



2011- 2012 SEASON PROGRAM

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CRONULLA SWIM CLUB INC.

EXECUTIVE COMMITTEE 2011/2011

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CARNIVAL SECRETARY	Kerry BREEN	

CLUB WEBSITE www.cronullaswimclub.com.au

EMAIL cronullaswimclub@hotmail.com

FEE STRUCTURE for the year 1/10/2011 to 30/9/2012

MEMBERSHIP

1st family member \$51 NSW Swimming Registration + \$24 Club Levy
2nd family member \$51 NSW Swimming Registration + \$19 Club Levy
3rd family member \$51 NSW Swimming Registration + \$14 Club Levy
4th family member \$51 NSW Swimming Registration + \$9 Club Levy

New swimmers welcome to compete as a trial before registering.

Please email cronullaswimclub@hotmail.com if you would like to compete on a trial basis. New swimmers can have two trial swims before they must register. If NSW Swimming registration has been paid to another club please advise the registrar.

EVENTS HELD DURING THE SEASON

Cronulla Swim Club conducts events on Friday evenings commencing at 6.45pm. Each night is classified as either a Point Score or Championship night. Parents are required to assist with the running of events. No experience is necessary and full training will be provided.

POINT SCORE NIGHTS

Graded scratch races are conducted in 3 events each night

Freestyle

Formstroke (alternating each week between Breaststroke, Backstroke and Butterfly) and either Relay, Individual Medley or Mid-Distance (200m or 400m).

Swimmers may only swim one distance in each of these three categories.

Once a month will be **SPRINT NIGHT** – 3 different strokes each month will be raced with the maximum distance swum 50metres. Ribbons and Medals will be awarded on these nights. One event each night will attract medals for 1st, 2nd and 3rd place getters with the other events 1st 2nd 3rd receiving ribbons. All U6 swimmers will receive a participation ribbon on the night. Age groups for races will be 20m - U7, 30m – U8, 50m – U9, U11, 12+ for both boys and girls. Swimmers are to compete in their normal swim club distance for each of the strokes. Normal club point score will apply with the exception all 100m swimmers will not be penalised and can be awarded points at the 50m distance.

Entries for swim club should be submitted on line through the club website (see previous page for address) by 7pm on the Thursday before club point score night. Late entries will then be accepted through email until 4pm on the Friday. No late entries will be included in weekly results. Please assist by ensuring entries are entered online.

If a point score event is cancelled it will not be rescheduled.

At the start of the season, previous members will be given their allotted time on the basis of their times in the season before. New members will have NT (no time).

When events are called, swimmers must report immediately to the Marshalling Area. Failure to report on time may lead to disqualification from the event.

Heats will be seeded based on previous Personal Best times at swim club. These heats will be posted at the club house, BBQ and marshalling area for swimmers to check their heat and allocated lane. This will avoid time delays in the marshalling area.

Events in Freestyle, Formstroke and Medleys are conducted over three distances. When reaching certain times, swimmers **must** advance to the next distance. If after the first swim of the season in an event, a swimmer elects to swim a shorter distance in that event, no points will be recorded for that event. The only exception to this is the progression from 50m to 100m Butterfly which is optional. Cut off times are listed below. Swimmers achieving cut off times will be awarded with a Cronulla Swim Club Certificate.

<u>20m to 30m</u>	FREESTYLE	under 22 secs
	FORMSTROKE	under 25 secs
<u>30m to 50m</u>	FREESTYLE	under 30 secs
	FORMSTROKE	under 35 secs
<u>50m to 100m</u>	FREESTYLE, BUTTERFLY	under 40 secs
	BACKSTROKE	under 45 secs
	BREASTROKE	under 50 secs
<u>80m to 120m</u>	MEDLEY	under 1 min 40 secs
<u>120m to 200m</u>	MEDLEY	under 2 min 20 secs

CHAMPIONSHIP NIGHTS

Three Club Championship nights are scheduled throughout the season, although some individual events are included on normal point score nights and will run in conjunction with point score events (200m butterfly 400IM, 400 free, 800 free). Swimmers electing to swim these distances instead of normal club night will receive their equal time points for club point score competition.

Entries close on the Friday night prior to the Championship night, although the committee may allow late entries in extenuating circumstances. A table will be set up on the Friday prior to Championship night where entries can be submitted. When Championship events are listed for normal point score nights, entries close at 7pm on the Thursday evening before Friday Night Swim Club. The recorder will require an email to indicate the swimmer will be swimming in the Championship Event not the normal club point score event.

