

Gosford Stingrays Programme 2011

Updated February 2011

Date	Little Rays	D grade	C grade	B grade	A grade	Comments
5 Feb	Sprints	Venue to be advised				
12 Feb	12.5/25m Free 12.5/25mBack 12.5/25mKick	25/50m Free 25/50m Back 25/50m Fly Relays	50m Free 50m Back 50m Fly Relays	50m Free 50m Back 100m Fly Relays	50m Free 50m Back 100m Fly Relays	NSW State Open SOPAC
19 Feb	12.5/25m Free 12.5/25mBrst 12.5/25mKick	25/50m Free 25/50m Brst 25/50m Back	100m Free 100m Brst 50m Back /200mIM	100/200mFree 100m Brst 200m IM	100/200mFree 100m Brst 200m IM	
26 Feb	12.5/25m Free 12.5/25m Brst 12.5/25m Fly	25/50m Free 25/50m Brst 25/50m Fly	100m Free 50m Brst 50m Fly	100m Free 50m Brst 50m Fly	100m Free 50m Brst 50m Fly	Country Champs SOPAC
5 Mar	12.5/25m Free 12.5/25mBack 12.5/25m Brst	25/50m Free 25/50m Back 25/50m Brst	50m Free 100mBack 50m Brst/ 100/200m Choice	50m Free 100m Back 50m Brst/ 200/400m Choice	50m Free 100m Back 50m Brst/ 200/400m Choice	
12 Mar	12.5/25m Free 12.5/25mBack 12.5/25m Brst	25/50m Free 25/50m Back 25/50m Brst	100m Free 50m Back 100m Brst	100m Free 50m Back 100m Brst	100m Free 50m Back 100m Brst	
19 Mar	12.5/25m Free 12.5/25mBack 12.5/25m Fly	25/50m Free 25/50m Back 25/50m Fly	50m Free 50m Back 100m Fly	200m Free 50m Back 100m Fly	200m Free 50m Back 100m Fly	Disability Meet Blacktown
26 Mar	12.5/25mFree 12.5/25mBack 12.5/25mBrst	25/50m Free 25/50m Back 25/50m Brst	50m Free 50m Back /200m IM 50m Brst	50m Free 200m IM 50m Brst	50m Free 200m IM 50m Brst	
2 April	12.5/25m Free 12.5/25mBrst 12.5/25mKick	25/50m Free 25/50m Brst 25/50mBack	100m Free 100m Brst 50mBack /200m IM	100m Free 100m Brst 200m IM	100m Free 100m Brst 200m IM	
8 April to 26 April	Holidays					

Date	Little Rays	D grade	C grade	B grade	A grade	Comments
30 Apr	12.5/25mFree 12.5/25mBack 12.5/25mBrst	25/50m Free 25/50mBack 25/50m Brst Relays	50mFree 50m Back 50m Brst Relays	100mFree 100mBack 50mBrst Relays	100mFree 100mBack 50m Brst Relays	
7 May	12.5/25m Free 12.5/25mBack 12.5/25mFly	25/50m Free 25/50mBack 25/50m Fly	50m Free 50m Back 100m Fly	50m Free 50m Back 100m Fly	50m Free 50m Back 100m Fly	AGM 2.30PM AT POOL
14 May	12.5/25m Free 12.5/25mKick 12.5/25mBrst	25/50m Free 25/50mBack 25/50m Brst	100m Free 100mIM 100m Brst	100m Free 100m IM 100m Brst	100m Free 100m IM 100m Brst	KPD Development Meet
21 May	12.5/25m Free 12.5/25m Brst 12.5/25m Fly	25/50m Free 25/50m Brst 25/50m Fly	100m Free 50m Brst 50m Fly/200 Choice	100m Free 50m Brst 50mFly/ 200mChoice	100m Free 50m Brst 200m Choice	Disability Meet SOPAC
28 May	12.5/25m Free 12.5/25mBack 12.5/25m Brst	25/50m Free 25/50mBack 25/50m Brs Relays	50m Free 100mBack 50m Brst Relays	50m Free 100m Back 50m Brst Relays	50m Free 100mBack 50m Brst Relays	
4 June	12.5/25mFree 12.5/25mBrst 12.5/25mKick	25/50m Free 25/50m Brst 25/50mBack	100m Free 50m Brst 100m IM	100m Free 50m Brst 100m IM	100m Free 50m Brst 100m IM	State Open Short Course SOPAC
11 June	Long	Weekend				Titans Qualifying Meet
18 June	12.5/25mFree 12.5/25mBack 12.5/25m Fly	25/50mFree 25/50mBack 25/50m Fly Relays	50m Free 100m Back 50m Fly Relays	50m Free 100m Back 50m Fly Relays	50m Free 100mBack 50m Fly Relays	Coast & Valley Champs
25 June	12.5/25mFree 12.5/25mBrst 12.5/25mKick	25/50mFree 25/50mBrst 25/50mBack	50m Free 50m Brst 100m Back	50m Free 50m Brst 100m Back	50m Free 50m Brst 100mBack	
2 July to17 July	School Holidays					Country Champs SOPAC

