

MINGARA AQUATIC SWIMMING CLUB

CLUB NIGHT PROGRAM 2018/2018

Entry Guidelines

- Each swimmer may only swim 3 events per night
- Each stroke may only be swum ONCE per night
- A distance event (200m+ events) may only be swum ONCE per night
- To swim any distance longer than 100m events, a swimmer must provide their own timekeeper
- There are no qualifying times for events swum on a Friday night. However, it is strongly recommended that swimmers only enter events if they have swum the same stroke in a shorter event in the time indicated below or better. Referees will also recommend that younger swimmers who have yet to demonstrate correct technique in certain events, remain at a distance suitable to them
- Once a swimmer has achieved a 25m Progression Guideline, they should immediately move to the 50m distance for that particular stroke and not swim the 25m event again

Progression Guidelines

	25m to 50m	50m to 100m	100m to 200m	200m to 400m	400m to 800m	400m to 1500m
Freestyle	25.00 sec	52.00 sec	1:40.00	3:10.00	6:00.00	6:30.00
Butterfly	30.00 sec	55.00 sec	1:50.00			
Backstroke	30.00 sec	58.00 sec	1:55.00			
Breaststroke	32.00 sec	1:02.00	2:02.00			
Individual Medley			Meet 3 of 4 respective 50m times	3:40.00		

Information

- Summer: Marshalling 6:15pm Racing commences at 6:30pm
- Pool entry is \$3 per swimmer
- Parental supervision is required for swimmers 14yrs and under
- Parents are required to assist with timekeeping
- To qualify for club champs awards, swimmers need to have swum 50% of club nights if 15 years/under or 25% if 16yrs/over

Pointscore

- The club's pointscore is calculated over the entire season, Oct to Sept.
- Points are calculated on BEST TIME.
- Swimmers attending or en route to Time Trials, Country, State, National or School swimming events which fall on normal Club night will receive four (4) points for each event on the Club's programme swum that night.
- Points awarded are:
 - 1 point - disqualification or failing to finish
 - 2 points - more than 1 second slower than best time
 - 3 points - up to and including 1 second slower than best time
 - 4 points - equaling best time
 - 5 points - up to and including 1 second faster than best time
 - 6 points - more than 1 second and up to and including 2 seconds faster than best time
 - 7 points - more than 2 seconds faster than best time

Club Night Program

Information evening - Friday 19 October 2018. Find out about swim club, register for trial sessions, join, collect club uniforms & swimwear, learn about carnivals & officiating.

***** NEW ONLINE ENTRIES *****

You may choose 3 events only.

Club Night #1 Friday 26 October	Kickboard	25m				
	Freestyle	15m	25m	50m		
	Butterfly	25m	50m	100m		
	Backstroke	25m	50m	100m		
	Freestyle or Medley	400m	(1 race only)	Swimmers taking part in a 400m race must have a family member available to timekeep their race.		

Mingara Development Meet 27 October

Club Night #2 Friday 9 November	Kickboard	25m				
	Freestyle	15m	25m	50m	100m	
	Butterfly	25m	50m			
	Breaststroke	25m	50m	100m		
	Freestyle or Butterfly	200m	(1 race only)			

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Club Night #3 Friday 23 November	Kickboard	25m				
	Freestyle	15m	25m			
	Butterfly	25m	50m	100m		
	Backstroke	25m	50m	100m		
	Breaststroke	25m	50m			
	Freestyle	800m		Swimmers taking part in a 800m race must have a family member available to timekeep their race.		
Club Night #4 Friday 7 December	Freestyle	15m	25m	50m	100m	
	Xmas party, slide, fun night - Bring a plate to share					
Club Night #5 Friday 1 February	Kickboard	25m				
	Freestyle	15m	25m	50m	100m	
	Backstroke	25m	50m			
	Breaststroke	25m	50m	100m		
	Back, Breast or IM	200m	(1 race only)			
Mingara Qualifying Meet 9 February						
Club Night #6 Friday 15 February	Kickboard	25m				
	Freestyle	15m	25m	50m		
	Butterfly	25m	50m	100m		
	Backstroke	25m	50m	100m		
	Freestyle or Medley	400m	(1 race only)			
Club Champs #1 - Friday 1 March						
Club Night #7 Friday 15 March	Kickboard	25m				
	Freestyle	15m	25m	50m	100m	
	Butterfly	25m	50m			
	Breaststroke	25m	50m	100m		
	Freestyle or Butterfly	200m	(1 race only)			
Club Night #8 Friday 29 March	Kickboard	25m				
	Freestyle	15m	25m			
	Butterfly	25m	50m	100m		
	Backstroke	25m	50m	100m		
	Breaststroke	25m	50m			
	Freestyle	1500m		Swimmers taking part in a 1500m race must have a family member available to timekeep their race.		
Club Night #9 Friday 12 April	Kickboard	25m				
	Freestyle	15m	25m	50m	100m	
	Backstroke	25m	50m			
	Breaststroke	25m	50m	100m		
	Back, Breast or IM	200m	(1 race only)			
Club Night #10 Friday 10 May	Kickboard	25m				
	Freestyle	15m	25m	50m		
	Butterfly	25m	50m	100m		
	Backstroke	25m	50m	100m		
	Freestyle or Medley	400m	(1 race only)			

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Club Champs #2 - Friday 24 May

Club Night #11 Friday 7 June	Kickboard	25m				
	Freestyle	15m	25m	50m	100m	
	Butterfly	25m	50m			
	Breaststroke	25m	50m	100m		
	Freestyle or Butterfly	200m	(1 race only)			
Club Night #12 Friday 21 June	Kickboard	25m				
	Freestyle	15m	25m			
	Butterfly	25m	50m	100m		
	Backstroke	25m	50m	100m		
	Breaststroke	25m	50m			
	Freestyle	800m		Swimmers taking part in a 800m race must have a family member available to timekeep their race.		
Club Night #13 Friday 5 July	Kickboard	25m				
	Freestyle	15m	25m	50m	100m	
	Backstroke	25m	50m			
	Breaststroke	25m	50m	100m		
	Back, Breast or IM	200m	(1 race only)			
Club Champs #3 - Friday 2 August						
Club Night #14 Friday 16 August	Kickboard	25m				
	Freestyle	15m	25m	50m		
	Butterfly	25m	50m	100m		
	Backstroke	25m	50m	100m		
	Freestyle or Medley	400m	(1 race only)		Swimmers taking part in a 400m race must have a family member available to timekeep their race.	
Club Night #15 Friday 30 August	Kickboard	25m				
	Freestyle	15m	25m	50m	100m	
	Butterfly	25m	50m			
	Breaststroke	25m	50m	100m		
	Freestyle or Butterfly	200m	(1 race only)			
Club Night #16 Friday 13 September	Kickboard	25m				
	Freestyle	15m	25m			
	Butterfly	25m	50m	100m		
	Backstroke	25m	50m	100m		
	Breaststroke	25m	50m			
	Freestyle	1500m		Swimmers taking part in a 1500m race must have a family member available to timekeep their race.		
Club Night #17 Friday 27 September	Kickboard	25m				
	Freestyle	15m	25m	50m	100m	
	Backstroke	25m	50m			
	Breaststroke	25m	50m	100m		
	Back, Breast or IM	200m	(1 race only)			