



RIVERSTONE DOLPHINS R.S.L. YOUTH SWIMMING CLUB

SUMMER PROGRAMME 2026 - 2027

WEEK	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
Week 1	08-Oct-26	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
Week 2	15-Oct-26	12.5 Free	100M Fly	25m Breast	33m Breast	12.5m BBB	50m Free	25m Fly	33m Fly	50m Fly	25m Free	50m Breast	100 Breast
Week 3	22-Oct-26	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
Week 4	29-Oct-26	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
Week 5	05-Nov-26	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
Week 6	12-Nov-26	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
Week 7	19-Nov-26	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
Week 8	26-Nov-26	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
Week 9	03-Dec-26	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
Week 10	10-Dec-26	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
Week 11	17-Dec-26	12.5 Free	100M Fly	25m Breast	33m Breast	12.5m BBB	50m Free	25m Fly	33m Fly	50m Fly	25m Free	50m Breast	100 Breast
24th Dec, 31st Dec, 7th Jan - 🎄 CHRISTMAS BREAK (NO SWIMMING) 🎄													
Week 12	14-Jan-27	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
Week 13	21-Jan-27	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
Week 14	28-Jan-27	12.5 Free	100M Fly	25m Back	50m Fly	12.5m BBB	25m Breast	33m Breast	50m Breast	25m Fly	33m Fly	50m Back	100M Back
Week 15	04-Feb-27	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
Week 16	11-Feb-27	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
18th Feb, 25th Feb, 4th March, 11th March - CHAMPIONSHIPS (18th March Backup date)													
Presentation Day: Saturday 3rd April 2027													

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).