

Gosford Stingrays 2014 Winter Schedule

Swimmers may choose one distance for each stroke. Distance should be appropriate to swimming ability.

: If distance is inappropriate for the swimmer they will be advised and moved to an appropriate distance.

: Swimmers will be placed in heats based on time.

: Please email Entries by Wednesday 4pm to - recorder@gosfordstingrays.com.au

Date	Location	Stroke	Distance	Bonus
Fri 2nd May	GOP	FS BK BR or BR kick	25m, 50m or 100m 25m or 50m 25m or 100m	Brace Relay 4 x 50m
Fri 9th May	GOP	FS BRST FLY OR FLY KICK	50m or 100m 25m or 50m 25m, 50m or 100m 25m kickboard	Swimmer / Friend 2 x 50m Relay
17 th & 18 th May	PLC	KPD Development & Qualifying Meet		
Fri 23 rd May	GOP	BK BRST FLY	25m or 50m 25m, 50m or 200m 25 or 50m or 100m	
Fri 6 th June	GOP	FS BK BR kick or IM	25m, 50m or 200m 25m or 100m 25m, 200m IM	
14 th & 15 th June	PLC	CVSA Winter Short Course Championships 14th and 15th July		
Fri 20 st June	GOP	FS BRST FLY or FLY KICK	50m or 100m 25m or 50m 25m, 50m or 100m 25m kickboard	
30 th June - 11 th July	SOPAC	School Holidays NSW Swimming Country Championships SOPAC 5-6th July Woy Woy Development Meet 13th July		
Fri 18 th July	GOP	BK BRST FLY	25m or 50m 25m, 100m 25 or 50m	100m Mystery IM

27 th July	WWI	Lake Macquarie Games 27th July		
Fri 1 st Aug	GOP	FS BK BR Kick or BR	25m, 50m or 100m 25m or 50m 25m or 100m	
Fri 15 th Aug	GOP	Kick Board/FS(seniors) BRST FLY OR FLY KICK	25m or 50m (Kick) 25m or 50m 25m, 50m or 100m 25m kickboard	
Fri 29 th Aug	GOP	BK BRST FLY	25m or 100m 25m, 50m or 100m 25 or 50m or 100m	Parent / Child 4 x 50m Relay
29 th -31 st ^h Aug	SOPAC	State Age Winter Short Course Championships		
Sat 13 th Sun 14 th	PLC	KPD Development and Qualifying Long Course Meets		
Fri 19 th Sept	GOP	Winter Club Championships		
26 th September		ICE Skating Night Out 26th September Presentation TBA		