Date	Little Rays	D grade	C grade	B grade	A grade	Comments
23 July	12.5/25mFree 12.5/25mBack 12.5/25mBrst	25/50mFree 25/50mBack 25/50mBrst Relays	50m Free 50m Back 50m Brst Relays	100m Free 100m Back 50m Brst Relays	100m Free 100mBack 50m Brst Relays	Woy Woy Meet
30 July	12.5/25mFree 12.5/25mBack 12.5/25mFly	25/50mFree 25/50mBack 25/50mFly	50m Free 50m Back 100m Fly	50m Free 50m Back 100m Fly	50mFree 50m Back 100m Fly	
6 August	12.5/25mFree 12.5/25mKick 12.5/25mBrst	25/50mFree 25/50mBack 25/50mBrst	100mFree 100m IM 100m Brst	100m Free 100mIM 100m Brst	100m Free 100m IM 100m Brst	Disability Meet Blacktown
13 August	12.5/25mFree 12.5/25mBrst 12.5/25mFly	25/50m Free 25/50m Brst 25/50m Fly	100m Free 50m Brst 50mFly/200m choice	100m Free 50m Brst 50mFly/200m choice	100m Free 50m Brst 200mchoice	State Age SOPAC
20 August	12.5/25m Free 12.5/25mBack 12.5/25mBrst	25/50m Free 25/50mBack 25/50mBrst	50m Free 100m Back 50m Brst Relays	50m Free 100m Back 50m Brst Relays	50m Free 100m Back 50m Brst Relays	
27 August	12.5/25mFree 12.5/25mBrst 12.5/25mKick	25/50mFree 25/50mBrst 25/50mBack	100m Free 50m Brst 100m IM	100m Free 50m Brst 100m IM	100m Free 50m Brst 100m IM	
3 Sept	12.5/25mFree 12.5/25mBack 12.5/25mFly	25/50mFree 25/50mBack 25/50mFly Relays	50m Free 100m Back 50m Fly Relays	50m Free 100m Back 50m Fly Relays	50m Free 100m Back 50m Fly Relays	
10 Sept	12.5/25mFree 12.5/25mBrst 12.5/25mKick	25/50mFree 25/50mBrst 25/50mBack	50mFree 50mBrst 100m IM	50mFree 50mBrst 100m IM	50m Free 50m Brst 100m IM	
17 Sept	12.5/25m Free 12.5/25mBack 12.5/25m Fly	25/50mFree 25/50mBack 25/50m Fly	100m Free 50m Back 100m Fly	200m Free 50m Back 100m Fly	200m Free 50m Back 100m Fly	
24 Sept to 9 October	School	Holidays				

Date	Little Rays	D grade	C grade	B grade	A grade	Comments
15 Oct	12.5/25m Free 12.5/25mBack 12.5/25m Fly	25/50mFree 25/50mBack 25/50m Fly Relays	50m Free 50m Back 50m Fly Relays	50m Free 50m Back 100m Fly Relays	50m Free 50m Back 100m Fly Relays	
22 Oct	12.5/25mFree 12.5/25mKick 12.5/25m Brst	25/50mFree 25/50mBack 25/50mBrst	100m Free 200m IM 50m Brst	100/200mFree 200m IM 50m Brst	100/200mFree 200m IM 50 m Brst	Disability State Champs SOPAC
29 Oct	12.5/25mFree 12.5/25mBrst 12.5/25mFly	25/50mFree 25/50mBrst 25/50mFly Relays	50m Free 50m Brst 50m Fly Relays	50m Free 50m Brst 100m Fly Relays	50m Free 50m Brst 100m Fly Relays	
5 Nov	12.5/25mFree 12.5/25mBack 12.5/25mBrst	25/50mFree 25/50mBack 25/50mBrst	50m Free 100m Back 50mBrst/ 100/200m choice	50m Free 100m Back 50m Brst/ 200/400m choice	50m Free 100m Back 50m Brst 200/400m choice	
12 Nov	12.5/25mFree 12.5/25mKick 12.5/25mBrst	25/50mFree 25/50mBack 25/50mBrst	100m Free 200m IM 50m Brst	100m Free 200m IM 100m Brst	100m Free 200m IM 100m Brst	
19 Nov	Club Champs		Programme To be advised			
26 Nov	Club Champs		Programme To be advised			
3 Dec	Presentation & Xmas Party		To be confirmed			

Please see attached page for Notes explaining programme.

Notes Accompanying 2011 Programme

The Committee of Gosford Stingrays reserves the right to alter the Programme when necessary and this may be at short notice.

The programme has been written without taking into consideration local and area Carnival dates which are not yet published.

Note:

Swimmers will swim 3 individual events at any Club night. This does not include relays. Where 'Choice' for distance is available, please enter only 3 events not 4.

12 February to 2 April 2011 Swimming will be in the 50m pool and cards need to be in by 4.45pm.

30 April to 17 September 2011 Swimming will be in the 25m pool and cards need to be in by 3.45pm.

15 October to 3 December 2011 Swimming will be in the 50m pool and cards need to be in by 4.45pm.

Club Attendance

To qualify to swim in Club Champs members must attend 50% of all Club nights in the 12 month programme.

To qualify for representative packages members must attend 50% of all Club nights in the 12 month programme and swim at least half of the 50%.

Attendance at Committee approved targeted carnivals which occur on a nominated Club night will count towards qualifying for Club Champs and rep packages.

Club Champs

There will be only one Club Championships and these will be held over two Saturday nights with distance swimming included in the championships and trophies presented at Presentation night.

Pointscore

The pointscore will be allocated over the 12 months programme of swimming commencing in February and finishing with Club Championships late November.

Parent Help

It is absolutely necessary for all parents to help out with timekeeping, marshalling, recording and packing up at every Club night.