Championship events will be rescheduled if cancelled due to inclement weather.

To be eligible for a Championship event, a member must be the age specified for the event on **1st October 2011**, and have competed in the required number of point score nights as shown below.

Eligibility for Championship Events

1. Members must compete in point score events at least once per month to be eligible to win Championship trophies.
2. There must be at least two competitors in an Open Championship event otherwise the event will be cancelled, except where the distance and stroke is not available in the age groups.
3. All Championship events will be conducted as timed heats and no finals will be held.

Note: Although 1 October 2011 is used as the age eligibility date for Championship Events, Club Records are determined according to the age of the swimmer on the date the event is swum.

Age Champions for both boys and girls will be awarded in the following age groups **U6, 7, 8, 9, 10, 11, 12, 13 and over** and conducted on a 6,5,4,3,2,1. All age results and/or placing in Open Events will count towards Age Champion Trophies.

Open Club Champion for both boys and girls is conducted on a 6,5,4,3,2,1 point score basis on results in all Club Championship races. **You must be aged 11 years or over on the 1 October, 2011 to be eligible to be Open Club Champion.**

Junior Club Champion for both boys and girls is conducted on a 6,5,4,3,2,1 point score basis on results in all Club Championships races. In all open events the 6 topped placed juniors will be awarded the points 6,5,4,3,2,1 **The age classification for Juniors is 10 years and under as of the 1 October, 2011.**

HANDICAP RELAYS

On certain Point Score Nights during the season, a 4×50m HANDICAP RELAY will be conducted in which any four club members may enter. Each team will be handicapped according to the nominated 50m times of its members. Teams that swim faster than four seconds inside their total nominated time will not be eligible to win.

CARNIVALS

Area Carnivals, numerous Open Carnivals as well as Metropolitan, State and National Championships are held throughout the season. Entries must be submitted on the appropriate cards with the necessary information, to the Carnival Secretary at least seven days prior to the closing date on the program. Clubs can close their carnivals early when they reach capacity so early entries are advisable.

SEASON POINT SCORE

Freestyle Overall Point Score

A season point score for Freestyle will be held in each of the age groupings 6 years and under, 7 years, 8years, 9years, 10years, 11years, 12years, 13 years and over. Results will be based on the total number of points earned by a swimmer during the season for all Freestyle events up to and including 100 metres.

Formstroke Overall Point Score

A season point score for the combined Formstrokes will be held in each of the age groupings 6 years and under, 7 years, 8years, 9years, 10years, 11years, 12years, 13 years and over. Results will be based on the total number of points earned by a swimmer during the season for all Formstroke events up to and including 100 metres.

Individual Medley Overall Point Score

A season point score for the Individual Medley will be held in each of the age groups 8 years and under, 9 years, 10 years, 11 years, and 12 years and over. Results will be based on the total number of points earned by a swimmer during the season for all three distances.

Mid-Distance Point Score

A season point score for U10's and 11 and overs will be held for 200 metres and 400 metres Freestyle non championship events.

POINT SCORING SYSTEM

1 POINT

More than 2 seconds slower than best time, Time Trial (as in first swim), Fail to Finish or Disqualification.

2 POINTS

More than 1 and up to 2 seconds slower than best time.

3 POINTS

Up to 1 second slower than best time.

4 POINTS

Equal to best time.

First swim in higher grade.

5 POINTS

Best time to 1 second faster than best time.

6 POINTS

More than 1 and up to 2 seconds faster than best time.

7 POINTS

More than 2 seconds faster than best time.

Note

1. Should a swimmer receive 1 point for three consecutive swims in the same stroke and distance, including the first swim if applicable, an adjustment will be made to their previous best time for that stroke and distance. The Recorder will make the adjustment by averaging the times for those three swims. The new adjusted time will then be taken into account when seeding occurs and calculating points.
2. Remember that no points will be scored when a swimmer competes in a shorter distance than their designated distance (with the exception of 50m Butterfly).
3. 1 point will be awarded for the first swim in a longer distance if a swimmer has not yet received the cut off time.
4. If a swimmer is unable to compete on a point score night for any one of the following reasons, that swimmer may be awarded points equal to that swimmer's best time in the events missed. The recorder must be notified of this before the commencement of swim club on that night.
 - (a) participation in a carnival as an official club representative or as part of a club representative team;
 - (b) competition in a club championship event on the same night;
 - (c) competition in a Metropolitan, State or National championship which requires attendance on the same or following day.

