

Avalon Bilgola Amateur Swimming Club Inc. - 2025 / 2026

Event Entries CLOSE at 8.45am

Date	Distance Event	Handicap Races 15, 25 <u>OR</u> 50m (33m Fly)			Tide		Comments
					time	mtrs	
11 th Oct	Registration Day - Bilgola Beach – 9am – 11am						
15 th Oct	WED - Club Committee Meeting – 7:30pm – Teams or TBA						
18 th Oct	100m Choice	Free	Breast	Relay	07:11	1.45	
25 th Oct	100m F/S	Free	Back	Fly	11:03	1.68	
1 st Nov	200/400m Choice*	Free	Fly	Relay	11:09	0.66	* 400m Choice – F/S or IM
8 th Nov	100m Choice	Relay	Free	Breast	10:54	2.01	
15 th Nov	100m BCK, FLY, MED <u>OR</u> Open 100m BRS Championship	Breast	Free	Back	11:53	0.66	
22 nd Nov	200/400m Choice*	Back	Free	Fly	10:04	1.77	* 400m Choice – F/S or IM
29 th Nov	Open 100m F/S Championship	Fly	Free	Relay	09:25	0.73	
6 th Dec	100m Choice	Free	Relay	Breast	09:49	2.08	
13 th Dec	Open 200m F/S Championship	Free	Breast	Back	10:12	0.75	
17 th Dec	WED - Club Committee Meeting – 7:30pm – Bilgola Surf Club						
20 th Dec	100m Choice	Free	Back	Fly	09:10	1.78	Merry Christmas
27 th Dec	No Club				07:45	0.69	Happy New Year
3 rd Jan	100m F/S	Fly	Free	Breast	08:46	2.04	
10 th Jan	200m Choice <u>OR</u> Open 400m F/S Championship	Back	Free	Fly	08:21	0.73	
17 th Jan	100m Choice	Relay	Free	Back	08:15	1.73	
24 th Jan	15, 25 or 50m F/S	15, 25, 50m Back, Breast or Fly			06:35	0.57	WASA Handicap Meet
31 st Jan	100m F/S	Free	Fly	Breast	07:34	1.92	
7 th Feb	200/400m Choice* <u>OR</u> Open 200m MED Championship	Free	Breast	Back	06:51 12:50	0.62 1.45	* 400m Choice – F/S or IM
7 th Feb	Entries CLOSE for AGE Championships TODAY!						
11 th Feb	WED - Club Committee Meeting – 7:30pm – Bilgola Surf Club						
14 th Feb	AGE CHAMPIONSHIPS	Free, Back, Breast & Fly 6y&U 25m, 7y 33m, 8y&O 50m			07:08 14:00	1.63 0.53	NO entries accepted today! See eligibility on back
21 st Feb	100m Choice	Free	Relay	Breast	05:35 11:45	0.44 1.67	
28 th Feb	100m BRS, FLY, MED <u>OR</u> Open 100m BCK Championship	Back	Free	Fly	06:40	1.78	Age Championship Backup
7 th Mar	200/400m Choice*	Breast	Free	Relay	11:42	1.49	* 400m Choice – F/S or IM
14 th Mar	100m BRS, BCK, MED <u>OR</u> Open 100m FLY Championship	Free	Breast	Relay	05:40	1.52	Dash for Cash
TBA	End of Season Celebration – Sunday Sippers – Bilgola Surf Club						
21 st Mar	100m Choice	Fly	Free	Relay	10:45	1.69	
28 th Mar	100m F/S	Back	Free	Relay	05:24	1.70	
1 st Apr	WED - Club Committee Meeting – 7:30pm – Bilgola Surf Club						
16 th May	Presentation Day – Sat Afternoon - Bilgola Surf Club						
12 th Aug	WED - Annual General Meeting – 7:30pm – Bilgola Surf Club						

Stroke Correction Programs – Bilgola Pool

Day	Time	Dates	Program	Contact
Saturday		To be reviewed	Junior	
Friday	10:00am	17 th Oct – 20 th Dec, 31 st Jan – 11 th Apr	Senior	Ian Lee

These programs are free for our members.

Warringah Amateur Swimming Association – Warringah Aquatic Centre

Day	Date	Time	Ages	Meet	Entries Close
Sat	6 th Dec	4:30pm	ALL inc Adults	Peninsula Challenge 1	29 th Nov
	Late January	10:30am	8yrs – 15yrs	Development Camp	
Sat	24 th Jan	9:00am	ALL inc Adults	Handicap Meet – Bilgola	17 th Jan
Sat	14 th Feb	4:30pm	ALL inc Adults	Jenny Oates Championship Meet	7 th Feb
Sat	14 th Mar	4:30pm	ALL inc Adults	Peninsula Challenge 2	7 th Mar

See Richard Vander Reyden for details of WASA events.

Website: www.avalonbilgolaswimming.asn.au

Avalon Bilgola Amateur Swimming Club Inc. - 2025 / 2026

REGISTRATION: All swimmers including adults must be registered before they can participate in any club event. Registration in this club is taken as acknowledgment & acceptance of the following conditions. All children must be fully supervised by a responsible adult during any club activities. The club cannot be responsible for members if they leave the pool area.

ASSISTANCE: Help is required each week carrying the equipment from & to the club storeroom and with timekeeping (no previous experience is necessary - please volunteer to help). **A parent of each swimmer is also expected to assist on the canteen.**

DISTANCE SWIMS: Entries close at 8.45am each week. A swimmer must be able to swim 50 metres freestyle in under 52 seconds to participate. 100m Individual Medley events are swum with a rope at 25m, when the swimmer reaches the rope they change stroke.

HANDICAP RACES: ENTRIES CLOSE AT 8.45AM.

