

# Gosford Stingrays 2016 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 [racesecretary@gosfordstingrays.com.au](mailto:racesecretary@gosfordstingrays.com.au)

Date	Location	Stroke	Distance	Bonus
Fri 29 April	GOP	FS BK BRST KICKBOARD	25m or 50m 25m or 50m 25m or 50m 25m	
Fri 13 May	GOP	FS BRST FLY KICKBOARD	25m or 100m 25m or 100m 25m or 50m or 100m 25m	<b>200m FS</b>
Fri 27 May	GOP	BK BRST FLY KICKBOARD	25m or 100m 25m or 50m or 200m 25m or 50m 25m	<b>Swimmer / Friend 2 x 25m Relay</b>
Fri 10 June	GOP	FS BK KICKBOARD or IM	25m or 50m or 200m 25m or 50m 25m or <b>200m IM</b>	<b>4 x 25m Relays 2 x Juniors + 2 x Seniors</b>
Fri 24 June	GOP	FS BRST FLY KICKBOARD	25m or 50m 25m or 50m 50m or 100m 50m	<b>Medley relay 4 swimmers per team 25m each BK/BRST/FLY/FS</b>

## **JULY SCHOOL HOLIDAYS 1 JULY TO 18 JULY**

Fri 22 July	GOP	FS BRST BK	25m or 50m 25m or 100m 25m or 50m	<b>Parent/Child race</b>
Fri 5 August	GOP	FS BK KICKBOARD or BRST	25m or 50m or 100m 25m or 50m 25m or 100m	
Fri 19 August	GOP	BK BRST FLY KICKBOARD	25m or 50m or 100m 25m or 50m 25m or 50m 25m or 50m	<b>100m Mystery IM</b>

Date	Location	Stroke	Distance	Bonus
Fri 2 Sept	GOP	FS BK BRST FLY KICKBOARD	50m or 100m 25m or 50m 25m or 50m 50m or 100m 25m	<b>Parent / Child 4 x 50m Relay</b>
Fri 16 Sept	GOP	FS BK KICKBOARD or IM	50m or 100m 25m or 50m 25m or <b>200m IM</b>	
Fri 23 Sept		<b>Winter Club Championships Presentation to be announced</b>		

**DATES TO REMEMBER:** - These are meets Gosford Stingrays is targeting for the winter season. If you wish to compete in any others please either see the Race Secretary or Nerida for advice. Most meets are now entry via online which is very simple to use. If a meet is via card entry please have the card to the Race Secretary 1 week prior to the closing date.

**Swim West** – SOPAC – 24 April – entries close 14 April 2016 (online entry only)

**West Wallsend Indoor** – 1 May – entries close 22 April 2016 (card entry accepted)

**KPD Meet** – 14<sup>th</sup> / 15<sup>th</sup> May – entries close 22 April 2016 but entries are limited so enter early to avoid missing out (online entry only)

**Woy Woy Meet** – 28<sup>th</sup> May – entries close 18 May 2016 – entries are limited so enter early to avoid missing out (card entry and online entries accepted)

**Novocastrian Meet** – 5<sup>th</sup> June – entries close 27 May 2016 – entries are limited so enter early to avoid missing out (card entry and online entries accepted)

**Coast and Valley Championships** – 18<sup>th</sup> / 19<sup>th</sup> June 2016 – entries close 8 June 2016 (online entry only)

Country Championships – 2<sup>nd</sup> / 3<sup>rd</sup> July (online entry only)

State Championships – 26<sup>th</sup> to 28<sup>th</sup> August (online entry only)

State Open Championships – 9<sup>th</sup> / 10<sup>th</sup> September (online entry only)