg 200 WU is 200m in your choice of stroke

SC - Short course (25m pool)

LC - Long course (50m pool)

BPS - carnival where swimmers earn points for the Branch Point Score

SOPAC - Sydney Olympic Park Aquatic Centre

HCP - Handicapped races (based on swimmers times the swimmers start the race at staggered intervals)

Note - On all 800/400 HCP days 200m HCP swims will be available, ask Club Captain

Any 2 - choose any 2 swims from the list of swims

Swap - swap the listed swims for one longer distance swim

Your Choice - Wednesday club swims don't follow a program

TR - Training sessions after sprint days on request when time is available

Shoot Out - where the top 4 people in the point score battle it out together in all the races

Endurance Swims - aerobic swim with your choice of stroke and distance including 200m, 400m, 800m, 1500m, 30min, 45min, 60min

H to H - [Head to head](#) challenge

January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JAN	Your Choice
3	
JAN	Any 2 200Ch - 400BK - 800FR
7	
JAN	Your Choice
10	
JAN	Any 2 200Ch - 800BR - 400FR HCP
14	
JAN	Your Choice
17	
JAN	200WU 100FLY - 100FR - 50BK - 50BR HCP
21	
JAN	Your Choice
24	
JAN	Campbelltown BPS Meet
27	
JAN	Endurance swims
28	
JAN	Your Choice
31	

February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

FEB	400WU 100BR - 50FR - 50FLY - 50BK HCP
4	
FEB	Your Choice
7	
FEB	Myall BPS Meet
10	
FEB	Any 2 200Ch - 400BK - 800FLY
11	
FEB	Your Choice
14	
FEB	200WU 100BK - 50BK - 50FR - 50BR HCP
18	
FEB	Club AGM
18	
FEB	Your Choice
21	
FEB	23rd Feb -3rd Mar World Masters Championships Doha, Qatar
23	
FEB	Blacktown BPS Meet
24	
FEB	Endurance swims
25	
FEB	Your Choice
28	

March

S	M	T	W	T	F	S
					1	2
3 <div></div>	4	5	6 <div></div>	7	8	9 <div></div>
10 <div></div>	11	12	13 <div></div>	14	15	16
17 <div></div>	18	19	20 <div></div>	21	22	23
24 <div></div>	25	26	27 <div></div>	28	29	30
31 <div></div>						

- MAR

3

800BK
400IM HCP
- MAR

6

Your Choice
- MAR

9

Bunnings BBQ
- MAR

10

200WU
200BK - 100FR - 50FLY - 50FR HCP
Shoot Out
- MAR

13

Your Choice
- MAR

17

Endurance swims
- MAR

17

Cessnock BPS Meet
- MAR

20

Your Choice
- MAR

24

Any 2
200Ch - 400BR - 800FR
- MAR

24

Club Presentation Day
at Annie and Doug's
- MAR

27

Your Choice
- MAR

31

Easter Sunday



Endurance swims

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- APR

3

Your Choice
- APR

7

400WU
100IM - 50BK - 50FLY - 25FR - 25BR HCP
- APR

10

Your Choice
- APR

13

MSNSW Long Course Championships
Homebush
- APR

14

800FLY
400BR
- APR

14

MSNSW Long Course Championships
Homebush
- APR

17

Your Choice
- APR

21

Endurance swims
- APR

24

Your Choice
- APR

28

Any 2
200Ch - 400BR - 800BK HCP

May

S	M	T	W	T	F	S
			1 ■	2	3 ■	4 ■
5 ■ ■	6 ■	7	8 ■	9	10	11
12 ■ ■	13	14	15 ■	16	17	18
19 ■	20	21	22 ■	23	24	25 ■
26 ■	27	28	29 ■	30	31	

MAY 1	Your Choice
MAY 3	Masters Swimming Nationals Darwin
MAY 4	Masters Swimming Nationals Darwin
MAY 5	800FLY 400FR HCP
MAY 5	Masters Swimming Nationals Darwin
MAY 6	Masters Swimming Nationals Darwin
MAY 8	Your Choice
MAY 12	Mother's Day
MAY 12	Any 2 200Ch - 400FLY - 800BR
MAY 15	Your Choice
MAY 19	400WU 100BK - 50BR - 50FR - 25BK - 25FLY HCP
MAY 22	Your Choice
MAY 25	Ettalong BPS Meet

MAY
26

Any 2
200Ch - 400BK - 800IM HCP

MAY
29

Your Choice

June

S	M	T	W	T	F	S
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9 ■	10 ■	11	12 ■	13	14	15
16 ■ ■	17	18	19 ■	20	21	22
23 ■	24	25	26 ■	27	28	29
30 ■						

