



# MAROUBRA SWIMMING CLUB

## 2008 - 2009 CALENDAR



Summer Season					Winter Season						
October	November	December	January	February	March	April	May	June	July	August	September
<i>School Holidays</i>	Sun 2nd 2:30pm AGM & Presentation Day Malabar RSL	Fri, 5 Free / Breast Max Metzker 400m	Fri, 2 <i>School Hols</i> 5th - 9th State AGE (13-18)	Fri, 6 Free / Back Relays	Fri, 6 Free / Fly Max Metzker 400m	Fri, 3 Free / Breast 100/200 IM	Fri, 1 Free / Back Max Metzker 400m	Fri, 5 Free / Breast	Fri, 3 Free / Back Relays	Fri, 7 Free / Back	Fri, 4 Free / Fly LAST NIGHT TO QUALIFY
<i>School Holidays</i>	Fri, 7 Free / Fly 100/200 IM	Fri, 12 Christmas Party	Fri, 9 <i>School Hols</i> 10th - 11th State AGE (10&U)	7th - 8th Speedo Sprint SOPAC	8th Speedo Sprint FINALS SOPAC	Fri, 10 GOOD FRIDAY	Fri, 8 Free / Fly	Fri, 12 Free / Back	Fri, 10 Free / Fly Malcolm Allen 200m	Fri, 14 Free / Fly Relays	Fri, 11 closest to time
Fri, 17 Free / Fly 100/200 IM	Fri, 14 Free / Breast Malcolm Allen 200m	13th - 14th Metrops SOPAC	Fri, 16 <i>School Hols</i>	Fri, 13 Free / Fly State Open 13th - 15th	Fri, 13 Free / Breast	Fri, 17 <i>School Holidays</i>	Fri, 15 Free / Breast 100/200 IM	Fri, 19 Free / Fly 100/200 IM	Fri, 17 <i>School Holidays</i>	Fri, 21 Free / Breast	Sun, 13 Club Championships (1pm - 6pm)
Fri, 24 Free / Breast Malcolm Allen 200m	Fri, 21 Free / Back Develop. Prgm Part 1: 22nd	Fri, 19 <i>School Holidays Begin</i>	Fri, 23 <i>School Hols</i>	Fri, 20 Free / Breast 800M	Fri, 20 Free / Back	Fri, 24 <i>School Holidays</i>	Fri, 22 Free / Back Relays	Fri, 26 Free / Breast Malcolm Allen 200m	Fri, 24 <i>School Holidays</i>	Fri, 28 Free / Back Malcolm Allen 200m	Fri, 18 Handicap Championship Free / Back
Fri, 31 Free / Back BBQ	Fri, 28 Free / Fly 800M BBQ	Fri, 26 <i>School Hols</i>	Fri, 30 Free / Breast Max Metzker 400m	Fri, 27 Free / Back Malcolm Allen 200m BBQ	Fri, 27 Free / Fly Malcolm Allen 200m BBQ		Sun, 24 MSC Junior Carnival DRAC 12noon		Fri, 31 Free / Breast Max Metzker 400m		Fri, 25 Handicap Championship Breast / Fly
Sat 29th - Sun 30th METSea Summer Champ 10&U 29th; 11-13yr - 30th SOPAC							Fri, 29 Free / Fly Malcolm Allen 200m				

**Feb & Mar Sprint Series**

### Point Scoring System

The more often you swim, the more points you accumulate.

Faster than your best time 5 points,

Equal to or within 0.5 seconds of your best time - 4 points

More than 0.5 seconds slower - 3 points.

On your first night - 2 points.

If you advance to the next longest distance you get 5 points.

If you sign on after 6:15 pm you only get 2 points

Malcolm Allen & Max Metzker Shields have separate points scores

25m Relays

Split into 4 teams

Seeded from

fastest to slowest

**Notes:** This Program may change without notice.

Version 2009.1

Swimmers must be Club members (capitated) to compete at club.

To qualify for Club Championships - a swimmer must swim at 15 Club nights (NO EXCEPTIONS)

**The last qualifying date is 4th September**

Sprint series - February and March. No 100m events. Use of outdoor 50m pool

All swimmers must register in the club room before 6.15 pm