

CAMPBELLTOWN COLLEGIANS AUSSI MASTERS SWIMMING CLUB INC
SWIM PROGRAM FOR 2019

Final – 2019-C

Week	Date	Swim	Week	Date	Swim
1	6 th Jan	Aerobic Choice + (H to H)	14	7 th April	800Br -400 Bk
2	13 th Jan	{400 Choice} 200 IM - 100Fr- 100 Br - 50Bk		13 th April	Blacktown BPS LC
	19 th Jan	Campbelltown BPS LC	15	14 th -Apr	800Fr- 400Fly or choice
3	20 st Jan	800IM- 400Br	16	21 st Apr Easter Sunday Late start TBA	{400 Choice } 200 Fr -100 Bk -50Br -25Bk- 25 Fr – 25 Br HCP # (This swim may be moved to Saturday 20 th April)
4	27 th Jan	800Br or choice- 400Fr		27 th to 28 th April	Long Course Championships (SOPAC)
5	3 rd Feb	400 Bk – HCP 800Fly or choice (Not HCP) #	17	28 th April	Aerobic Choice + (H to H) Stroke correction
	9 th Feb	Myall BPS SC	18	5 th May	400 Br HCP - 800IM (not HCP)
6	10 th Feb	Aerobic choice + (H to H) Stroke correction		11 th to 12 th May	Illawarra/Far South Coast project Ulladulla
7	17 th Feb	{400m Choice} 200Fly- 200Fr-100Br- HCP #	19	12 th May Mother's	800Fly or choice – 400 IM - or choice
	23 rd Feb	Merrylands BPS LC		18 th May	MSNSW Annual General Meeting (Sports House)
8	24 th Feb	800Bk- 400Fr	20	19 th May	{400 Choice } 200 IM -100 Bk -50Fr - 25Br- 25 Fr HCP # Shoot out
				25 th May	Ettalong BPS SC
9	3 rd Mar	{400 choice} 200Br - 100Bk -100Fr- 50Br – 50 Fly - HCP# Shoot out	21	26 th May	Aerobic Choice + (H to H) Stroke correction
	9 th Mar	Cessnock BPS LC	22	3-June	{400 Choice } - 100Fly- 50Fr-50Br – 50 Bk - 25Fly – 25Fr HCP # Shoot out
10	10 th Mar	800Fr-400Bk		8 th to 9 th June	Clarence River BPS SC
11	17 th Mar	400Fr HCP 800Br (Not HCP)	23	8 th June Saturday	Aerobic Choice + (H to H) Sunday not available
	19 th to 22 th Mar	MSA National Championships Adelaide LC	24	16 th June	400 Br HCP 800Bk (Not HCP)
12	24 th Mar	800Bk-400Br	25	23 th June	{400 Choice } 200Fr- 100IM - 50Br – 50Bk - 25 Fly – 25 Br HCP # Shoot out
13	31 st Mar	{400 choice} 200Fr - 100Br- 50Fr – 50 Fly - HCP# Shoot out		30 th June	Manley BPS
	6 th April	Wet Ones LC	26	31 st June	800Fr- 400Fly or choice

27	7 th July	{400 Choice } 800Fly or choice		12 th to 13 th Oct	Branch Short Course Championship Woy Woy
28	14 th July	{400 Choice } 200Bk – 200 Br -100Br- 25 Fly 25Bk HCP #	41	13 th Oct	800Fr-400 Bk
	21 st July	Branch Relay Meet SC Woy Woy	42	20 st Oct	400Br HCP 800Bk (Not HCP)
29	21 st July	Aerobic Choice + (H to H) Stroke correction			
30	27 th July Saturday	800Bk- 400Fr Sunday may not be available (Subject to change)	43	27 th Oct	800Br-400 IM or choice
31	4 th Aug	{400 Choice } 200 Bk -100 IM- 50Bk – 25Fr 25Fly HCP #	44	3 th Nov	{400 Choice } 100Bk-100Fly- 50Fr-50Bk -50Fly HCP #
32	11 th Aug	800IM or choice - 400 Choice		9 th Nov.	Novocastrian BPS LC
	12 th to 18 th Aug	Fina World Masters Swimming Championships LC Gwangji South Korea	45	10 th Nov	Aerobic Choice + (H to H) Stroke correction
33	18 th Aug	800Br - 400Bk			
34	25 th Aug	400 Choice } 200 IM -100 Fly- 50Br – 50Fr 25Bk HCP #	46	17 th Nov	400 Fly HCP 800Bk (Not HCP)
	31 st Aug	Ryde BPS SC	47	24 th Nov	800Fr- 400IM or choice #
35	1 st Sep Father's	800Fly or choice - 400Br		24 th Nov	Hills BPS SC
36	8 th Sep	{400 Choice } 200Br – 100Bk 100 IM – 50 Fr - 25Br - 25Fr HCP Shoot out #	48	1 st Dec	{400m Choice} 200Fly- 100Br- 50fly - 50Fr – 50 Bk HCP # Shoot out
	15 th Sep	Branch Long Distance Championships – SC – Knox		7 th Dec	West Auburn Long Distance LC
37	15 th Sep	400 Fr HCP 800IM (Not HCP)	49	8 th Dec	800IM or choice -400 Choice Stroke correction
38	22 th Sep.	Aerobic Choice + (H to H) Stroke correction	50	15 th Dec	800Br - 400 choice
39	29 th Sep	{400m Choice} 200Bk- 100Fr- 50 Br 50Fly-50Bk HCP Shoot out #	51	22 rd Dec Pool open normal times	{400m Choice} 200Bk- 100Fr- 50 Br 50Fly-50Bk HCP Shoot out
	29 th Sep,	Seaside Pirates BPC SC - Knox	52	29 th Dec Pool open normal times	Aerobic Choice + (H to H)
40	6 th Oct	Aerobic choice + (H to H)			

PLEASE NOTE: Our handicap swims are now in **RED**. Important dates in **GREEN**

Please Note: Yellow indicate week of carnivals. Dark purple indicates State, National or World carnivals

Note on sprint days: If timing required (400m) you need to be at the pool ready to swim by 7.15am

indicates relay practice, starts etc. subject to attendance & time available, usually before important carnivals where a large number of members are attending, *and this can be flexible!*

Purple indicates stroke correction sessions available.

(H to H) Head to Head challenge (ref web page)