

Rockingham Swimming Club
Summer 2011/2012 Time Trial Program and automatic nomination slip for Squads!

Name : _____

Age _____

DOB _____

Tadpoles

Time Trial Week	Please Tick dates to nominate for:	Date	Swim 1	Swim 2	Swim 3
Open Season Carnival Warm up 8.30am		29/10/11	25m of each stroke and 50m Medley		
Week 1		01/11/11	25m Free	25m Back	25m Breast
Week 2		08/11/11	25m Fly	25m Free	25m Back
Week 3		15/11/11	25m Breast	25m Fly	25m Free
Week 4		29/11/11	25m Back	25m Breast	25m Fly
Saturday Distance Swim 9.30am		03/12/11	This will be held after the Dive & try meet	Open to State development squads and above: 1500m Free – Open Males 800m Frees Open Females	All Swimmers 400m Free 200m Free 100m Free (Tadpoles)
Week 5		06/12/11	50m Medley	25m Back	25m Free
Week 6		13/12/11	25m Free	25m Back	25m Breast
Week 7		20/12/11	Xmas Party – FUN Relays Prizes!! Freestyle, Medley Flipper and Skins		
Week 8		03/01/12	25m Fly	25m Free	25m Back
Saturday Distance Swim 9.30am		07/01/12	This will be held after the Dive & try meet	Open to State development squads and above: 1500m Free – Open Males 800m Frees Open Females	All Swimmers 400m Free 200m Free 100m Free (Tadpoles)
Week 9		10/01/12	25m Breast	25m Fly	25m Free
Week 10		24/01/12	25m Back	25m Breast	25m Fly
Week 11		31/01/12	50m Medley	25m Breast	25m Free
Week 13		21/02/12	FUN Relays Prizes!! Freestyle Medley and Skins		
Club Championships Distance events 6.00pm		06/03/12	50m Free – Tadpoles only 8/u 100m Free – Open & 8/u 200m free – 10/u 400m Free – 13/u 800m Free Females – Open 1500m Free Males - Open		
Club Championships Warm up at 8.30am		24/03/12	25m of each stroke and 50m Medley		

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Stingrays

Time Trial Week	Please Tick dates to nominate for:	Date	Swim 1	Swim 2	Swim 3
Open Season Carnival Warm up 8.30am		29/10/11	50m of each stroke and 100m Medley (25m fly if needed)		
Week 1		01/11/11	50m Free	50m Back	50m Breast
Week 2		08/11/11	25m or 50m Fly	50m Free	50m Back
Week 3		15/11/11	50m Breast	50m Fly	100m Free
Week 4		29/11/11	50m Back	100m Breast	50m Fly
Saturday Distance Swim 9.30am		03/12/11	This will be held after the Dive & try meet	Open to State development squads and above: 1500m Free – Open Males 800m Frees Open Females	All Swimmers 400m Free 200m Free 100m Free (Tadpoles)
Week 5		06/12/11	100m Medley	50m Back	50m Free
Week 6		13/12/11	50m Free	100m Back	50m Breast
Week 7		20/12/11	Xmas Party – FUN Relays Prizes!!		
Week 8		03/01/12	50m Fly	50m Free	100m Medley
Saturday Distance Swim 9.30am		07/01/12	This will be held after the Dive & try meet	Open to State development squads and above: 1500m Free – Open Males 800m Frees Open Females	All Swimmers 400m Free 200m Free 100m Free (Tadpoles)
Week 9		10/01/12	100m Breast	50m Fly	50m Free
Week 10		24/01/12	100m Back	50m Breast	50m Free
Week 11		31/01/12	50m Breast	50m Back	200m Free
Week 13		21/02/12	FUN Relays Prizes		
Club Championships Distance events 6.00pm		06/03/12	50m Free – Tadpoles only 8/u 100m Free – Open & 8/u 200m free – 10/u	400m Free – 13/u 800m Free Females – Open 1500m Free Males - Open	
Club Championships Warm up at 8.30am		24/03/12	50m each stroke - 12/u (25m Fly can be nominated if swimmers is not capable of 50m Fly) *100m each stroke -13/over (*swimmers not capable of 100m Fly can with coaches discretion do 50m Fly) and either 100m Medley or 200m Medley		

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State Development & Transition

