

BOOLAROO SPEERS POINT SWIMMING CLUB inc



Venue: Speers Point Pool-November 2022 to March 2023
Time: Mark off 6.30-6.45pm Race begin 7pm
Pool entry: as per LMCC Fees & Charges
Membership: Current financial membership is valid from 1 October 2022 to 30 September 2023.

PROGRAM FOR SUMMER 2022 / 2023

Week			*Open	Stroke 1 25m / 50m	Stroke 2 25m / 50m	Stroke 3 25m / 50m	Stroke 4/50m Brace 2 x 25m / 2 x 50m		
1	November	7		Backstroke (BK)	Butterfly (FLY)	Breaststroke (BR)	Freestyle (FS)	Scratch	
2	November	14	100M F/S	Backstroke (BK)	Breaststroke (BR)	Freestyle (FS)		Scratch	
3	November	21	100M BK	Breaststroke (BR)	Butterfly (FLY)	Freestyle (FS)		Scratch	
4	November	28	100m BR	Backstroke (BK)	Butterfly (FLY)	Freestyle (FS)	Brace Relay	Scratch	
	November	29	Club Committee Meeting - Speers Point Pool Clubhouse-7.00 pm						
5	December	5	100m FLY	Backstroke (BK)	Breaststroke (BR)	Freestyle (FS)	Brace Relay	Scratch	
6	December	12	200m F/S	Breaststroke (BR)	Butterfly (FLY)	Freestyle (FS)	Brace Relay	Scratch	
7	December	19	200m IM	Backstroke (BK)	Breaststroke (BR)	Freestyle (FS)	Xmas Party	Scratch	
	December	26	No Swimming - XMAS BREAK						
	January	2	No Swimming - XMAS BREAK						
8	January	9	100m F/S	Backstroke (BK)	Butterfly (FLY)	Freestyle (FS)	Brace Relay	Scratch	
9	January	16	100m BR	Backstroke (BK)	Butterfly (FLY)	Freestyle (FS)	Brace Relay	Scratch	
10	January	23	100M BK	Breaststroke (BR)	Butterfly (FLY)	Freestyle (FS)	Brace Relay	Scratch	
11	January	30	100m FLY	Backstroke (BK)	Breaststroke (BR)	Freestyle (FS)	Brace Relay	Scratch	
	January	31	Club Committee Meeting - Speers Point Pool Clubhouse-7.00 pm						
12	February	6	200m IM	100m IM	Butterfly (FLY)	Freestyle (FS)	Brace Relay	Scratch	
13	February	13	OPEN CHAMPIONSHIPS	Backstroke (BK)	Butterfly (FLY)	Breaststroke (BR)	Freestyle (FS)	Scratch	
14	February	20	OPEN CHAMPIONSHIPS	Backstroke (BK)	Butterfly (FLY)	Breaststroke (BR)	Freestyle (FS)	Scratch	
15	February	27	AGE CHAMPIONSHIPS-SCRATCH RACES-Freestyle & Butterfly + Open Championship						Scratch
	February	28	Club Committee Meeting - Speers Point Pool Clubhouse-7.00 pm						
16	March	6	AGE CHAMPIONSHIPS-SCRATCH RACES-Backstroke & Breaststroke + Open Championship						Scratch
17	March	13	SIMPSON TROPHY NIGHT						Handicap Knockout
18	March	20	**Relay Old vs Young	Backstroke (BK)	Butterfly (FLY)	Breaststroke (BR)	Freestyle (FS)		
	March	21	Club Committee Meeting - Speers Point Pool Clubhouse-7.00 pm						
	April	2	PRESENTATION - Sunday 12noon						

***Open -** Must be marked off by 6.50 pm, **no late entries**. Qualifying time for entry

****Relay Old vs Young** Must have 4 male 4 female. Young must consist of 4 under 12yrs (Swim 4 x 50m)

A qualifying time for progression from each group-refer table above.

Program subject to change