PROGRAMME FOR THE 2011/2012 SEASON

FRIDAY 14th October, 2011

20,30,50,100m FREESTYLE
20,30,50,100m BREASTROKE
80,120,200m MEDLEY

FRIDAY 21st October, 2011

20,30,50,100m FREESTYLE
20,30,50,100m BACKSTROKE
200, 400m FREESTYLE

22nd October 3pm
CSC vs Engadine Mini Meet

FRIDAY 28th October, 2011

20,30,50,100m FREESTYLE
20,30,50,100m BUTTERFLY
4X50 RELAY FREESTYLE

FRIDAY 4th November, 2011

Sprint Night – Free, Breast, Back

Breaststroke Medal Event

(20, 30, 50m)

FRIDAY 11th November, 2011

20,30,50,100m FREESTYLE
20,30,50,100m BUTTERFLY
80,120,200m MEDLEY

13th November
Members Only - Girls Development
Session
3 – 5pm @ Caringbah Leisure Centre

FRIDAY 18th November, 2011

20,30,50,100m FREESTYLE
20,30,50,100m BREASTROKE
200, 400m FREESTYLE

FRIDAY 25th November, 2011

20,30,50,100m FREESTYLE
20,30,50,100m BACKSTROKE
4X50 RELAY FREESTYLE (Jnr/Snr)

FRIDAY 2nd December, 2011

Sprint Night – Free, Breast, Fly

(20, 30, 50m)

Butterfly Medal Event

FRIDAY 9th December, 2011

Championship Night 1

- 1/2 Open 200m Freestyle
- 3/4 8/9/10 yrs 50m Freestyle
- 5/6 11/12/13 and over 50m Freestyle
- 7/8 U6/7 25m freestyle
- 9/10 Open 100m Breaststroke

FRIDAY 16th December, 2011

- 20,30,50,100m FREESTYLE
- 20,30,50,100m BACKSTROKE
- 80,120,200m MEDLEY
- 200m Butterfly Championship Event**

FRIDAY 23rd December, 2011

Swim Club Holiday – No Racing

FRIDAY 30th December, 2011

Swim Club Holiday – No Racing

FRIDAY 6th January, 2012

- 20,30,50,100m FREESTYLE
- 20,30,50,100m BUTTERFLY
- 4X50 RELAY FREESTYLE

FRIDAY 13th January, 2012

- 20,30,50,100m FREESTYLE
- 20,30,50,100m BREASTROKE
- 200, 400m FREESTYLE
- 400m Free Championship Event**

FRIDAY 20th January, 2012

- 20,30,50,100m FREESTYLE
- 20,30,50,100m BACKSTROKE
- 80,120,200m MEDLEY
- 200 IM Championship Event**

FRIDAY 27th January, 2012

***CSC Carnival Set Up* – No Racing**

28th January
Cronulla Swim Club Development Meet

FRIDAY 3rd February, 2012

Sprint Night – Free, Back, Fly

(20, 30, 50m)

Freestyle Medal Event

800m Freestyle Championship Event

FRIDAY 10th February, 2012

20,30,50,100m FREESTYLE
20,30,50,100m BREASTROKE
4X50 RELAY MEDLEY

FRIDAY 17th February, 2012

Championship Night 2

1/2 Open 100 metres Butterfly
3/4 U7 25m Butterfly
5/6 8/ 9/10 50 metres Butterfly
7/8 11/12/13 over 50 metres Butterfly
9/10 U6/7 25 metres Backstroke
11/12 Open 200 metres Backstroke
13/14 8/9/10 50 metres Backstroke
15/ 16 11/12/13 50 metres Backstroke

FRIDAY 24th February, 2012

20,30,50,100m FREESTYLE
20,30,50,100m BACKSTROKE
200, 400m FREESTYLE
400m IM Championship Event

FRIDAY 2nd March, 2012

Sprint Night – Free, Back, Fly, Breast

Backstroke Medal Event

(20, 30, 50m)

FRIDAY 9th March, 2012

20,30,50,100m FREESTYLE
20,30,50,100m BUTTERFLY
80,120,200m MEDLEY

FRIDAY 16^h March, 2012

Championship Night 3

- 1/2 Open 100 metres Backstroke
- 3/4 U6/7 25 metres Breaststroke
- 5/6 Open 200 metres Breaststroke
- 7/8 8 /9/10 50 metres Breaststroke
- 9/10 11/12/13 over 50 metres Breaststroke
- 11/12 Open 100m Freestyle

FRIDAY 23rd March, 2012

Club BBQ

Record Attempts

Record attempts are conducted on an age basis.
Swimmers previous best time must be close to the record for attempt to be allowed.

