

**CAMPBELLTOWN AUSSI MASTERS SWIMMING CLUB INC**  
**SWIM PROGRAM FOR 2024**

Week	Date	Swim	Week	Date	Swim
1	7 <sup>th</sup> Jan	Any 2 -200 Choice, 400BK, 800Free	15	14 <sup>th</sup> Apr	800 FLY, 400 BRS
2	14 <sup>th</sup> Jan	Any 2- 200 choice, 800 Br, 400m Free HCP	16	21 <sup>st</sup> Apr	Endurance Swims
3	21 <sup>st</sup> Jan	200WU 100FLY, 100 Free, 50Bk, 50 BRS HCP	17	28 <sup>th</sup> Apr	Any 2 200 Choice, 400 BRS, 800BK HCP
	27 <sup>th</sup> Jan	CAMPBELTOWN BPS MEET		3 <sup>rd</sup> – 6 <sup>th</sup> May	MASTERS SWIMMING NATIONALS- DARWIN
4	28 <sup>th</sup> Jan	Endurance Swims	18	5 <sup>th</sup> May	800 FLY, 400 FREE - HCP
5	4 <sup>th</sup> Feb	400WU, 100BRS, 50 Free, 50 Fly, 50BACK HCP	19	12 <sup>th</sup> May	MOTHER'S DAY Any 2 - 200 Choice, 400FLY, 800BRS
	10 <sup>th</sup> Feb	MYALL BPS MEET	20	19 <sup>th</sup> May	400WU, 100BK, 50BRS, 50 Free, 25BK, 25FLY HCP
6	11 <sup>th</sup> Feb	Any 2 - 200 Choice, 400BK, 800 FLY		25 <sup>th</sup> May	ETTALONG BPS MEET
7	18 <sup>th</sup> Feb	OUR AGM at the pool 200 WU, 100BK, 50BK, 50 Free, 50 BRS HCP	21	26 <sup>th</sup> May	Any 2- 200 Choice, 400BK, 800IM HCP
	23 <sup>rd</sup> Feb- 3 <sup>rd</sup> Mar	WORLD MASTERS CHAMPIONSHIPS – DOHA, QATAR		1 <sup>st</sup> June	MASTERS AGM MEETING
	24 <sup>th</sup> Feb	BLACKTOWN BPS MEET	22	2 <sup>nd</sup> June	400 WU, 100IM, 50FLY, 50BK, 25BRS, 25BK HCP- Shoot Out
8	24 <sup>th</sup> Feb	Endurance Swims	23	9 <sup>th</sup> June	Endurance Swim – <i>may have to swim Saturday due to Amateur carnival</i>
9	3 <sup>rd</sup> Mar	800BK 400IM HCP		10 <sup>th</sup> June	KINGS BIRTHDAY LONG WEEKEND
10	10 <sup>th</sup> Mar	200WU, 200BK, 100Free, 50 Fly, 50 Free, HCP Shoot Out		16 <sup>th</sup> June	SEASIDE PIRATES BPS MEET
11	17 <sup>th</sup> Mar	Endurance Swims	24	16 <sup>th</sup> June	Endurance Swims
	23 <sup>rd</sup> Mar	CESSNOCK BPS MEET	25	23 <sup>rd</sup> June	Any 2- 200 Choice, 400IM, 800BRS
12	24 <sup>th</sup> Mar	Any 2 – 200 choice, 40BRS, 800 Free Club Presentation Day at Annie and Doug's	26	30 <sup>th</sup> June	400WU, 100 Free, 100IM, 50FLY, 25 FREE, 25FFLY HCP
13	31 <sup>st</sup> Mar	EASTER SUNDAY Endurance Swims	27	7 <sup>th</sup> July	Any 2 - 200 Choice, 400BRS, 800FREE
14	7 <sup>th</sup> Apr	400 WU, 100IM, 50BK, 50 FLY, 25 Free, 25 BRS HCP	28	14 <sup>th</sup> July	800 FLY, 400 FREE MSNSW State Relays – 7 <sup>th</sup> or 13 <sup>th</sup> of July
	13 <sup>th</sup> -14 <sup>th</sup> April	MSNSW Long Course Championships - HOMEBUSH	29	21 <sup>st</sup> July	Endurance Swims

