



## Gosford Stingrays 2015-2016 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.

Email entry by Wednesday 4pm to [racesecretary@gosfordstingrays.com.au](mailto:racesecretary@gosfordstingrays.com.au)

Date	Venue	Stroke	Distance	Bonus
Friday 9 <sup>th</sup> Oct	<b>GOP</b>	FS BK BR or BR KICK	25m or 50m 25m or 50m 25m or 100m	200m IM
<b>Saturday 10<sup>th</sup> Oct</b>	<b>Gosford Stingrays 60 years celebrations 60 km swim – GOP Member participation and help requested</b>			
Friday 16 <sup>th</sup> Oct	<b>GOP</b>	FS BRST FLY KICKBOARD	50m or 100m 25m or 50m 25m or 50m or 100m 25m	
16/17th Oct	<b>Woy Woy Qualifying Meet PLC</b>			
Friday 23 <sup>th</sup> Oct	<b>GOP</b>	BK BRST FLY	25m or 50m 25m or 50m or 200m 25m or 50m or 100m	400m F/S Swim
23/24th Oct	<b>Mingara Qualifying Meet</b>			
Friday 30 <sup>st</sup> Oct	<b>GOP</b>	FS BK BR KICK or IM	25m or 50m or 200m 25m or 100m 25m or 200m IM	

Friday 6 <sup>th</sup> Nov	<b>GOP</b>	FS BK BR or BR KICK	25m or 50m 25 or 50m 25 or 50m	Swimmer /Friend 4x50m Relay! Boys V Girls
Saturday 7 <sup>th</sup> Nov	<b>Mingara Development Meet</b>			
Friday 13 <sup>th</sup> Nov	<b>GOP</b>	FS BRST FLY KICKBOARD	50m or 100m 25m or 50m 25m or 50m or 100m 25m	
Friday 20 <sup>st</sup> Nov	<b>GOP</b>	FS BK BRST	25m or 50m 25m or 100m 25m or 50m	Brace Relay 2x50m FS
Friday 27 <sup>th</sup> Nov	<b>GOP</b>	FS BRST FLY KICKBOARD	25m or 50m 50m or 100m 25m or 50m 25m	Handicap race 50m any stroke
Friday 4 <sup>th</sup> Dec	<b>GOP</b>	FS BK BRST or IM	25m or 50m or 200m 25 m or 50m 25m or 200m IM	
5 <sup>th</sup> / 6 <sup>th</sup> Dec	<b>Summer Coast and Valley Champs PLC</b>			
Friday 11 <sup>th</sup> Dec	<b>GOP</b>		<b>Christmas Breakup</b> 25m or 50 for all events All races must be swum in <b>PYJAMAS!</b> <b>Please bring a plate of food or drinks to share.</b>	Parents 50m dash in clothes!
Friday 18 <sup>th</sup> Dec	<b>GOP</b>	BK BRST FLY KICKBOARD	25m or 50m 25m or 50m 25m or 50m or 100m 25m	200m FS
<b>School Holidays - Club Resumes 29<sup>th</sup> January</b>				
Friday 29 <sup>th</sup> Jan	<b>GOP</b>	FS BK BRST	25m or 50m 25m or 50m or 100m 25m or 50m or 100m	400m FS Swim

Friday 5 <sup>th</sup> Feb	<b>GOP</b>	FS BRST FLY KICKBOARD	25m or 50m 25m or 50m or 100m 25m or 50m or 100m 25m	
6 <sup>th</sup> Feb	<b>CVSA Development Meet - Venue TBA</b>			
Friday 12 <sup>th</sup> Feb	<b>GOP</b>	KICKBOARD BK BR KICK or IM	25m or 100m (no time required) 25m or 50m 25m Kick or 200 IM	
Friday 19 <sup>th</sup> Feb	<b>GOP</b>	FS BK BR or BR KICK	25m or 50m or 100m 25m or 50m 25m or 100m	Team Relays
20/ 21 Feb	<b>NSW Country Champs</b>			
Friday 26 <sup>th</sup> Feb	<b>GOP</b>	FS BRST FLY KICKBOARD	50m 25m or 100m 25m or 50m or 100m 25m	
Friday 4 <sup>th</sup> Mar	<b>GOP</b>	BK BRST FLY KICKBOARD	25 or 50m 25m or 50m or 100m 25m or 50m or 100m 25m	Brace Relay 2x50m FS
Friday 11 <sup>th</sup> Mar	<b>GOP</b>	FS BRST FLY KICKBOARD	50 or 100m 25m or 50m 50m or 100m 50m	
Friday 18 <sup>th</sup> Mar	<b>GOP</b>	FS BK FLY	25m or 50m or 100m 25m or 50m 25m or 50m	Handicap race 50m any stroke
Friday 25 <sup>th</sup> Mar	<b>GOP</b>	FS BK BR or BR KICK	25m or 50m or 100m 25m or 50m 25m or 100m	
Friday 1st April	<b>GOP</b>	BK BRST FLY	25m or 50m 25m or 50m or 200m 25m or 50m or 100m	Brace Relay 2x50m FS
<b>Friday 8<sup>th</sup> April – Summer Club Champs GOP</b> <b>Summer Presentation - Date and Venue TBA</b>				