

# Gosford Stingrays 2015 Winter Schedule

Please note we run every second Friday night during SC winter season.

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 [racesecretary@gosfordstingrays.com.au](mailto:racesecretary@gosfordstingrays.com.au)

Date	Location	Stroke	Distance	Bonus
Fri 24 April	GOP	FS BK BRST or BRST KICK	25m or 50m 25m or 50m 25m or 100m	<b>Brace Relay 4 x 25m</b>
2 & 3 May	PLC	<b>KPD Development &amp; Qualifying Meet – 2 &amp; 3 May</b>		
Fri 8 May	GOP	FS BRST FLY KICKBOARD	50m or 100m 25m or 50m 50m 25m	<b>Boy plus girl Relay teams</b>
Fri 22 May	GOP	FS BK BRST KICK or IM	25m or 50m or 100m 25m or 50m 25m or <b>200m IM</b>	
Fri 5 June	GOP	FS BRST BK	25m or 50m or 200m 25m or 100m 25m or 50m	<b>100m Mystery IM</b>
7 June	PLC	<b>Woy Woy Development Meet 7 June</b>		
13 & 14 June	PLC	<b>CVSA Winter Short Course Championships 13 &amp; 14 June</b>		
Fri 19 June	GOP	KICKBOARD BRST FLY OR FLY KICK	25m or 50m (no time required) 25m or 50m 25m or 50m or 100m	<b>Bring a friend</b>
27 June to 12 July		<b>School Holidays</b>		
4 & 5 July	SOPAC	<b>NSW Swimming Country Championships SOPAC 4 &amp; 5 July</b>		
Fri 17 July	GOP	BK BRST FLY KICKBOARD	25m or 100m 25m or 100m 25m or 50m 25m	<b>100m Mystery IM</b>

Date	Location	Stroke	Distance	Bonus
26 July	WWI	<b>Lake Macquarie Games 26 July</b>		
Fri 31 July	GOP	FS BK BRST or BRST kick	50m or 100m 25m or 50m 25m or 100m	<b>Handicap race 25m or 50m any stroke</b>
Fri 14 Aug	GOP	KICKBOARD FS FLY	25m or 50m (no time required) 25m or 50m 50m or 100m	<b>Parent / Child 4 x 25m Relay</b>
Fri 28 Aug	SOPAC	<b>Winter Club Championships</b>		
28–30 Aug	SOPAC	<b>State Age Winter Short Course Championships</b>		
Fri 11 Sept	GOP		<b>Novelty Events For end of Winter season</b>	<b>400m FS</b>
<b>KPD Development and Qualifying Long Course Meets 12 &amp; 13 September PLC</b>				
Sept		<b>School Holidays 19 Sept to 6 Oct ICE Skating Night Out - TBA Winter Presentation TBA</b>		