30	28 <sup>th</sup> July	200 WU, 100FLY, 50 Free, 50BRS, 25Free, 25BK- HCP	42	20 <sup>th</sup> Oct.	800IM, 400BK HCP
	4 <sup>th</sup> August	WARRINGAH BPS MEET	43	27 <sup>th</sup> Oct.	Endurance Swims
31	4 <sup>th</sup> August	Endurance Swims		1 <sup>st</sup> – 10 <sup>th</sup> Nov	PAN PAC MASTER GAMES- GOLD COAST
32	11 <sup>th</sup> Augst	Any 2- 200 Choice, 400IM, 800BRS		3 <sup>rd</sup> Nov	MANLY BPS MEET
33	18 <sup>th</sup> August	Endurance Swims	44	3 <sup>rd</sup> Nov	Choice of 2 -200 Choice, 400BK, 800IM
	24 <sup>th</sup> August	RYDE BPS MEET	45	10 <sup>th</sup> Nov	400WU, 100 FLY, 50BK, 50FLY, 50 Free, HCP- Shoot
34	25 <sup>th</sup> August	800 BK, 400 FLY HCP		16 <sup>th</sup> Nov	PORT MACQUARIE BPS MEET
35	1 <sup>st</sup> Sept	FATHER'S DAY Any 2 200 choice, 400Free, 800FLY	46	17 <sup>th</sup> Nov	Endurance Swims
36	8 <sup>th</sup> Sept	Endurance Swims		24 <sup>th</sup> Nov	NOVOCASTRIAN BPS MEET
37	15 <sup>th</sup> Sept	200WU, 100Free, 100IM, 50BRS, 50FLY, 25BK, 25BRS HCP	47	24 <sup>th</sup> Nov	Any 2- 200 choice, 400IM,800BRS
	21 <sup>st</sup> Sept	WETT ONES BPS MEET	48	1 <sup>st</sup> Dec	200WU, 200Free, 100BRS, 100BK, 50 Free HCP- Shoot Out
38	22 <sup>nd</sup> Sept	200IM, 800FREE HCP	49	8 <sup>th</sup> Dec	Endurance Swims
39	29 <sup>th</sup> Sept	Any 2 -200 choice, 400FLY, 800BRS	50	15 <sup>th</sup> Dec	Last week for club points 200WU, 200IM, 100Free, 50BK, 50 FLY- Shoot Out
40	6 <sup>th</sup> Oct	200WU, 200FLY, 100BRS, 50 FREE, 50BRS HCP Shoot Out	51	22 <sup>nd</sup> Dec	<i>Master's points available for endurance swims for the remaining two weeks of the year. No club points available</i>
	12-13 <sup>th</sup> Oct	MASTER NSW SHORT COURSE CHAMPIONSHIPS-	52	29 <sup>th</sup> Dec	
41	13 <sup>th</sup> Oct	Endurance Swims			

**Note:** If members present on a sprint scheduled day is less than 10, it will revert to a 2/4/8 day. If members present on a sprint scheduled day is less than 20, we can have up to a 400m warm up swim.

### KEY:

Masters BPS Meets in **Yellow**

Master Swimming (Nationals or World) Events in Orange

Key Dates in **Green**.

### **Other acronyms:**

**WU** = Warm up

**Hcp** = Handicapped swims

**Any 2** = choose any 2 swims from the list of swims

**Shoot Out** = Shoot Out days where top people in the club point score compete against each other in all races

**Ch** = Choice, you pick the stroke to swim

**Swap** = swap these swims for one longer distance swim