Novelty Events

Family Relay

CARNIVAL CALENDAR 2011-2012

Refer to the Club Website, ***www.cronullaswimclub.com.au*** ,
Meets and Results page for an up to date listing of carnivals.

CRONULLA SWIM CLUB Inc

CLUB RECORDS

as at 1 October 2011

BOYS

FREESTYLE

Open	50m	T Goode	25.69	29/11/96
Open	100m	T Goode	56.44	8/11/96
Open	200m	T Goode	2:00.98	17/1/97
Open	400m	T Goode	4:17.68	19/11/93
Open	800m	T Goode	8:56.72	7/3/97
16 years and over	100m	D Halpin	57.96	7/11/97
15 years	100m	D McLellan	56.72	24/11/89
14 years and over	200m	T Goode	2:02.36	15/1/93
14 years	100m	J Stack	58.56	9/3/07
13 years	100m	C Gibbs	59.91	24/11/89
13 years and under	200m	C Allum	2:07.15	17/12/99
12 years	100m	J Stack	1:03.03	18/03/05
11 years	100m	C Allum	1:06.15	27/03/98
11 years	50m	J Stack	30.69	12/3/04
10 years and under	100m	C Molla	1:12.97	7/11/08
10 years	50m	D O'Brien	31.40	1/4/79
9 years	50m	J Reilly	32.40	22/2/80
8 years	50m	S Mackey	34.98	29/3/87
7 years and under	50m	C Allum	37.85	25/3/94

BREASTROKE

Open	50m	B Orford	34.23	12/2/99
Open	100m	B Orford	1:16.25	27/3/98
Open	200m	B Orford	2:42.13	12/3/99
16 years and over	100m	B Orford	1:16.25	10/3/00
15 years	100m	B Orford	1:16.25	27/3/98
14 years	100m	J Stack	1:22.28	18/12/06
13 years	100m	D Rigney	1:20.29	11/3/88
12 years	100m	R Nafarrete	1:24.69	18/03/11
11 years and under	100m	J Little	1:29.25	19/03/04
10 years	50m	J Little	44.19	14/3/03
9 years	50m	G Halpin	45.20	31/03/68
8 years	50m	S Smith	49.78	28/3/03
7 years and under	50m	S Smith	1:01.41	22/3/02

BACKSTROKE

Open	50m	M Hughes	30:31	08/04/11
Open	100m	R Hartup	1:05.81	24/10/03
Open	200m	D Halpin	2:25.59	10/11/95
16 years and over	100m	D Halpin	1:04.99	13/2/98
15 years	100m	D Halpin	1:07.19	9/2/96
14 years	100m	J Stack	1:07.91	10/11/06
13 years	100m	D Halpin	1:10.03	17/3/95
12 years	100m	J Little	1:17.16	12/11/04
11 years and under	100m	D Halpin	1:17.15	12/3/93
10 years	50m	J Stack	39.09	28/3/03
9 years	50m	D Halpin	39.59	23/11/90
8 years	50m	M Hughes	40.28	19/03/04
7 years and under	50m	S Mackey	45.53	23/3/86

BUTTERFLY

Open	50m	R Hartup	27.92	24/10/03
Open	100m	D McLellan	1:02.34	12/2/93
Open	200m	D McCabe	2:19.41	19/12/80
16 years and over	100m	B Orford	1:05.10	11/2/00
15 years	100m	B Mexon	1:04.50	10/2/95
14 years	100m	J Stack	1:02.71	30/3/07
13 years	100m	J Stack	1:06.60	31/03/06
12 years	100m	J Stack	1:17.19	18/3/05
11 years	50m	J Stack	32.90	29/03/04
10 years	50m	J Stack	35.79	28/3/03
9 years and under	50m	D O'Brien	37.60	2/12/77

