

## SQUAD CALENDAR OF EVENTS 2017

### July

Saturday 15<sup>th</sup> Red & Blue Day

### August

Monday 14<sup>th</sup> – Sunday 20<sup>th</sup> Junior Squad Promotions

Monday 14<sup>th</sup> – Sunday 20<sup>th</sup> Langman Promotions

Saturday 19<sup>th</sup> Mega Swim

### September

Monday 11<sup>th</sup> – Sunday 17<sup>th</sup> Bastian/Cowdrey/Hill/National Promotions

Saturday 9<sup>th</sup> Super Sprints

Saturday 16<sup>th</sup> All In Meet

### October

Thursday 12<sup>th</sup> – Friday 13<sup>th</sup> Squad Clinic

Saturday 14<sup>th</sup> Red & Blue Day

Monday 16<sup>th</sup> – Sunday 22<sup>nd</sup> Junior Squad Promotions

Saturday 21<sup>st</sup> Div 1 Meet 1

Sunday 22<sup>nd</sup> Junior League & Div 2 Meet 1

TBA Norwood Swimming Club Carnival

Thursday 26<sup>th</sup> – Sunday 28<sup>th</sup> Australian Short Course Championships (SC)

### November

Monday 13<sup>th</sup> – Sunday 19<sup>th</sup> Langman Promotions

Saturday 11<sup>th</sup> Mega Swim

Saturday 18<sup>th</sup> Div 1 Meet 2

Sunday 19<sup>th</sup> Junior League & Div 2 Meet 2

### December

Saturday 2<sup>nd</sup> Christmas Super Sprints

Monday 4<sup>th</sup> – Sunday 10<sup>th</sup> Junior Squad Promotions

Saturday 16<sup>th</sup> Div 1 Meet 3

Sunday 17<sup>th</sup> Development Meet

Monday 18<sup>th</sup> – Wed 20<sup>th</sup> 3 Day Mega Strathalbyn Camp



## **EVENT POINT SYSTEM**

All swimmers will receive 1 point for participating in an event (Super Sprints, Mega Swim or Red and Blue Carnival), and for every Personal Best time achieved a further 2 points will be awarded. The points will be tallied and culminate in an overall championship series winner which will be announced and presented with a perpetual trophy at the annual Christmas Super Sprints. The winners in each of the four age categories will receive a trophy, 8&U, 9/10, 11/12, 13 & over.

## **SUPER SPRINTS SERIES**

This event is held 4 times per year and aims to encourage and develop personal best times in sprint work under race conditions. This event is open to swimmers in the Hammerhead level through to Hill Squad. Entrants will have the opportunity of being an annual trophy winner for achieving the greatest percentage of Personal Bests over the course of the year based on age categories (8&U, 9/10, 11/12/ 13 & over). These trophies will be awarded at the Christmas Super Sprints as outlined above.

## **MEGA SWIM**

This event is held 4 times per year and aims to encourage and develop endurance in distance swimming. This event is open to those in Mako Shark and above, through to our National swimmers. Swimmers can elect to swim 50 m (reserved for our Learn to Swim Levels), 100 m, 200 m and 400 m, once per year 800 m will also be offered. Entrants attempting a distance for the first time will be awarded a medal. An annual presentation of the fastest 400m times will be awarded in age categories (8&U, 9/10, 11/12, 13 & over) will also be awarded at the Christmas Super Sprints.

## **RED AND BLUE CARNIVAL**

This event is held 3 times per year in conjunction with the Norwood Swimming Club and aims to encourage team and relay participation. This event is open to Hammerhead Level through to National/High Performance Squads. Entrants are divided into two teams for the year (Red and Blue) and race to win points for their team. The Personal Best point system applies and contributes to the Championship Series Winner Trophy. The overall annual team winner will be awarded ribbons at the Christmas Super Sprints.

## **ENTERING EVENTS**

Swimmers participating in any of the above events must lodge an entry form and pay the required fee at reception. Closing dates for event registration close one week prior to the event on the Wednesday prior to the event, unless booked out prior.

Entry forms are available from reception approximately one month prior to the event.

## **JUNIOR CLUB MEMBERSHIP**

This special membership is available for those in Barracuda through to Hammerhead. It allows you free entry to Red and Blue Days, receive 10% discount off Squad Clinics and 10% off Swim Shop purchases (conditions apply). Plus you receive a fantastic Kit Bag valued at \$45. Purchase your child's 12 month membership now for just \$50.