

Mingara Aquatic Swimming Club Inc. Winter Program 2010						
Date	Microdots	Aquadots	D Grade	C Grade	B Grade	A Grade
Winter Week 1 30-Apr-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Back 25m Breast	50m Free 50m Back 50m Breast	100m Free 50m Back 50m Breast	100m Free 50m Back 50m Breast
Winter Week 2 7-May-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Back 25m Fly 25m Free	50m Back 50m Fly 50m Free	100m Back 100m Fly 50m Free	200m Back 100m Fly 50m Free
Winter Week 3 14-May-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Breast 25m Free 25m Fly	50m Breast 50m Free 50m Fly	100m Breast 100m Free 50m Fly	100m Breast 100m Free 50m Fly
Winter Week 4 21-May-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Fly 25m Breast 25m Back	50m Fly 50m Breast 50m Back	100m Fly 50m Breast 50m Back	200m Fly 50m Breast 50m Back
Winter Week 5 28-May-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Back	50m Free 50m Back	50m Free 100m Back	50m Free 100m Back
			200m Ind. Medley Trial***		200m IM - Competition**	
Winter Week 6 4-Jun-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Breast 25m Back 25m Free	50m Breast 50m Back 50m Free	100m Breast 50m Back 100m Free	200m Breast 50m Back 100m Free
11-Jun-2010	No Club - Queen's Birthday Long Weekend					
Winter Week 7 18-Jun-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Fly 25m Back	50m Free 50m Fly 50m Back	50m Free 50m Fly 100m Back	50m Free 50m Fly 100m Back
18/19-Jun-2010	NSW State Open Short Course Championships - SOPAC					
Winter Week 8 25-Jun-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Fly 25m Free 25m Breast	50m Fly 50m Free 50m Breast	100m Fly 100m Free 50m Breast	100m Fly 200m Free 50m Breast
Winter Week 9 2-Jul-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Breast 25m Fly	50m Breast 50m Fly	100m Breast 50m Fly	100m Breast 50m Fly
			100m IM Competition***		200m IM - Competition**	
Dates for Championships being held during the School Holidays						
10/11-Jul-2010	NSW Country Short Course Championships - SOPAC					

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

** If a Time Trial (200m IM) of 4:00.00 minutes 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 minute qualifying time for the 200m IM.

SCHOOL HOLIDAYS - SWIMMING CLUB RESUMES JULY 23

Mingara Aquatic Swimming Club Inc. Winter Program 2010						
Date	Microdots	Aquadots	D Grade	C Grade	B Grade	A Grade
Winter Week 10 23-Jul-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Back 25m Breast 25m Fly	50m Back 50m Breast 50m Fly	50m Back 50m Breast 50m Fly	50m Back 50m Breast 50m Fly
Winter Week 11 30-Jul-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Breast 25m Free 25m Back	50m Breast 50m Free 50m Back	100m Breast 50m Free 100m Back	200m Breast 100m Free 100m Back
Winter Week 12 6-Aug-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Free 25m Back 25m Fly	50m Free 50m Back 50m Fly	100m Free 50m Back 50m Fly	200m Free 50m Back 50m Fly
13/14/15-Aug-10	NSW State Age Short Course Championships - SOPAC					
20-Aug-2010	No club this week - Surf Swimming Challenge at Mingara Pool					
Winter Week 13 27-Aug-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Fly	50m Fly	50m Fly	200m Fly
			25m Breast	50m Breast	100m Breast	100m Breast
			200m Ind. Medley Trial***		200m IM - Competition**	
Winter Week 14 3-Sep-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Back 25m Fly 25m Breast	50m Back 50m Fly 50m Breast	100m Back 50m Fly 50m Breast	200m Back 100m Fly 50m Breast
Winter Week 15 10-Sep-2010	12.5m Free 12.5m Kick	25m Free 25m Form*	25m Back	50m Back	50m Back	50m Back
			25m Free	50m Free	50m Free	50m Free
			100m IM Competition***		200m IM - Competition**	
17-Sep-2010	No Club This Week - Club Championships					
24-Sep-2010	No Club This Week - Club Championships					

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

** If a Time Trial (200m IM) of 4:00.00 minutes 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 minute qualifying time for the 200m IM.

SCHOOL HOLIDAYS - SUMMER SEASON BEGINS OCTOBER 15

20-Aug-2010	No club this week - Surf Swimming Challenge at Mingara Pool
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