

Calendar

Campbelltown Masters Swimming Club develops a swimming program each year to try and accommodate 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 accommodate 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
3 Your Choice

JAN
7 Any 2
200Ch - 400BK - 800FR

JAN
10 Your Choice

JAN
14 Any 2
200Ch - 800BR - 400FR HCP

JAN
17 Your Choice

JAN
21 200WU
100FLY - 100FR - 50BK - 50BR HCP

JAN
24 Your Choice

JAN
27 Campbelltown BPS Meet

JAN
28 Endurance swims

JAN
31 Your Choice

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
4 400WU
100BR - 50FR - 50FLY - 50BK HCP

FEB
7 Your Choice

FEB
10 Myall BPS Meet

FEB
11 Any 2
200Ch - 400BK - 800FLY

FEB
14 Your Choice

FEB
18 200WU
100BK - 50BK - 50FR - 50BR HCP

FEB
18 Club AGM

FEB
21 Your Choice

FEB
23 23rd Feb -3rd Mar
World Masters Championships
Doha, Qatar

FEB
24 Blacktown BPS Meet

FEB
25 Endurance swims

FEB
28 Your Choice

March

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 ■						

- MAR

800BK
400IM HCP

3
- MAR

Your Choice

6
- MAR

Bunnings BBQ

9
- MAR

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

10
- MAR

Your Choice

13
- MAR

Endurance swims

17
- MAR

Cessnock BPS Meet

17
- MAR

Your Choice

20
- MAR

Any 2
200Ch - 400BR - 800FR

24
- MAR

Club Presentation Day
at Annie and Doug's

24
- MAR

Your Choice

27
- MAR

Easter Sunday

31



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
						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 ■						

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

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

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
		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		

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

1st-10th Nov
Pan Pac Masters Games
Gold Coast

1

NOV

Any 2
200Ch - 400BK - 800IM

3

NOV

Your Choice

6

NOV

400WU
100FLY - 50BK - 50FLY - 50FR HCP
Shoot Out

10

NOV

Your Choice

13

NOV

Port Macquarie BPS Meet

16

NOV

Endurance swims

17

NOV

Your Choice

20

NOV

Any 2
200Ch - 400IM - 800BR

24

NOV

Novocastrian BPS Meet

24

NOV

Your Choice

27

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

200WU
200FR - 100BR - 100BK - 50FR HCP
Shoot Out

1

DEC

Your Choice

4

DEC

Endurance swims

8

DEC

Your Choice

11

DEC

Last week for club points

15

DEC

200WU
200IM - 100FR - 50BK - 50FLY HCP
Shoot Out, Last week for club points

15

DEC

Your Choice

18

DEC

Endurance swims
Masters points for endurance swims, no club points

22

DEC

Endurance swims
Masters points for endurance swims, no club points

29