



CLUB NIGHT PROGRAM 2023-2024

Session 1 (Oct – Dec)

DAPTO SWIMMING
CLUB
daptoosc@gmail.com

Date	Time	Point score events					Area and other events
13 th Oct (Wk 1)	5:45pm	WELCOME BACK NIGHT MINI SWIM LEAGUE/ PARENT INFORMATION					8 th Oct SESA Distance Time Trial 15 th Oct Dapto Qualifying Carnival
20 th Oct (Wk 2)	5:45pm	FREE 12.5, 25, 50, 100	FLY 12.5, 25, 50, 100	BREAST 12.5, 25, 50, 100		200m swimmers choice OR 400m free	21 st Oct Oak Flats Development Carnival
27 th Oct (Wk 3)	5:45pm	FREE 12.5, 25, 50, 100		BREAST 12.5, 25, 50, 100	BACK 12.5, 25, 50, 100	200m swimmers choice OR 400m free	29 th Oct Wollongong Qualifying Carnival
3 rd Nov (Wk 4)	6:45PM	FREE 12.5, 25, 50, 100	FLY 12.5, 25, 50, 100	Ernie Furbank Heat 1	BACK 12.5, 25, 50, 100	IM 100, 200, 400m	5 th Nov Bega Development Meet
10 th Nov (Wk 5)	6:45PM	FREE 12.5, 25, 50, 100	FLY 12.5, 25, 50, 100	BREAST 12.5, 25, 50, 100		IM 100, 200, 400m	11 th & 12 th Nov SESA LC Championships
17 th Nov (Wk 6)	6:45PM	FREE 12.5, 25, 50, 100	Ernie Furbank Heat 2	BREAST 12.5, 25, 50, 100	BACK 12.5, 25, 50, 100	200m swimmers choice OR 400m free	18 th Nov Eden Combined Meet TBC
24 th Nov (Wk 7)	6:45PM	FREE 12.5, 25, 50, 100	FLY 12.5, 25, 50, 100		BACK 12.5, 25, 50, 100	200m swimmers choice OR 400m free	26 th Nov Corrimal Qualifying Carnival TBC
1 st Dec (Wk 8)	6:45PM	FREE 12.5, 25, 50, 100	FLY 12.5, 25, 50, 100	BREAST 12.5, 25, 50, 100		IM 100, 200, 400m	2 nd Dec Nowra Development Carnival 3 rd Dec Cooma Development Meet
8 th Dec (Wk 9)	6:45PM	FREE 12.5, 25, 50, 100		BREAST 12.5, 25, 50, 100	BACK 12.5, 25, 50, 100	IM 100, 200, 400m	
15 th Dec (Wk 10)	6:45PM	FREE 12.5, 25, 50, 100	CHRISTMAS NIGHT/ CAPTAINS RELAYS/ ERNIE FURBANK FINAL/ VI SCHOFIELD				10 th – 16 th Dec NSW Senior State Age Championships @SOPAC 17 th & 18 th Dec NSW Open Water 24th – 27th Jan AUS Open Water CHRISTMAS BREAK until 2nd February

CHOOSE ONE SWIM ONLY FROM EACH COLUMN

\$1.50 per swim



CLUB NIGHT PROGRAM 2023-2024

Session 2 (Feb – Mar)

DAPTO SWIMMING CLUB
daptosc@gmail.com

Date	Time	Point score events					Area and other events	
2 nd Feb (Wk 11)	6:45PM	FREE 12.5, 25, 50, 100	FLY 12.5, 25, 50, 100		BACK 12.5, 25, 50, 100	200m swimmers choice OR 400m free	14 th Jan Bomaderry Qualifying Carnival 20 th -21 st Jan NSW Country Regionals @ 3 locationsTBC 4 th Feb Speedo Sprints + Oak Flats Qualifying meet @ Oak Flats	
9 th Feb (Wk 12)	6:45PM	FREE 12.5, 25, 50, 100	FLY 12.5, 25, 50, 100	BREAST 12.5, 25, 50, 100		200m swimmers choice OR 400m free		
16 th Feb (Wk 13)	6:45PM	FREE 12.5, 25, 50, 100		BREAST 12.5, 25, 50, 100	BACK 12.5, 25, 50, 100	IM 100, 200, 400m	16 th – 18 th Feb Country LC Champs @ SOPAC	
23 rd Feb (Wk 14)	6:45PM	FREE 12.5, 25, 50, 100	FLY 12.5, 25, 50, 100		BACK 12.5, 25, 50, 100	200m swimmers choice OR 400m free		
1 st Mar (Wk 15)	6:45PM	FREE 12.5, 25, 50, 100	FLY 12.5, 25, 50, 100	BREAST 12.5, 25, 50, 100		IM 100, 200, 400m	2 nd Mar Speedo Sprints @ SOPAC 3 rd Mar NSW Multi Class Meet 1 * Club Championship event	
8 th Mar (WK 16)	6:45PM	FREE 12.5, 25, 50, 100		BREAST 12.5, 25, 50, 100	BACK 12.5, 25, 50, 100	200m swimmers choice OR 400m free	8 th -10 th Mar NSW State Open 9 th Mar Albion Park Development Meet * Club Championship event	
15 th Mar (WK 17)	6:45PM	CLUB CHAMPIONSHIPS						15 th – 17 th NSW State Open @ SOPAC
22 nd Mar (WK 18)	6:45PM	CLUB CHAMPIONSHIPS						23 rd & 24 th Mar NSW Junior State Age @ SOPAC
<p>29th Mar – Good Friday</p> <p>6th - 14th April Australian Age Swimming Championships</p> <p>17th – 20th April Australian Swimming Championships</p>								

CHOOSE ONE SWIM ONLY FROM EACH COLUMN

\$1.50 per swim

- Entries will close at 7pm on Thursday night via Swim Central
- If you forget to enter on Swim Central **you may still swim** however no points will be earned towards your final point score total.