

Jul-18						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays
	No Training	No Training	No Training	No Training	No Training	No Training
8	9	10	11	12	13	14
School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays
	Training Resumes					
15	16	17	18	19	20	21
School Holidays						
22	23	24	25	26	27	28
Ringwood SC						
29	30	31				
Lilydale Encouragement		Annual General Meeting				

Ringwood Short Course 22-July
Intermediate, Senior, and Performance Squads

Lilydale Encouragement Meet 29-07-18
All Club Swimmers without State Times

REMINDER: In order to be eligible for medals at the Metro East District Champs in March 2019, swimmers must have competed in at least 2 district events or 1 district event plus 1 district club open qualifying event in the season.
So make sure to enter competitions thru the season!

Aug-18						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
Aggregate #1						2018 Metro SC
12	13	14	15	16	17	18
2018 Metro SC						NUNA SC Meet
19	20	21	22	23	24	25
26	27	28	29	30	31	
Aggregate #2					2018 Victorian Age SC Champs	

2018 Metro SC Meet 11-12 Aug MSAC
 Intermediate, Senior, and Performance Squads
 Junior Squad- see your coach

Nuna SC Meet 18 Aug
 Intermediate, Senior, and Performance Squads
 Last chance for State S.C Qualifying Times

Vic Age SC Championships 31-Aug to 2-Sept
 Qualifying Times apply

Aggregate 1 and 2
 All swimmers!

Sep-18						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 2018 Victorian A SC Champs
2 2018 Victorian A SC Champs	3	4	5	6	7	8
9 Aggregate #3	10	11	12	13	14	15
16	17	18	19	20	21	22 School Holidays No Training
23 School Holidays	24 School Holidays	25 School Holidays	26 School Holidays	27 School Holidays	28 School Holidays AFL Grand Final	29 School Holidays
No Training	No Training	No Training	No Training	No Training	No Training	No Training
30 School Holidays						

Vic Age SC Championships 1-2-Sept
Qualifying Times apply

Aggregate 3
All Swimmers!

Oct-18						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays
	Training Resumes					Metro East Optus Junior Dolphin Trial
7	8	9	10	11	12	13
School Holidays						Winter Club Champs
14	15	16	17	18	19	20
Ringwood LC Meet						
21	22	23	24	25	26	27
Aggregate #4						Metro East Distance
28	29	30	31			

Metro East Optus Junior Dolphin Selection Trials 6-Oct
All swimmers 8 years to 12 years of age

Ringwood LC Meet Aquanation 14-Oct
All Squads

Metro East Distance Competition Aqualink Nuna 27-Oct
Distance swimmers speak to Wayne.

Winter Boronia Swim Club Championships 13-Oct
All swimmers!

Aggregate 4
All Swimmers!

Nov-18						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Melb Cup Day No Training	7	8	9	10
11 Metro Optus Junior Dolphins Meet	12	13	14	15	16	17 Victorian Qualifying LC Distance
18 Aggregate #5	19	20	21	22	23	24
25 NUNA LC Meet	26	27	28	28	30	

Metro Optus Junior Dolphin Meet MSAC 11-Nov
Swimmers who qualified at Metro East trials

Vic Qualifying LC Meet MSAC 17-18-Nov
Intermediate/Senior/Performance Squads
Junior Squad- see your coach.

Nunawading Long Course Meet MSAC 25-Nov
Intermediate/Senior/Performance Squads
Junior- see your coach.

Aggregate 5
All Swimmers!

Dec-18						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
Ringwood Sprint LC					2019 Victorian Age LC Champs	2019 Victorian Age LC Champs
9	10	11	12	13	14	15
2019 Victorian Age LC Champs	2019 Victorian Age LC Champs	2019 Victorian Age LC Champs				
16	17	18	19	20	21	22
Aggregate #6						School Holidays
						No Training
23	24	25	26	27	28	29
School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays
		Christmas Day	Boxing Day			
No Training	No Training	No Training	No Training	No Training	No Training	No Training
30	31					
School Holidays	School Holidays					
No Training	No Training					

Ringwood Long Course Meet Aquanation 2-Dec

All squads.

Last chance to qualify for State Age

Vic Age Long Course Champs MSAC 7-11-Dec

All swimmers with qualifying times.

Aggregate 6

All Swimmers!

Jan-19						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		School Holidays	School Holidays	School Holidays	School Holidays	School Holidays
		New Year's Day				
		No Training	No Training	No Training	No Training	No Training
6	7	8	9	10	11	12
School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays
	Training Resumes					2019 Victorian Sprint Champs
13	14	15	16	17	18	19
School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays
2019 Victorian Sprint Champs						
20	21	22	23	24	25	26
School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays
						Metro East LC Preparation Meet
27	28	29	30	31		
School Holidays	School Holidays	School Holidays				
	Aus Day Holiday					
	No Training					

Vic State Sprint Champs MSAC 12-13-Jan
All swimmers with qualifying times.

Metro East Long Course Prep Meet MSAC 26-Jan
All squads.

Feb-19						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
Aggregate #7						
10	11	12	13	14	15	16
						Metro East All Junior Selection Trial
17	18	19	20	21	22	23
						Surrey Park LC
24	25	26	27	28		
Aggregate #8						

Metro East All Juniors Aqualink Nuna 16-Feb
All swimmers 16 years and under

Surrey Park Long Course Meet MSAC 23-Feb
Last hit out before District Champs
All squads- see your coach.

Aggregate 7 and 8
All Swimmers!

Mar-19						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
Metro East District Champs 2019					2019 Victorian Metro LC Champs	2019 Victorian Metro LC Champs
10	11	12	13	14	15	16
2019 Victorian Metro LC Champs	Labour Day 2019 Victorian Metro LC Champs					
17	18	19	20	21	22	23
Aggregate #9						
24	25	26	27	28	29	30
						2019 Metro All Junior
31						
2019 Metro All Junior						

Metro East District Champs MARC 3-March
All Squads, all swimmers!

Vic Metro LC Championships MSAC 8-11-March
Swimmers chosen at District Champs

Metro All Juniors MSAC 30-31-March
All swimmers who qualified at Metro East All Juniors.

Aggregate 9
All Swimmers!

Apr-19						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
						School Holidays
7	8	9	10	11	12	13
School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays
14	15	16	17	18	19	20
School Holidays	School Holidays	School Holidays	School Holidays	School Holidays	Good Friday	D F Good Friday
					School Holidays	School Holidays
	No Training	No Training	No Training	No Training	No Training	No Training
21	22	23	24	25	26	27
Eastern Sunday	Eastern Monday			Anzac Day		
School Holidays	School Holidays					
	No Training	Training Resumes		No Training		
28	29	30				
Aggregate #10						

Aggregate 10
All Swimmers!

May-19						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 <i>Summer Club Champ</i>
5 <i>Club Long Distance</i>	6	7	8	9	10	11
12	13	14	15	16	17	18 <i>Vic Relay Comp</i>
19	20	21	22	23	24	25 <i>Presentation Night</i>
26	27	28	29	30	31	

Summer Boronia Swim Club Championships 4-May
All swimmers!

Vic Relay Competition MSAC 18-May
All Squads

Jun-19						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8 WARRNAMBOOL
9 WARRNAMBOOL	10 Queen's BDay Public Holiday	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29 School Holidays
30 School Holidays						

Warrnambool Short Course Meet 8-9-June
All Squads, Great start to the Season!