JUN
1

Masters AGM

JUN
2

400WU
100IM - 50FLY - 50BK - 25BR - 25BK HCP
Shoot Out

JUN
5

Your Choice

JUN
9

Endurance swims
likely will move to Sat 8th

JUN
10

King's Birthday Long Weekend

JUN
12

Your Choice

JUN
16

Endurance swims

JUN
16

Seaside Pirates BPS Meet

JUN
19

Your Choice

JUN
23

Any 2
200Ch - 400IM - 800BR

JUN
26

Your Choice

JUN
30

400WU
100FR - 100IM - 50FLY - 25FR - 25FLY HCP

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			










JUL	Your Choice
3	
JUL	Any 2 200Ch - 400BR - 800FR
7	
JUL	Your Choice
10	
JUL	800FLY 400FR
14	
JUL	Your Choice
17	
JUL	Bunnings BBQ
20	
JUL	Endurance swims
21	
JUL	Your Choice
24	
JUL	200WU 100FLY - 50FR - 50BR - 25FR - 25BK HCP
28	
JUL	Your Choice
31	

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31











AUG	Endurance swims
4	
AUG	Your Choice
7	
AUG	Any 2 200Ch - 400IM - 800BR
11	
AUG	Warringah BPS Meet
11	
AUG	Your Choice
14	
AUG	Endurance swims
18	
AUG	Your Choice
21	
AUG	Ryde BPS Meet
24	
AUG	800BK 400FLY HCP
25	
AUG	Your Choice
28	

September

S	M	T	W	T	F	S
1 	2	3	4 	5	6	7
8 	9	10	11 	12	13	14
15 	16	17	18 	19	20	21 
22 	23	24	25 	26	27	28
29 	30					

SEP 1	Father's Day
SEP 1	Any 2 200Ch - 400FR - 800FLY
SEP 4	Your Choice
SEP 8	Endurance swims
SEP 11	Your Choice
SEP 15	200WU 100FR - 100IM - 50BR - 50FLY - 25BK - 25BR HCP
SEP 18	Your Choice
SEP 21	Wett Ones BPS Meet
SEP 22	200IM 800FR HCP
SEP 25	Your Choice
SEP 29	Any 2 200Ch - 400FLY - 800BR

October

S	M	T	W	T	F	S
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13 	14	15	16 	17	18	19
20 	21	22	23 	24	25	26
27 	28	29	30 	31		

OCT 2	Your Choice
OCT 6	200WU 200FLY - 100BR - 50FR - 50BR HCP Shoot Out
OCT 9	Your Choice
OCT 12	Masters NSW Short Course Championships Canberra
OCT 13	Endurance swims
OCT 13	Masters NSW Short Course Championships Canberra
OCT 16	Your Choice
OCT 20	800IM 400BK HCP
OCT 23	Your Choice
OCT 27	Endurance swims
OCT 30	Your Choice

November

S	M	T	W	T	F	S
					1 ■	2
3 ■	4	5	6 ■	7	8	9
10 ■	11	12	13 ■	14	15	16 ■
17 ■	18	19	20 ■	21	22	23
24 ■	25	26	27 ■	28	29	30

NOV 1	1st-10th Nov Pan Pac Masters Games Gold Coast
NOV 3	Any 2 200Ch - 400BK - 800IM
NOV 6	Your Choice
NOV 10	400WU 100FLY - 50BK - 50FLY - 50FR HCP Shoot Out
NOV 13	Your Choice
NOV 16	Port Macquarie BPS Meet
NOV 17	Endurance swims
NOV 20	Your Choice
NOV 24	Any 2 200Ch - 400IM - 800BR
NOV 24	Novocastrian BPS Meet
NOV 27	Your Choice

December

S	M	T	W	T	F	S
1 ■	2	3	4 ■	5	6	7
8 ■	9	10	11 ■	12	13	14
15 ■	16	17	18 ■	19	20	21
22 ■	23	24	25	26	27	28
29 ■	30	31				

DEC 1	200WU 200FR - 100BR - 100BK - 50FR HCP Shoot Out
DEC 4	Your Choice
DEC 8	Endurance swims
DEC 11	Your Choice
DEC 15	Last week for club points
DEC 15	200WU 200IM - 100FR - 50BK - 50FLY HCP Shoot Out, Last week for club points
DEC 18	Your Choice
DEC 22	Endurance swims Masters points for endurance swims, no club points
DEC 29	Endurance swims Masters points for endurance swims, no club points