

Mingara Aquatic Swimming Club Inc. Summer Program 2009/10

Date	Microdots	Aquadots	D Grade	C Grade	B Grade	A Grade
23-Oct-2009	No Club - Mingara Aquatic 8th Annual Qualifying Meet - Oct 24/25 - Mingara One					
Summer Week 1 30-Oct-2009 Sprint Night	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Breast 25m Back	50m Free 50m Breast 50m Back	50m Free 50m Breast 50m Back	50m Free 50m Breast 50m Back
Summer Week 2 6-Nov-2009	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Fly 25m Back	50m Free 50m Fly 50m Back	100m Free 50m Fly 100m Back	100m Free 50m Fly 200m Back
Summer Week 3 13-Nov-2009 Distance Night	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free	50m or 100m Free	100m or 200m Free	400m or 800m or 1500m Free
			25m Breast	50m Breast	50m Breast	50m Breast
200m Ind. Medley Trial***						
Summer Week 4 20-Nov-2009	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Fly 25m Back 25m Breast	50m Fly 50m Back 50m Breast	100m Fly 50m Back 100m Breast	200m Fly 50m Back 100m Breast
27-Nov-2009	No Club - Coast and Valley Championships - Nov 28/29 - Singleton					
Summer Week 5 4-Dec-2009	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Fly 25m Breast	50m Free 50m Fly 50m Breast	100m Free 50m Fly 100m Breast	100m Free 50m Fly 200m Breast
Summer Week 6 11-Dec-2009	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Fly 25m Back	50m Free 50m Fly 50m Back	50m Free 100m Fly 100m Back	50m Free 100m Fly 100m Back
Summer Week 7 18-Dec-2009	12.5m Free Fun Event	25m Free Fun Event	25m Back Fun Event	50m Back Fun Event	50m Back Fun Event	50m Back Fun Event
			100m IM Competition***		200m IM - Competition**	
School Holidays - Merry Christmas - Happy New Year						

* "Form" can be Backstroke, Breaststroke or Butterfly.

** If a Time Trial (200m IM) of 4:00.00 min. or less has been achieved a swimmer must compete in the 200m IM.

*** For the developing swimmer who has not made the 4:00.00 min. qualifying time for the 200m IM.

Dates for Championships being held during the School Holidays

4-9 Jan 2010 NSW State Age 13-18 years - SOPAC

16-17 Jan 2010 NSW State Age 10/U-12 years - SOPAC

23-24 Jan 2010 NSW Country Regional Meets (Albury, Armidale and Mingara)

Mingara Aquatic Swimming Club Inc. Summer Program 2009/10

Date	Microdots	Aquadots	D Grade	C Grade	B Grade	A Grade
Summer Week 8 5-Feb-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Fly 25m Breast	50m Free 50m Fly 50m Breast	50m Free 50m Fly 100m Breast	100m Free 50m Fly 200m Breast
Summer Week 9 12-Feb-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Breast 25m Back 25m Fly	50m Breast 50m Back 50m Fly	50m Breast 100m Back 100m Fly	50m Breast 200m Back 100m Fly
Summer Week 10 19-Feb-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Back 25m Breast 25m Free	50m Back 50m Breast 50m Free	50m Back 100m Breast 100m Free	100m Back 50m Breast 200m Free
26-Feb-2010	No Club - NSW Country Championships - Feb 27/28 - SOPAC					
Summer Week 11 5-Mar-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Back	50m Free 50m Back	50m Free 50m Back	50m Free 50m Back
			200m Ind. Medley Trial***		200m IM - Competition**	
Summer Week 12 12-Mar-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Fly 25m Breast	50m Free 50m Fly 50m Breast	100m Free 100m Fly 50m Breast	50m Free 200m Fly 100m Breast
Summer Week 13 19-Mar-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Back 25m Breast 25m Fly	50m Back 50m Breast 50m Fly	100m Back 100m Breast 50m Fly	100m Back 100m Breast 50m Fly
Summer Week 14 26-Mar-2010	12.5m Free Fun Event	25m Free Fun Event	25m Fly Fun Event	50m Fly Fun Event	50m Fly Fun Event	50m Fly Fun Event
			100m IM Competition***		200m IM - Competition**	
End of Summer Season - Winter Club Resumes 23-Apr-2010						

* "Form" can be Backstroke, Breaststroke or Butterfly.

** If a Time Trial (200m IM) of 4:00.00 min. or less has been achieved a swimmer must compete in the 200m IM.

*** For the developing swimmer who has not made the 4:00.00 min. qualifying time for the 200m IM.

****** Winter Club Resumes 23-Apr-2010 ******