

Targeted Meets Calendar for 2025

Month	Dates	Location	Description	Juniors	Seniors
2025					
January	23rd-26th	Busselton	2025 Australian Open Water Champs		
February	1st	SOPAC	2025 SMNE Speedo Sprint Heats & 13/U Meet		
	21st-23rd	SOPAC	NSW Senior Metro Champs		
March	1st	SOPAC	2025 NSW Speedo Sprint Finals		
	15th-16th	SOPAC	NSW LC Junior State Age Champs		
	21st-23rd	SOPAC	NSW LC State Open Champs		
April	10th-18th	Brisbane	2025 Australian Age Swimming Champs		
	21st-24th	Brisbane	2025 Australian Swimming Champs		
May	4th	WAC	Warringah ASC SC Qualifier		
	16th-18th	SOPAC	2025 Sydney Open & Uni Meet		
	24th-25th	SOPAC	NSW SC Qualifying Meet		
June	7th-8th	SOPAC	SMNE SC Winter Championships		
	9th-14th	Adelaide	Australian World Championship Trials		
	22nd	PLC Aquatic	SMNE SC Distance meet		
July	18th-20th	SOPAC	NSW SC Metro Championships		
August	22nd-24th	SOPAC	NSW SC Senior State Age Championships		
September	13th-14th	SOPAC	NSW SC Junior State Age Championships		
	26th-28th	TBA	Australian SC Championships		
October	11th-12th	SOPAC	NSW LC Qualifying Meet		
	TBA	PLC Aquatic	SMNE LC Distance Meet		
	TBA	WAC	Warringah ASC LC Qualifier		
November	8th-9th	SOPAC	SMNE LC Summer Champs		
	29th-30th	SOPAC	NSW LC Jnr Metro Champs		
December	13th-19th	SOPAC	NSW LC Snr State Age Champs		
	21st-22nd	SIRC	NSW State Open Water 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 2025
- Boys 13 & Under as at 10 April 2025

2. Senior Swimmers

- Girls 13 & Over as at 10 April 2025
- Boys 14 & Over as at 10 April 2025

* 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!