Time Trial Week	Please Tick dates to nominate for:	Date	Swim 1	Swim 2	Swim 3
Open Season Carnival Warm up 8.30am		29/10/11	50m each stroke 12/u *100m each stroke 13/over (*swimmers not capable of 100m Fly can with coaches discretion do 50m Fly) and either 100m Medley or 200m Medley (800m Open females / 1500m Open males)		
Week 1		01/11/11	50m Free	50m Back	100m Breast
Week 2		08/11/11	50m Fly	50m Free	100m Back
Week 3		15/11/11	50m Breast	50m Fly	100m Free
Week 4		29/11/11	50m Back	100m Breast	50m Fly
Saturday Distance Swim 9.30am		03/12/11	This will be held after the Dive & try meet	Open to State development squads and above: 1500m Free – Open Males 800m Frees Open Females	All Swimmers 400m Free 200m Free 100m Free (Tadpoles)
Week 5		06/12/11	200m Medley	50m Back	50m Free
Week 6		13/12/11	200m Free	50m Back	50m Breast
Week 7		20/12/11	Xmas Party – FUN Relays Prizes!!		
Week 8		03/01/12	50m Fly	50m Free	200m Medley
Saturday Distance Swim 9.30am		07/01/12	This will be held after the Dive & try meet	Open to State development squads and above: 1500m Free – Open Males 800m Frees Open Females	All Swimmers 400m Free 200m Free 100m Free (Tadpoles)
Week 9		10/01/12	200m Breast	50m Fly	50m Free
Week 10		24/01/12	200m Back	50m Breast	50m Free
Week 11		31/01/12	50m Breast	50m Back	400m Free
Week 13		21/02/12	FUN Relays Prizes		
Club Championships Distance events 6.00pm		06/03/12	50m Free – Tadpoles only 8/u 100m Free – Open & 8/u 200m free – 10/u	400m Free – 13/u 800m Free Females – Open 1500m Free Males - Open	
Club Championships Warm up at 8.30am		24/03/12	50m each stroke 12/u *100m each stroke 13/over (*swimmers not capable of 100m Fly can with coaches discretion do 50m Fly) and either 100m Medley or 200m Medley		

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State & National Squads

Time Trial Week	Please Tick dates to nominate for:	Date	Swim 1	Swim 2	Swim 3
Open Season Carnival Warm up 8.30am		29/10/11	50m each stroke 12/u *100m each stroke 13/over (*swimmers not capable of 100m Fly can with coaches discretion do 50m Fly) and either 100m Medley or 200m Medley (800m Open females / 1500m Open males)		
Week 1		01/11/11	50m Free	50m Back	100m Breast
Week 2		08/11/11	50m Fly	50m Free	100m Back
Week 3		15/11/11	50m Breast	50m Fly	100m Free
Week 4		29/11/11	50m Back	100m Breast	50m Fly
Saturday Distance Swim 9.30am		03/12/11	This will be held after the Dive & try meet	Open to State development squads and above: 1500m Free – Open Males 800m Frees Open Females	All Swimmers 400m Free 200m Free 100m Free (Tadpoles)
Week 5		06/12/11	200m Medley	50m Back	50m Free
Week 6		13/12/11	200m Free	50m Back	50m Breast
Week 7		20/12/11	Xmas Party – FUN Relays Prizes!!		
Week 8		03/01/12	50m Fly	50m Free	200m Medley
Saturday Distance Swim 9.30am		03/12/11	This will be held after the Dive & try meet	Open to State development squads and above: 1500m Free – Open Males 800m Frees Open Females	All Swimmers 400m Free 200m Free 100m Free (Tadpoles)
Week 9		10/01/12	200m Breast	50m Fly	50m Free
Week 10		24/01/12	200m Back	50m Breast	50m Free
Week 11		31/01/12	50m Breast	50m Back	400m Free
Week 13		21/02/12	FUN Relays Prizes		
Club Championships Distance events 6.00pm		06/03/12	50m Free – Tadpoles only 8/u 100m Free – Open & 8/u 200m free – 10/u	400m Free – 13/u 800m Free Females – Open 1500m Free Males - Open	
Club Championships Warm up at 8.30am		24/03/12	50m each stroke 12/u *100m each stroke 13/over (*swimmers not capable of 100m Fly can with coaches discretion do 50m Fly) and either 100m Medley or 200m Medley		