



AQUABLITZ TOONGABBIE SWIM CLUB

DRAFT 2025 - 2026 SEASON CALENDAR

CLUB NIGHT SCHEDULE

Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
2 January 2026		Freestyle									Metro South West LC Qualifying 11 January 2026 School Holidays No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
9 January 2026		Freestyle									School Holidays No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
16 January 2026		Freestyle									Australian Open Water Championships 22-26 January 2026 School Holidays No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
23 January 2026		Freestyle									School Holidays No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
30 January 2026		Freestyle									No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
6 February 2026	6	Freestyle		X	X	X	X				
		Backstroke		X	X	X	F				
		Breaststroke		X	X	X	F				
		Butterfly		X	X	X	F				
		Individual Medley				X	X				
13 February 2026		Freestyle									2026 NSW Senior Metropolitan Championships 13-15 February 2026 No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
20 February 2026	7	Freestyle		X	X	X	X				
		Backstroke		X	X	X	F				
		Breaststroke		X	X	X	F				
		Butterfly		X	X	X	F				
		Individual Medley				X	X				
27 February 2026	8	Freestyle		X	X	X	X				Speedo Sprint Series Finals 28 February 2026
		Backstroke		X	X	X	F				
		Breaststroke		X	X	X	F				
		Butterfly		X	X	X	F				
		Individual Medley				X	X				
6 March 2026		Freestyle									NSW State Open Championships 6 - 8 March 2026 No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
13 March 2026	9	Freestyle		X	X	X	X				Entries open 5th March 2026
		Backstroke		X	X	X	F				
		Breaststroke		X	X	X	F				
		Butterfly		X	X	X	F				
		Individual Medley				X	X				



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Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
20 March 2026		Freestyle									NSW Youth State Age Championships 20-22 March 2026
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
											No Club Night
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
27 March 2026	10	Freestyle		X	X	X	X				Entries open 19th March 2026
		Backstroke		X	X	X	F				
		Breaststroke		X	X	X	F				
		Butterfly		X	X	X	F				
		Individual Medley				X	X				
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
3 April 2026		Freestyle									Good Friday
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
											No Club Night
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
10 April 2026		Freestyle									Australian Age Championships 10-18 April 2026
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
											School Holidays No Club Night
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
17 April 2026		Freestyle									Australian Swimming Championships 21-24 April 2026
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
											School Holidays No Club Night
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
24 April 2026	11	Freestyle		X	X	X	X	X			Entries open 16th April 2026
		Backstroke		X	X	X	F				
		Breaststroke		X	X	X	F				
		Butterfly		X	X	X	F				
		Individual Medley				X	X	X			
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
1 May 2026	12	Freestyle				13+	9-12				Club Mini Meet and Club Championships 1 May 2026
		Backstroke		5-8			13+				
		Breaststroke			9-12						
		Butterfly				9-12					
		Individual Medley					13+				
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
8 May 2026	13	Freestyle				13+	9-12				Club Mini Meet and Club Championships 8 May 2026
		Backstroke		5-8			13+				
		Breaststroke			9-12						
		Butterfly				9-12					
		Individual Medley					13+				
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
15 May 2026		Freestyle									NSW Sydney Open 15-17 May 2026
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
											No Club Night
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
22 May 2026	14	Freestyle			13+	9-12					Club Mini Meet and Club Championships 22 May 2026
		Backstroke				13+					
		Breaststroke		5-8			13+				
		Butterfly			9-12						
		Individual Medley					9-12				
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
29 May 2026	15	Freestyle			13+	9-12					Club Mini Meet and Club Championships 29 May 2026
		Backstroke				13+					
		Breaststroke		5-8			13+				
		Butterfly			9-12						
		Individual Medley					9-12				



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Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
5 June 2026		Freestyle									Winter Break No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
12 June 2026		Freestyle									Metro South West SC Championships 13-14 June 2026 Winter Break No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
19 June 2026		Freestyle									Winter Break No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
26 June 2026		Freestyle									Winter Break No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
3 July 2026	16	Freestyle		X	X	X	X				
		Backstroke		X	X	X	F				
		Breaststroke		X	X	X	F				
		Butterfly		X	X	X	F				
		Individual Medley				X	X				
10 July 2026		Freestyle									School Holidays No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
17 July 2026		Freestyle									School Holidays No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
24 July 2026	17	Freestyle		X	X	X	X				
		Backstroke		X	X	X	F				
		Breaststroke		X	X	X	F				
		Butterfly		X	X	X	F				
		Individual Medley				X	X				
31 July 2026	18	Freestyle									2026 NSW Metropolitan SC Championships - 31 July - 2 August No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
7 August 2026		Freestyle									Aquablitz Short Course Meet 08 August 2026 No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
14 August 2026	19	Freestyle		X	X	X	X				
		Backstroke		X	X	X	F				
		Breaststroke		X	X	X	F				
		Butterfly		X	X	X	F				
		Individual Medley				X	X				



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Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
21 August 2026		Freestyle									NSW Senior State Age Championships 21-23 August 2026
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
											No Club Night
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
28 August 2026	20	Freestyle		X	X	X	X				Last Official Club Night for 25/26 Season Possible change to add long distance events - TBC
		Backstroke		X	X	X	F				
		Breaststroke		X	X	X	F				
		Butterfly		X	X	X	F				
		Individual Medley				X	X				
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
4 September 2026		Freestyle									No Club Night
		Backstroke									
		Breaststroke									
		Butterfly									
		Individual Medley									
Date	Week	Stroke	12.5m	25m	50m	100m	200m	400m	800m	1500m	Notes
11 September 2026	21	Freestyle		X	X	X	X				NSW Youth State Age Championships 12-13 September 2026
		Backstroke		X	X	X	F				
		Breaststroke		X	X	X	F				
		Butterfly		X	X	X	F				
		Individual Medley				X	X				
											Come and Try Night (TBC)

Club Night Notes

1. Club Night dates may be required to change due to availability of Technical Officials. Notices will be posted in Slack Team App and Chat Groups.

2. All race entries are via Swim Central

3. All swimmers must be registered members. Visitors and trial swimmers are allowed subject to approval

4. Times each week will be official when a referee and starter are in attendance

5. All 200m events have a minimum age of 9 years as at date of the event

6. All 400m events have a minimum age of 10 years as at date of the event

7. Entry into 800m and 1500m freestyle time trial events is by coaches approval only

8. Parents are to be available each week for timekeeping if their children have entered

9. Self marshalling will be adopted and heats swum from fastest to slowest

10. Senior athletes are to regularly participate in club night activities

11. Club night progression times are as follows:

	25m to 50m	50m to 100m	100m to 200m	200m to 400m
Freestyle	25.00	.	1:32.00	3:10.00
Butterfly	26.00	55.00	1:45.00	
Backstroke	30.00	58.00	1:45.00	
Breaststroke	32.00	1:02.00	2:02.00	
Individual Medley			1:50.00	3:00.00

12. Club Night enquiries can be sent to fridayracesec.aquablitz@outlook.com