

## 2008-2009 SWIM PROGRAMME

13 SEP 08

### REGISTRATION DAY

31 OCT 08	TADPOLES	25 FREE	25 BACK	25 BREAST
07 NOV 08	FROGS	50 FREE	50 BACK	50 BREAST
14 NOV 08	DOLPHINS	50 FREE	50 BACK	50 BREAST
	WHALES	50 FREE	50 BACK	50 BREAST
21 NOV 08	TADPOLES	25 FREE	25 BREAST	25 FLY
28 DEC 08	FROGS	50 FREE	50 BREAST	50 FLY
05 DEC 08	DOLPHINS	100 FREE	100 BREAST	50 FLY
	WHALES	100 FREE	100 BREAST	50 FLY



## Christmas Party 12 December 2008

19 DEC 08	TADPOLES	25 FREE	25 BREAST	25 BACK
09 JAN 08	FROGS	50 FREE	50 BREAST	50 BACK
16 JAN 09	DOLPHINS	100 FREE	100 BREAST	100 BACK
	WHALES	100 FREE	100 BREAST	100 BACK
23 JAN 09	TADPOLES	33 FREE	33 BACK	25 FLY
30 JAN 09	FROGS	50 FREE	50 BACK	50 FLY
06 FEB 09	DOLPHINS	200 FREE	50 BACK	50 FLY
	WHALES	200 FREE	100 BACK	100 FLY
13 FEB 09	TADPOLES	50 FREE	33 BREAST	25 FLY
20 FEB 09	FROGS	100 FREE	50 BREAST	50 FLY
27 FEB 09	DOLPHINS	200 MEDLEY	100 BREAST	50 FLY
	WHALES	200 MEDLEY	100 BREAST	100 FLY

06 MAR 09 CLUB CHAMPIONSHIPS  
13 MAR 09 CLUB CHAMPIONSHIPS

20 MAR 09 PRESENTATION NIGHT



## 2008-2009 TIME TRIALS

Swimmers compete against the clock and attempt to better their previous times to gain points. Points are awarded for participation, consistency and for improvement.

Time trials commence at 6.30pm and are held on Friday nights over 15 weeks. Events are repeated for three weeks to enable children to improve their previous times and gain points.

Each swimmer completes 3 events each week for point score. They may swim extra races if they wish but no points will be awarded. Swimmers must notify time keepers and it will be noted as an extra swim. Additional events may be run throughout the season which anyone can swim, but not as part of the pointscore.

Swimmers will be called to sit quietly in the specified section of the grandstand at 6.15pm and are requested to remain there to avoid missing their event.

At the end of each swim the swimmer is to remain in the water in their allocated lane. They must give their name to the lane timekeeper, and may ask their swim time. Swimmers should exit the pool when instructed to do so by the timekeeper.

Times are available from the recorders table, but it is recommended that swimmers fill in their times in the back of this book each week.

Swimmers must be members of Dubbo City Amateur Swimming Club Inc. or visitors from another ASC to swim on these nights.

