



RIVERSTONE DOLPHINS R.S.L. YOUTH SWIMMING CLUB

SUMMER PROGRAMME 2025- 2026

DATE	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6	EVENT 7	EVENT 8	EVENT 9	EVENT 10	EVENT 11	EVENT 12
09-Oct-25	12.5 Free	100M Free	25m Free	50m Free	12.5m BBB	200M Free	25m Breast	33m Breast	50m Breast	25m Back	50m Back	100M Back
16-Oct-25	12.5 Free	100M Fly	25m Breast	33m Breast	12.5m BBB	50m Breast	25m Fly	33m Fly	50m Fly	25m Free	50m Free	100 Breast
23-Oct-25	12.5 Free	200M Free	25m Free	50m Free	12.5m BBB	100M Free	25m Fly	33m Fly	50m Fly	25m Back	50m Back	200M IM
30-Oct-25	12.5 Free	400M Free	25m Free	50m Free	12.5m BBB	100M Back	25m Back	50m Back	25m Breast	33m Breast	50m Breast	100 Breast
06-Nov-25	12.5 Free	100M Free	25m Back	50m Back	12.5m BBB	25m Breast	33m Breast	50m Breast	25m Fly	33m Fly	50m Fly	100M Fly
13-Nov-25	12.5 Free	200M IM	25m Breast	33m Breast	12.5m BBB	50m Breast	25m Fly	33m Fly	50m Fly	25m Free	50m Free	100M Back
20-Nov-25	12.5 Free	400M Free	25m Fly	33m Fly	12.5m BBB	50m Fly	100M Fly	25m Free	50m Free	25m Back	50m Back	200M Free
27-Nov-25	12.5 Free	100 Breast	25m Fly	33m Fly	12.5m BBB	50m Fly	25m Breast	33m Breast	50m Breast	25m Back	50m Back	100M Back
04-Dec-25	12.5 Free	100M Fly	25m Free	50m Free	12.5m BBB	100M Free	25m Back	50m Back	25m Breast	33m Breast	50m Breast	200M Free
11-Dec-25	12.5 Free	100 Breast	25m Free	50m Free	12.5m BBB	100M Free	25m Back	50m Back	25m Fly	33m Fly	50m Fly	200M IM
18-Dec-25	12.5 Free	100M Fly	25m Breast	33m Breast	12.5m BBB	50m Breast	25m Fly	33m Fly	50m Fly	25m Free	50m Free	100 Breast
	25th Dec, 1st Jan & 8th Jan - CHRISTMAS BREAK (NO SWIMMING)											
15-Jan-26	12.5 Free	100M Free	25m Fly	33m Fly	12.5m BBB	50m Fly	25m Free	50m Free	25m Back	50m Back	200M Free	200M IM
22-Jan-26	12.5 Free	400M Free	25m Free	50m Free	12.5m BBB	100M Free	25m Back	50m Back	25m Breast	33m Breast	50m Breast	100 Breast
29-Jan-26	12.5 Free	100M Fly	25m Back	50m Back	12.5m BBB	25m Breast	33m Breast	50m Breast	25m Fly	33m Fly	50m Fly	100M Back
05-Feb-26	12.5 Free	200M Free	25m Breast	33m Breast	12.5m BBB	50m Breast	25m Fly	33m Fly	50m Fly	25m Free	50m Free	100M Free
12-Feb-26	12.5 Free	400M Free	25m Breast	33m Breast	12.5m BBB	50m Breast	25m Back	50m Back	100M Back	25m Free	50m Free	200M IM
	19th Feb, 26th Feb, 5th Mar, 12 Mar - CHAMPIONSHIPS (19th Mar Backup date)											
	PRESENTATION DAY (Saturday 28th March 2025)											

Competitors can NOT enter events of the same stroke on the same night excluding distance events (Example: no 25m and 50m of the same stroke on the same night. This also applies to 50m and 100m events).