Races will be conducted in the strokes listed on the program over distances of 15, 25 & 50 metres. There is also a transitional 33 metres race in Butterfly only, for both kids and adults. A swimmer can only swim ONCE in each stroke in handicap races. In any stroke, when a swimmer breaks 16 seconds for 15 metres or 32 seconds for 25 metres they will be upgraded to the next distance at the discretion of the handicapper.

Online Entries: We are now taking entries online! Online entries will **CLOSE at 8:30am** and open mid-week. You must be a registered member to be able to enter online. Your username is your registration ID (this will be emailed to you) and password is your DOB (ddmmyyyy). If you enter online and fail to swim for 2 weeks, you will lose your online entry privileges, and you may also lose points on the pointscore. Go here: entries.avalonbilgolaswimming.asn.au

Time Trials: For new members of the club, the first swim in a stroke is a Time Trial, we will calculate a time based on time swum by members of the club of the same age, you will receive 2 points for this swim. **Returning members, your handicap time from previous season will be used as your time this season, there will be NO time trials, you will receive normal place points for your swim.**

POINT SCORES: There are 3 pointscores compiled during the season, the Distance, Handicap and Relay point scores. Trophies are awarded to placegetters in each of these point scores.

The Handicap point score is divided into 5 groups based on the swimmer's ability:

GROUP 1 - 15m swimmers

GROUP 2 - 25m and slower 50m swimmers (>56s for 50m freestyle)

GROUP 3 - Intermediate 50m swimmers (between 42 and 56s for 50m freestyle)

GROUP 4 - Faster 50m swimmers (<42s for 50m freestyle)

GROUP 5 - Adult swimmers.

Handicap points are awarded as follows; 4pts first place, 3pts second place, 2pts third place, 1pt for swimming. Group 1 swimmers only receive 1 point, so as they improve, they should progress to 25m quickly.

Relay point score: Swimmers will swim in a 2-person team; this team should remain the same throughout the season. Races will be handicapped, and points awarded for places. Points are awarded to the team and not the individual swimmer.

The Distance point score is for the 100/200/400m events. Points are awarded based on a comparison of your time with your previous times. 5pts are awarded if your time matches your previous best time. Extra points are awarded if you better your previous best (up to 9pts for 6sec or more improvement). Fewer points are awarded for slower times (down to 1pt for 6sec or slower than previous times). See handicappers for more details.

Remember you do not have to be a champion to do well in the Pointscores - just a regular attendee willing to swim in most events & a constant improver through the season. You should attempt all strokes.

CANCELLATIONS: The committee will decide at 8.15am at the pool if club is to be cancelled due to rain or high tide. Notification will be published on our Facebook page and sent to our Members mailing list. No points will be awarded for cancelled weeks.

STROKE CORRECTION SESSIONS:

JNR program: Due to the declining number of participants in these sessions, this is currently under review.

SNR program dates: Friday 10am - 11am at Bilgola Pool. 17th October to 20th December and 31st January to 11th April

CHAMPIONSHIPS:

ENTRIES FOR AGE CHAMPIONSHIPS CLOSE ON 7th FEB 2026 - NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE.

The Age Championship events will commence at 9.00am on the 14th February 2026. If 14/2/26 is washed out the championships will be held on 28/2/26. Age will be determined for all Age Championships as at 14/2/26. E.g. If a member is 11 on 14/2/26, they can only swim in races for 11year olds.

Age Championship events include 6&Under 25m, 7yrs 33m, 8, 9, 10, 11, 12, 13, 14-18, SNR (19-29), Masters (30-49) and Veterans (50&Over) 50m in all strokes.

Age Championship Eligibility: To be eligible for a stroke in the age championships, a member must have competed in at least THREE handicap races in that stroke (in any distance) prior to the championships. If any swim weeks are cancelled, ONE cancellation per stroke will be counted towards your swims for eligibility.

The Open Championships are scheduled regularly throughout the season and are held in conjunction with our regular distance events. Any age swimmers are eligible to swim in Open Championships. Open championships will be rescheduled at the discretion of the committee if cancelled due to pool conditions.

Entries for OPEN CHAMPIONSHIPS close at 8.45am on the day of the event.

Open Championship Eligibility: To be eligible for the Open championships, a member must have competed in at least two distance races prior to the Open championship. Further details can be obtained from the club committee.

DASH FOR CASH: This is an invitational swim for the 8 fastest male and female swimmers based on their F/S handicap times. To be eligible swimmers must comply with the above Championship eligibility criteria and swim the F/S handicap event on the day of the Dash for Cash event.

WARRINGAH DISTRICT SWIMMING CARNIVALS: All members are eligible to swim at these carnivals. All WASA Carnivals are well suited to swimmers from our club. These carnivals are held at Warringah Aquatic Centre and are more formal than our swimming events. See Nicole Russell or Richard Vander Reyden for entry details. Further details are available from the WASA website www.warringahswimming.asn.au

SOCIAL EVENTS: There is an End of Season social event in March. All members are welcome and encouraged to attend. There will also be a few impromptu events during the season, more details in the newsletter.

MEETINGS: They will start at 7.30pm and usually finish by 9.00pm. All parents and adult swimmers are welcome to attend. These meetings are very informal & are a good chance to find out more about the club and voice your opinions.

NOTICE BOARD & WEBSITE: Please read the notice board for changes in program & details of coming events and carnivals. www.avalonbilgolaswimming.asn.au

OFFICIALS:

President: Richard Vander Reyden - 0411106512
Treasurer:

Secretary: Briana Raymond
Nicole Russell

Handicappers:

Handicap – Nicole Vander Reyden

Distance – Alison Raffin

Relay – Richard Vander Reyden