

Mingara Aquatic Swimming Club

Summer Program 2011/2012



MINGARA

Date	Microdots	Aquadots	D Grade	C Grade	B Grade	A Grade
Summer Week 1 14-Oct-2011	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	200m Free 50m Fly 100m Back
21-Oct-2011	NO CLUB - Mingara Aquatic 10th Annual Qualifying Carnival - Oct 22/23 - TARGET MEET					
Summer Week 2 28-Oct-2011	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
Summer Week 3 4-Nov-2011 Medley Week	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Breast 25m Back	50m Free	50m Free	50m Free
				100m IM Comp*** OR 200m IM Comp**		
Summer Week 4 11-Nov-2011	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Back 25m Breast 25m Free	50m Back 50m Breast 50m Free	100m Back 50m Breast 100m Free	200m Back 50m Breast 100m Free
Summer Week 5 18-Nov-2011	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Breast 25m Free 25m Fly	50m Breast 50m Free 50m Fly	100m Breast 50m Free 100m Fly	200m Breast 50m Free 100m Fly
25-Nov-2011	NO CLUB - Coast and Valley Championships - Nov 26/27 - TARGET MEET					
Summer Week 6 2-Dec-2011	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	200m Free 50m Fly 100m Back
Summer Week 7 9-Dec-2011	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
16-Dec-2011	NO CLUB - Mingara Aquatic Qualifying Carnival - Dec 17 - TARGET MEET					
School Holidays: 19 Dec 2011 - 30 Jan 2012 Merry Christmas & A 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

7-8 Jan 2012	NSW State Age Championships 10/U-12 Year Olds	SOPAC
10-15 Jan 2012	NSW State Age Championships 13-18 Year Olds	SOPAC

Mingara Aquatic Swimming Club

Summer Program 2011/2012



MINGARA

Date	Microdots	Aquadots	D Grade	C Grade	B Grade	A Grade
3-Feb-2012 NO CLUB - Speedo Sprint Series Heats - Feb 4/5 - TARGET MEET						
Summer Week 8 10-Feb-2012 Medley Week	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Breast 25m Back	50m Back	50m Back	50m Back
				200m IM Time Trial*** OR 200m IM Comp**		
				50m Breast	50m Breast	50m Breast
Summer Week 9 17-Feb-2012	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Back 25m Breast 25m Free	50m Back 50m Breast 50m Free	100m Back 50m Breast 100m Free	200m Back 50m Breast 100m Free
24-Feb-2010 NO CLUB - NSW Country Championships - Feb 26/27 - SOPAC						
Summer Week 10 2-Mar-2012	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Breast 25m Free 25m Fly	50m Breast 50m Free 50m Fly	100m Breast 50m Free 100m Fly	200m Breast 50m Free 100m Fly
9-Mar-2012 NO CLUB - Speedo Sprint Series Finals - Mar 11 - SOPAC						
Summer Week 11 16-Mar-2012	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	200m Free 50m Fly 100m Back
Summer Week 12 23-Mar-2012	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
End of Summer Season - Winter club Resumes 4 May 2012 School Holidays: 6 Apr 2012 - 24 Apr 2012						

* "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

9-14 April 2012 Australian Age Championships Brisbane

Qualification Requirements For Club Championships

15 yrs & Under 50% of Club Nights attended (*being 12 for this year*)

16 yrs & Over 25% of Club Nights attended (*being 6 for this year*)

NB: Age as at the date of Club Championships being the 7th of Sept 2012

**** Winter Club Resumes 4 May 2012 ****