



Gosford Stingrays 2014-2015 Summer Schedule

Swimmer may choose one distance for each stroke. Distance should be appropriate to swimming ability.
If distance is inappropriate, the swimmer will be advised and moved to an appropriate distance.

Swimmers will be placed in heats based on time.

Cards are no longer required. Email entry by Wednesday 4pm to
racesecretary@gosfordstingrays.com.au

Date	Venue	Stroke	Distance	Bonus
3 rd / 4 th Oct	Woy Woy Qualifying Meet PLC			
Friday 10 th Oct	GOP	FS BK BR or BR KICK	25m or 50m 25m or 50m 25m or 100m	200m IM
Friday 17 th Oct	GOP	FS BRST FLY KICKBOARD	50m or 100m 25m or 50m 25m or 50m or 100m 25m	
Friday 24 th Oct	GOP	BK BRST FLY	25m or 50m 25m or 50m or 200m 25m or 50m or 100m	400m F/S Swim
Friday 31 st Oct	GOP	FS BK BR KICK or IM	25m or 50m or 200m 25m or 100m 25m or 200m IM	
1 st / 2 nd Nov	Mingara Qualifying Meet			

Friday 7 th Nov	GOP	FS BK BR or BR KICK	25m or 50m 25 or 50m 25 or 50m	Swimmer /Friend 4x50m Relay! Boys V Girls
Saturday 8 th Nov	Mingara Development Meet			
Friday 14 th Nov	GOP	FS BRST FLY KICKBOARD	50m or 100m 25m or 50m 25m or 50m or 100m 25m	
Friday 21 st Nov	GOP	FREE BK BRST	25m or 50m 25m or 100m 25m or 50m	Brace Relay 2x50m FS
29 th / 30 th Nov	Summer Coast and Valley Champs PLC			
Friday 5 th Dec	GOP	FS BK BRST or IM	25m or 50m or 200m 25 m or 50m 25m or 200m IM	
Friday 12 th Dec	GOP		Christmas Breakup 25m or 50 for all events All races must be swum in PYJAMAS! Please bring a plate of food or drinks to share.	Parents 50m dash in clothes!
Friday 19 th Dec	GOP	BK BRST FLY KICKBOARD	25m or 50m 25m or 50m 25m or 50m or 100m 25m	200m FS
School Holidays - Club Resumes 30th January				
Friday 30 th Jan	GOP	FS BK BRST	25m or 50m 25m or 50m or 100m 25m or 50m or 100m	400m FS Swim
Friday 6 th Feb	GOP	FS BRST FLY KICKBOARD	25m or 50m 25m or 50m or 100m 25m or 50m or 100m 25m	

8 th Feb	Mingara Qualifying Meet			
Friday 13 th Feb	GOP	KICKBOARD BK BR KICK or IM	25m or 100m (no time required) 25m or 50m 25m Kick or 200 IM	
Sunday 15 th Feb	CVSA Development Meet - Venue TBA			
Friday 20 th Feb	GOP	FS BK BR or BR KICK	25m or 50m or 100m 25m or 50m 25m or 100m	Team Relays
21 st / 22 nd Feb	Country Champs			
Friday 27 th Feb	GOP	FS BRST FLY KICKBOARD	50m 25m or 100m 25m or 50m or 100m 25m	
Friday 6 th Mar	GOP	BK BRST FLY KICKBOARD	25 or 50m 25m or 50m or 100m 25m or 50m or 100m 25m	Brace Relay 2x50m FS
Friday 13 th Mar	GOP	FS BRST FLY KICKBOARD	50 or 100m 25m or 50m 50m or 100m 50m	
Friday 20 th Mar	GOP	FS BK FLY	25m or 50m or 100m 25m or 50m 25m or 50m	
Friday 27th March – Summer Club Champs GOP				
April 3rd – Ice Skating Night Out and Parents Dinner at GPK				
Summer Presentation - Date and Venue TBA				