

Targeted Meets Calendar for 2024/2025 Season

Month	Dates	Location	Description	Juniors	Seniors
2024					
January	24th-27th	Busselton	2024 Australian Open Water Champs		
February	TBA	SOPAC	2024 SMNE Speedo Sprint Heats & 13/U Meet		
	24th-25th	SOPAC	NSW Senior Metro Champs		
March	2nd	SOPAC	2024 NSW Speedo Sprint Finals		
	15th-17th	SOPAC	NSW LC State Open Champs		
	23rd-24th	SOPAC	NSW LC Junior State Age		
April	6th-14th	Gold Coast	2024 Australian Age Swimming Champs		
	17th-20th	Gold Coast	2024 Australian Swimming Champs		
May	9th-11th	SOPAC	2024 Sydney Open & Uni Meet		
	18th-19th	SOPAC	NSW SC Qualifying Meet		
June	1st-2nd	SOPAC	SMNE SC Winter Championships		
	10th-15th	Brisbane	Australian Olympic & Paralympic Trials		
	30th	WAC	Warringah SC Qualifying Meet		
July	19th-21st	SOPAC	NSW SC Metro Championships		
August	23rd-24th	SOPAC	NSW SC Senior State Age Championships		
September	7th-8th	SOPAC	NSW SC Junior State Age Championships		
	15th	PLC	Olympic Dreams Meet		
	26th-29th	Adelaide	Australian SC Championships		
October	12th-13th	SOPAC	NSW LC Qualifying Meet		
	20th	PLC Aquatic	SMNE LC Distance Meet		
	27th	WAC	Warringah LC Summer Meet		
November	9th-10th	SOPAC	SMNE LC Summer Champs		
	23rd-24th	SOPAC	NSW LC Jnr Metro Champs		
December	6th-12th	SOPAC	NSW LC Snr State Age Champs		
	14th-15th	SIRC	NSW State Open Water Champs		
2025					
January	23rd-26th	Busselton TBC	2025 Australian Open Water Champs		
February	1st	SOPAC	SMNE Speedo Sprint 13/U Meet		
	22nd-23rd	SOPAC	NSW Snr Metro Championships		
March	1st	SOPAC	NSW Speedo Sprint Finals		
	2nd	TBA	NSW MC Meet #1		
	15th-16th	SOPAC	NSW Jnr State Age Champs		
	21st-23rd	SOPAC	NSW State Open Champs		
April	10th-18th	Brisbane TBC	2025 Australian Age Champs		
	21st-24th	Brisbane TBC	2025 Australian Open Champs		

It is the coach who is in the best position to determine the events and load that a swimmer can handle, and trusting and supporting the coach in these decisions will contribute significantly to a far more enjoyable and sustainable swimming career for everyone involved. The number of competitions scheduled in the season plan can have a profound effect on the ability of a swimmer to achieve optimum results at the end of the season. Over-racing throughout the year can often lead to a premature elevation in preparedness that in turn leads to less than optimal performances in the major meet at the end of the season. Conversely, under-racing can decrease preparedness and prevent the swimmer from achieving peak performances in the major meet at the end of the season. Therefore, competition planning is a delicate balance between too many, and too few competitions in the calendar. Please discuss all entries with your coach.

1. Junior Swimmers

- Girls 12 & Under as at 10 April 2024
- Boys 13 & Under as at 10 April 2024

2. Senior Swimmers

- Girls 13 & Over as at 10 April 2024
- Boys 14 & Over as at 10 April 2024

* Please note WASA meets are un-official times (ie cannot be used as qualifying times for approved meets) but they are a LOT of fun!