



## Norwest Swimming Club Program Dates 2022/2023

Summer			
<b>September</b>			
30th	Long Distance Time Trial	Oakhill	<i>Invite only</i>
<b>October</b>			
7th	Club Night	Oakhill	
8th	<b>Aquablitz LC Qualifying Meet</b>	SOPAC	
15th-16th	<b>SNSW LC Qualifying Meet</b>	SOPAC	
21st	Club Night	Oakhill	Last chance for Area Champs QT's
22nd	<b>Nepean Open Water</b>	SIRC	
28th	Club Night	Oakhill	
<b>November</b>			
5th-6th	<b>MNW Area Championships</b>	SOPAC	
11th	Club Night	Oakhill	
12th	<b>MNW Long Distance Championships</b>	WAVES	
25th	Club Night	Oakhill	<i>No Juniors who are competing at Metros</i>
26th-27th	<b>NSW Junior Metropolitan Championships</b>	SOPAC	
<b>December</b>			
4th	<b>Swimwest Summer Fun</b>	TBC	<i>For 13&amp; Under not swimming at Senior State</i>
9th	Club Night	Oakhill	<i>No Seniors who are competing at Senior State</i>
10th-16th	<b>NSW Senior State Age Championships</b>	SOPAC	
18th-19th	<b>NSW Open Water Championships</b>	SIRC	

<b>January</b>			
6th	Club Night	Oakhill	
13th	Club Night	Oakhill	
21st	Club Night	Oakhill	
<b>25th-28th</b>	<b>Australian Open Water Championships</b>	TBC	
<b>February</b>			
3rd	Club Night	Oakhill	
<b>11th</b>	<b>Speedo Heats</b>	SOPAC	
17th	Club Night	Oakhill	
<b>25th-26th</b>	<b>NSW Senior Metropolitan Championships</b>	SOPAC	
<b>March</b>			
3rd	Club Night	Oakhill	<i>No Juniors who are competing in Speedo Finals</i>
<b>4th</b>	<b>Speedo Finals</b>	SOPAC	
<b>10th-12th</b>	<b>NSW State Open Championships</b>	SOPAC	
17th	Club Night	Oakhill	
<b>18th</b>	<b>SOPAC Qual Meet</b>	SOPAC	TBC
<b>25th-26th</b>	<b>NSW Junior State Age Championships</b>	SOPAC	
31st	Club Night	Oakhill	

## Winter

Winter			
April			
7th-15th	<b>Australian Age Swimming Championships</b>	TBC	
17th-20th	<b>Australian Swimming Championships</b>	TBC	
21st	Club Night	Oakhill	
23rd	<b>Swimwest SC Qualifying Meet</b>	SOPAC	
28th	Club Night	Oakhill	
May			
12th	Club Night	Oakhill	
19th	Club Night	Oakhill	
26th	Club Night	Oakhill	
June			
10th-11th	<b>MNW Area Championships</b>	SOPAC	TBC
16th	Club Night	Oakhill	
23rd	Club Night	Oakhill	
30th	Club Night	Oakhill	
July			
14th	Club Night	Oakhill	
14th-16th	<b>SNSW Metropolitan SC Championships</b>	SOPAC	
28th July	Club Night	Oakhill	
August			
11th	Club Night	Oakhill	
25th-27th	<b>SNSW Senior State Age SC Championships</b>	SOPAC	
25th	Club Night	Oakhill	
September			
9th-10th	<b>SNSW Junior Age SC Championships</b>	SOPAC	
15th	Club Championship Night 1	Oakhill	TBC
22nd	Club Championship Night 2	Oakhill	TBC
29th	Club Championship Night 3	Oakhill	TBC

# 8 Week Program of Events

Program	Distance Event	Stroke/Distance 1	Stroke/Distance 2	Stroke/Distance 3
Program 1	200m Back	25/50/100 Free	25/50/100 Breast	25/50 Fly
Program 2	200m Fly	25/50/100 Back	25/50/100 Free	25/50 Breast
Program 3	200m Breast	25/50/100 Fly	25/50/100 Back	25/50 Free
Program 4	200m Free	25/50/100 Breast	25/50/100 Fly	25/50 Back
Program 5	200m IM/100IM	25/50/100 Free	25/50/100 Breast	25/50 Fly
Program 6	400m IM*	25/50/100 Back	25/50/100 Free	25/50 Breast
Program 7	400m Free*	25/50/100 Fly	25/50/100 Back	25/50 Free
Program 8	800m/1500m**	25/50 Free	25/50 Back	

## Progression Standards

Progression Standards	Free	Back	Breast	Fly	IM
25m-50m	NA	NA	NA	NA	NA
50m-100m	55	1:00	1:20	1:10	NA
100m-200m	1:45	1:50	1:55	1:45	1:50
200m-400m	2:55	NA	NA	NA	3:05*

*\*To swim the 400IM the swimmer must have met the progression standard and be 11yrs old*

*\*\* Invitation to swim the 800m/1500m - Directed by coach*