

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 handicapped 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)

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

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

Long Distance - aerobic swim with your choice of stroke and distance including 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 Any 2
200Ch - 400BK - 800FR
or Swap
- JAN**
6 Your Choice
- JAN**
10 800BR not HCP
400FR HCP
- JAN**
13 Your Choice
- JAN**
17 200 WU
100FLY - 100FR - 50BK - 50BR HCP
- JAN**
20 Your Choice
- JAN**
23 Campbelltown LC BPS has been cancelled
due to COVID-19
- JAN**
24 Long Distance
- JAN**
27 Your Choice
- JAN**
31 200BR
800IM/Ch HCP

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						

- FEB**
3 Your Choice
- FEB**
7 400 WU
100BR - 50FR - 50FLY - 50BK HCP
- FEB**
10 Your Choice
- FEB**
13 Myall SC BPS
- FEB**
14 Any 2
200Ch - 400BK - 800FLY/Ch
or Swap
- FEB**
17 Your Choice
- FEB**
21 800BK not HCP
400IM/Ch HCP
- FEB**
21 Club General Meeting
10:30am after swimming
- FEB**
21 Club AGM
11:30am after General meeting
- FEB**
24 Your Choice
- FEB**
27 2021 Resurrection meet @ Cabarita
Cabarita Swimming Centre (Concord)
Entries close noon Fri 19th February
- FEB**
28 200 WU
100BK - 50BK - 50FR - 50BR HCP

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
3

Your Choice

MAR
7

Long Distance

MAR
10

Your Choice

MAR
12

Swim League style meet

MAR
14

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

MAR
14

Club Presentation Day
Starts at 1pm with a BBQ
Hosted by Jim and Joy

MAR
17

Your Choice

MAR
20

Blacktown LC BPS

MAR
21

Any 2
200Ch - 400BR - 800FR
or Swap

MAR
24

Your Choice

MAR
28

400 WU
100BK - 100FLY - 50BR - 25FLY - 25FR HCP
(50 & 25's interchangeable depending on
indoor or outdoor pool)

MAR
31

Your Choice

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
4

Long Distance

APR
7

Your Choice

APR
10

Branch Long Course Championships
Sydney Olympic Park Aquatic Centre
(SOPAC)

APR
11

Any 2
200Ch - 400BR - 800BK
or Swap

APR
11

Branch Long Course Championships
Sydney Olympic Park Aquatic Centre
(SOPAC)

APR
14

Your Choice

APR
18

800FLY not HCP
400IM/Ch HCP

APR
21

Your Choice

APR
25

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

APR
28

Your Choice

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

2

Long Distance
- MAY

5

Your Choice
- MAY

9

Any 2
200Ch - 400FLY/Ch - 800BR
or Swap
- MAY

12

Your Choice
- MAY

15

MSNSW Annual General Meeting
- MAY

16

400 WU
100BK - 50BR - 50FR - 25BK - 25FLY HCP
- MAY

19

Your Choice
- MAY

23

Any 2
200Ch - 400FR - 800FLY/Ch
or Swap
- MAY

26

Your Choice
- MAY

30

800FR not HCP
400IM/Ch HCP

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

2

Your Choice
- JUN

6

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

9

Your Choice
- JUN

13

Any 2
200Ch - 400BK - 800IM/Ch
or Swap
- JUN

16

Your Choice
- JUN

20

Long Distance
- JUN

20

Seaside Pirates meet
Details to be confirmed
- JUN

23

Your Choice
- JUN

27

200FR not HCP
800BK 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 400 WU
100FR - 100IM - 50BK - 25FLY - 25FR HCP
4

JUL Your Choice
7

JUL Any 2
200Ch - 400BR - 800IM/Ch
or Swap
11

JUL Your Choice
14

JUL 800FLY/Ch not HCP
400FR HCP
18

JUL Your Choice
21

JUL 400 WU
100FLY - 50FR - 50BR - 25FR - 25BK HCP
25

JUL Your Choice
28

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 Any 2
200Ch - 400IM/Ch - 800BR
or Swap
1

AUG Your Choice
4

AUG Long Distance
8

AUG Your Choice
11

AUG 800BK not HCP
400FLY/Ch HCP
15

AUG Your Choice
18

AUG 200 WU
100BR - 50BK - 50FLY - 25BR - 25FLY HCP
22

AUG Your Choice
25

AUG Ryde BPS
28

AUG Long Distance
29

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 Your Choice

1

SEP

Any 2
200Ch - 400FR - 800FLY/Ch
or Swap

5

SEP

Your Choice

8

SEP

200IM/Ch
800BR

12

SEP

Your Choice

15

SEP

200 WU
100FR - 100IM - 50BR - 50FLY - 25BK -
25BR HCP
Shoot out

19

SEP

Your Choice

22

SEP

Long Distance

26

SEP

Your Choice

29

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

Any 2
200Ch - 400FLY/Ch - 800 FR
or Swap

3

OCT

Your Choice

6

OCT

200 WU
200FLY - 100BR - 50FR - 50BR HCP
(50 & 25's interchangeable depending on
indoor or outdoor pool)
Shoot out

10

OCT

Your Choice

13

OCT

Branch Short Course Championship
AIS, Canberra

16

OCT

800IM/Ch not HCP
400BR HCP

17

OCT

Branch Short Course Championship
AIS, Canberra

17

OCT

Your Choice

20

OCT

Long Distance

24

OCT

Your Choice

27

OCT

200BK not HCP
800FR HCP

31

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**
3 Your Choice
- NOV**
6 Port Macquarie BPS LC
- NOV**
7 400 WU
100FLY - 50BK - 50FLY - 50FR HCP
Shoot out
- NOV**
10 Your Choice
- NOV**
13 Novocastrians LC
- NOV**
14 Long Distance
- NOV**
17 Your Choice
- NOV**
21 Any 2
200Ch - 400BK - 800BR
or Swap
- NOV**
24 Your Choice
- NOV**
28 200 WU
200FR - 100BR - 100BK - 50FR HCP
Shoot out

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 Your Choice
- DEC**
5 Long Distance
- DEC**
8 Your Choice
- DEC**
12 Any 2
200Ch - 400FR - 800BK
or Swap
- DEC**
15 Your Choice
- DEC**
19 200 WU
200IM - 100FR - 50BK - 50FLY HCP
Shoot out
- DEC**
22 Your Choice
- DEC**
26 Late start at pool
Any 2
200Ch - 400IM/Ch - 800IM/Ch
or Swap
- DEC**
29 Your Choice