## Winter Season - Upcoming Official Meets

TEAM EVENT - Metsea (District) Winter Championships

- Sat/Sun June 25<sup>th</sup> 26<sup>th</sup>
- Sydney Olympic Park Aquatic Centre (SOPAC)

GOLD/SILVER - NSW Metropolitan SC Championships

- Fri/Sat/Sun, July 15<sup>th</sup> 17<sup>th</sup>
- Hard Qualifying Times If you achieve these QTs you will likely qualify for NSW State
- https://nsw.swimming.org.au/events/2022-nsw-metropolitan-sc-championships

TEAM EVENT - Aquablitz SC Meet – ENTRIES OPEN NOW

- Sunday 31 July 2022. (@SOPAC)
- Two SC meets will run at the same time, same location, different pools. (12U and 13O)
- Online entries only via swim central <u>https://swimcentral.swimming.org.au/</u>

CHAMPIONSHIP MEETS FOR THIS SEASON

All competitive swimmers should be aiming to qualify for the following events

NSW Senior (13 & Over) State SC Championships

- Fri/Sat/Sun, August 12<sup>th</sup> 14<sup>th</sup> (@SOPAC)
- https://nsw.swimming.org.au/events/2022-nsw-senior-state-age-sc-championships

NSW Junior (13 & Under) State Championships

- Sat/Sun, September 3<sup>rd</sup> 4<sup>th</sup> (@SOPAC)
- https://nsw.swimming.org.au/events/2022-nsw-junior-state-age-sc-championships

## Holiday / Break Period

Between seasons, swimmers will be asked to take a small break from training in preparation for the Summer Season ahead (September – December).



"Individual commitment to a group effort that is what makes a team work." Vincent Lombardi