IND. MEDLEY

Open	200m	D McLellan	2:18.56	12/2/93
Open	400m	B Orford	5:01.34	3/11/00
15 years and over	200m	D McLellan	2:24.51	3/11/89
13/14 years	200m	J Little	2:30.81	9/2/07
12 years	200m	J Little	2:41.85	4/2/05
11 years and under	200m	C Allum	2:43.28	13/3/98

GIRLS**FREESTYLE**

Open	50m	K Mansell	29.52	29/11/96
Open	100m	J Franklin	1:02.31	16/11/84
Open	200m	B Curran	2:14.10	16/3/79
Open	400m	J Franklin	4:40.93	30/11/84
Open	800m	B Curran	9:20.50	23/3/79
16 years and over	100m	K Maclachlan	1:10.25	7/11/97
15 years	100m	J Hill	1:03.55	5/11/93
14 years and over	200m	J Franklin	2:15.10	13/12/85
14 years	100m	C.Parsons	1:03.91	08/04/11
13 years	100m	J Franklin	1:02.31	16/11/84
13 years and under	200m	J Franklin	2:15.90	17/2/84
12 years	100m	L Hyer-Warton	1:06.68	30/03/07
11 years	100m	J Franklin	1:06.60	4/02/83
11 years	50m	J Franklin	30.53	27/3/83
10 years and under	100m	B Little	1:11.62	18/2/05
10 years	50m	J Franklin	31.76	27/11/81
9 years	50m	B Little	34.46	19/03/04
8 years	50m	E Parkins	35.28	27/3/98
7 years and under	50m	L O'Brien	39.30	1/2/80

BREASTROKE

Open	50m	M Wrigley	35.85	18/03/05
Open	100m	E Vass	1:20.90	31/3/95
Open	200m	S Collinson	2:52.85	24/1/86
16 years and over	100m	A Snare	1:35.13	3/12/99
15 years	100m	E Vass	1:20.90	31/3/95
14 years	100m	M Wrigley	1:24.04	4/3/05
13 years	100m	E Vass	1:22.18	25/3/94
12 years	100m	N Kavanagh	1:28.94	18/2/05
11 years and under	100m	S Collinson	1:24.12	1/2/85
10 years	50m	N Kavanagh	44.94	28/3/03
9 years	50m	K Teychenne	42.34	10/3/89
8 years	50m	G Gray	51.05	31/03/06
7 years and under	50m	E Blanch	56:26	18/03/11

BACKSTROKE

Open	50m	C Raanoja	34.82	26/3/99
Open	100m	J Hill	1:13.61	12/3/93
Open	200m	J Hill	2:40.37	5/11/93
16 years and over	100m	K Maclachlan	1:20.85	13/3/98
15 years	100m	J Hill	1:13.61	12/3/93
14 years	100m	H Burrell	1:26.37	2/11/07
13 years	100m	J Hill	1:13.95	27/3/92
12 years	100m	M Sargent	1:26.25	2/11/07
11 years and under	100m	B Little	1:18.59	31/03/06
10 years	50m	L Hyer-Warton	38.43	18/3/05
9 years	50m	K Attwells	39.25	27/3/98
8 years	50m	K McCaw	44.66	18/3/05
7 years and under	50m	R Gibbs	46.06	29/3/87

BUTTERFLY

Open	50m	K Maclachlan	33.67	13/3/98
Open	100m	J Hill	1:08.56	26/3/93
Open	200m	E Jamieson	2:29.19	14/11/97
16 years and over	100m	A Snare	1:23.00	11/2/00
15 years	100m	J Hill	1:08.56	26/3/93
14 years	100m	A Burrell	1:27.59	1/2/08
13 years	100m	J Hill	1:08.32	27/3/92
12 years	100m	L Hyer-Warton	1:13.78	30/03/07
11 years	50m	J Hill	33.94	30/3/90
10 years	50m	M Sargent	36.75	31/03/06
9 years and under	50m	J Earle	37.50	1/4/79

IND. MEDLEY

Open	200m	J Hill	2:35.71	9/2/96
Open	400m	H Starky	5:27.60	3/3/78
15 years and over	200m	J Hill	2:35.81	11/2/94
13/14 years	200m	J Hill	2:35.98	7/2/92
12 years	200m	N Kavanagh	2:58.37	4/2/05
11 years and under	200m	S Collinson	2:40.16	8/2/85



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