

Gosford Stingrays Swimming Club Winter Club Night Program 2010

- Club commences at 4.00pm Saturdays
- Cards to be in by 3.45pm
- Little rays may do kickboard in place of any form stroke

The committee reserves the right to alter the programme at any time

Date	Stroke	Little Rays	D Grade	C Grade	B Grade	A Grade	Comments
8th May	Freestyle	12.5 /25	25 /50	50	50	50	A.G.M. 1.00pm Club Room All attend please
	Backstroke	12.5 /25	25 /50	50/ 100	100	100	
	Fun Relays	12.5 /25					
15th May	Freestyle	12.5 /25	25 /50	100	100	100	16th May- KPD Swim Carnival – PLC
	Breaststroke	12.5 /25	25 /50	50 /100	100	100	
	Butterfly	12.5 /25	25 /50	50	100	100	
22nd May	Freestyle	12.5 /25	25 /50	100	100	100	22nd May NSW Disability SC Meet-
	Backstroke	12.5 /25	25 /50	50	50	50	
	Breaststroke	12.5 /25	25 /50	50	50	50	
	IM		100	100	100	100	
29th May	Freestyle	12.5 /25	25 /50	100	100	100	
	Backstroke	12.5 /25	25 /50	50	50 /100	100	
	IM			100	100	100	
5th June	No	Club	Coast &	Valley	Champs		5th and 6th June- Coast and Valleys SC Champs
12th June	No	Club	Long	Weekend			
19th June	Freestyle	12.5 /25	25 /50	50	50 /100	100	18th and 19th June- NSW State Open
	Backstroke	12.5 /25	25 /50	100	100	100	
	Breaststroke	12.5 /25	25 /50	50	100	100	
	Relays						
26th June	No	Club	Stingrays	Carnival			27th June- Gosford Stingrays Swim Carnival- PLC Woy Woy- All Members to attend.
3rd July- 17th July	No	Club	School	Holidays			10th and 11th July – NSW Country SC Champs – SOPAC
24th July	Freestyle	12.5 /25	25 /50	50	50	50	
	Breaststroke	12.5 /25	25 /50	50 /100	100	100	
	Butterfly	12.5 /25	25 /50	50	50	50	
	IM			100	200	200	
31st July	Freestyle	12.5 /25	25 /50	50	100 /200	100 /200	
	Breaststroke	12.5 /25	25 /50	100	100	100	
	Butterfly	12.5 /25	25 /50	50	50 /100	100	
7th August	Freestyle	12.5 /25	25 /50	100	100	100	7th Aug Disability Meet – Blacktown
	Backstroke	12.5 /25	25 /50	50	50 /100	100	
	IM			100	100	100	
14th August	Freestyle	12.5 /25	25 /50	50	50	50	13th-15th August NSW SC State Age SOPAC
	Backstroke	12.5 /25	25 /50	50	50	50	
	Breaststroke	12.5 /25	25 /50	50	50	50	
	Butterfly	12.5 /25	25 /50	50	50	50	

Date	Stroke	Little Rays	D Grade	C Grade	B Grad	A Grad	Comments
21st August	Freestyle	12.5 /25	25 /50	100 /200	100 /200	100 /200	
	Breaststroke	12.5 /25	25 /50	50	50	50	
	Backstroke	12.5 /25	25 /50	50	50	50	
	Relays						
28th August	Freestyle	12.5 /25	25 /50	50	100	50	
	Breaststroke	12.5 /25	25 /50	100	100	100	
	Butterfly	12.5 /25	25 /50	50	50	50	
	IM		100	100	200	200	
4th September	Freestyle	12.5 /25	25 /50	100	100	100	
	Butterfly	12.5 /25	25 /50	50	50 /100	100	
	Backstroke	12.5 /25	25 /50	100	100	100	
11th September	Freestyle	12.5 /25	25 /50	50	50	50	12th September- KPD LC meet - PLC
	Backstroke	12.5 /25	25 /50	100	100	100	
	Butterfly	12.5 /25	25 /50	50 /100	100	100	
	Relays						
18th September							Club Championships

This winter there are 14 club nights including Coast & Valley Championships and Gosford Stingrays Carnival available to swimmers. To qualify for Winter Club Championships and Club Rep packages, the following rules must be observed:

Swimmers must swim at least 8 club nights.

Central Coast club carnivals, Coast & valley Championships, Disability, Country, State Age, State Open and National Age and Open are all considered 'targeted meets', and will be considered as club attendance as swimmers are representing our club.

**Representative swimmers must however,
Attend a minimum of 4 Club nights.**

Club Rep packages are distributed at the Committees discretion. Refer to handbook for more details.

Club Nights:

1. Cards must be in by 3.45pm Saturday.
2. Late entries after 3.45pm will not be accepted. No exceptions will be given.
3. Parents are both encouraged and expected to help out in some way at every club night.
 - Help with set-up – tables, entry boxes, chairs, stopwatches etc.
 - Sorting cards into heats (you will receive training!)
 - Marshalling
 - Timekeeping (2 per lane); please note children under 12 must be assisted by an adult.
 - Collecting cards
 - Starting
 - Packing up (see set-up)

Remember, club nights will run smoothly with everyone's help and the most important thing is to HAVE FUN.