

TARES TORPEDOES

SWIM CLUB

SEASON 2024/2025

KEEP UPDATED WITH

FACEBOOK,

Team App

or Website

tareetorpedoes.com

Registration

Register and pay your membership online from 5th September 2024 and October. New members should visit <u>tareetorpedoes.com</u> and click on Join Now! Follow the prompts for either swimmer or

non-swimmer. Existing members will be sent a renewal email with a one use only link for payment. **All swimmers must be registered and financial** before your **third swim.** No points are awarded to swimmers who are not registered and financial.

Fees are;

\$125 per swimmer (Swimmers of all ages)

Fees cover Club registration, affiliation with Swimming North Coast (SNC), Swimming NSW, Swimming Australia insurance at events held by all associations.

Non-swimming members fees are \$45 The non-swimmer fee covers you for insurance on our club events. It is a policy of our club that all children under the age of 18 must have at a minimum of one parent or carer registered with the club and be available to attend club nights. This is to assist with the management of the club nights e.g. timekeeping, BBQ, and covers affiliation and insurance at club events.

Please note: It is a condition of membership that carers/parents of swimmers <u>must</u> help out with timekeeping and the BBQ on club nights and Taree meets. Failure to do so may result in swimmers not being eligible to compete at club championships, attend presentation or receive representation packs

Second Claim member fees are **\$40**, this year payable through Swim Central.

Taree Torpedoes Masters Swimming

We now have a Masters Swimming as part of our Club. Registering for Masters Swimming allows swimmers 18 & Over to swim at our Club nights and compete in our pointscore and set and break Masters records and Championships and also swim at Masters Swimming Events

Fees:

2024 6 month Membership, July- December 31st -\$80

Please note Masters membership is for a calendar year

To Register For Taree Torpedoes Masters please go to our website tareetorpedoes.com and go to the Taree Torpedoes Masters Swimming

TO BE A SUCCESSFUL CLUB WE NEED YOUR SUPPORT!

Taree Torpedoes Swim Club

Rules and Bye Laws

- The summer swimming season shall commence the first Wednesday after the Sept/Oct school holidays. The program to be drawn up by a Sub-Committee nominated, and then submitted to the meeting held in July for discussion at the August meeting.
- The committee may, as occasion demands, appoint or approve a sub committee to conduct any business they recommend.
- The value of trophies awarded throughout the season shall be decided by the committee, or sub committee, appointed by the committee.
- Method of conducting races and awarding points shall be recommended each year by the management committee. This committee shall approve all grade times.
- All club members winning a State, Country or Australian Swimming or Diving title shall receive a trophy of recognition from the club.
- All entries for club races shall be made according to the Race Secretary's direction, subject to the Committees approval.
- The abandonment or postponement of club races shall be a matter for the decision of the President or his nominee made at the pool at the "time of commencement" of the meet.
- Wet Club nights will be the decision of the president or secretary at 5:30pm with the management of the MALC. Notification will be by Facebook, Team App and over the radio

Please contact MALC by phone on 65500 500.

- Taree Torpedoes Club colours shall be black and yellow/gold.
- Club rules may be revised at an annual general meeting and alterations must be by two thirds the majority of the members present.
- Second claim members are not eligible to break Taree club records. Second claim members will be eligible to participate in point score events and also championship events, providing they swim at least 50%+1 of club nights from time of registration. (Swimmers aged 14y as of 1st October 2022 will need to compete in at least 30%+1 from time of registration) to qualify for championships) In the event of placing in these categories, they will be awarded separately to full members.

TAREE TORPEDOES SWIM CLUB

Office Bearers 2019-2020

President	Andrew Jones	0428663766	tareetorpedoes@gmail.com
Vice President Secretary	Rob Yelavic Lisa Zibawi Amanda Reid	040799674	torpedoesvp@gmail.com torpedoesvp@gmail.com torpedoessecretary@gmail.com
Treasurer	Ian Smith	0427532730	torpedoestreasurer@gmail.com
Registrar	Leanne Weiley	0405908273	torpedoesregistrar@gmail.com
Publicity Officer	Kim Smith	0409124375	torpedoespublicity@gmail.com

Recorder Ian Smith/Michael Cross

Coach Kim Smith 0409124375

Qualified Starter Ian Smith Michael Cross Andrew Jones Phil Rainger Kim Smith

Qualified Roxanne Dunn Andrew Jones Regan Summerfield

Timekeepers Ian Smith Michael Cross Lauren Oberg Trenton Jones

Mya Weiley, Rob Yelavic

Referees Andrew Jones/Ian Smith

North Coast Technical Officer Michael Cross

Life Members Robert Crossingham Meryl Crossingham Gwen Brooks (dec)

John Lenton Roxanne Dunn Michael Cross (2022)

Ian smith (2022)

Member Protection information Officers

Ian Smith

Complaints Officer Michael Cross

Taree Torpedoes Bank Account Details

Please Note New Numbers BSB 704189 Acc. No. 11015111

CLUB MEETINGS

Our club can only function with the support from members/parents/carers and swimmers. This can be provided in many ways including: timekeeping, recording, fundraising and by actively participating in monthly meetings.

All are most welcome at meetings. Meetings are held at **Manning Aquatic Leisure Centre** on the **second Monday** of each month at 4.30pm, (see website) unless otherwise notified.

Items for the meeting may be emailed to torpedoessecretary@gmail.com

Taree Torpedoes Swim Meet

This season, Taree Torpedoes will be hosting a Qualifying Meet which will be Known as

COASTLINE CREDIT UNION LONG COURSE QUALIFYING MEET

Club members are encouraged to "Save the date"-Friday & Saturday

1st & 2nd November 2024. Swimmers are encouraged to enter to help
make this a successful meet and all parents will be encouraged to help
run the carnival.

THIS MEET IS THE MAJOR FUNDRAISER FOR OUR CLUB THIS SEASON

Swimming New South Wales Country Regionals
Will aslo be held in Taree 18 & 19th January 2025

CLUB MERCHANDISE

Taree Torpedoes Swim Club merchandise can be purchased through the club. Swimming caps are available on Club nights for \$10 & Club Shirts are available for \$35

PUBLICITY

Any photos, stories that would like to be put on facebook, etc. are to be forwarded to Kim Smith at torpedoespublicity@gmail.com

Weekly Competition

The Club conducts a weekly "Point score Competition". The aim of this competition is to improve the speed and proficiency of all swimmers. Awards and trophies at the end of the year are based on an individual's improvement. Swimmers compete against **their own** previous best time.

The Point score Competition; will include all strokes and there will be overall place getters, regardless of age or distance. All swimmers will be awarded for their efforts throughout the season. Swimmers swim in each of the Point score Competitions at the distance that is relevant to their time.

SWIMMERS MUST BE IN ATTENDANCE FOR MARSHALLING BY 5:50 P.M. EACH WEEK, AS COMPETITION WILL START PROMPTLY AT **6:00 P.M.**

Organisation of Weekly Competition

Parents/carers are required to assist with time keeping. To make our club successful, it takes participation by members, parents, carers and swimmers. **We need your assistance to make our club successful!!**Swimmers Please Note:

- Upgrading will be made as soon as a swimmer meets the qualifying time for the next grade, as long as the stroke is done correctly. This is at the discretion of the referee.
- Points will be awarded in comparison with the swimmer's best club time (reset at the start of each season).
- Swimmers must be registered and financial members of the Club.

All Swimmers distance for their events will be aligned with times on page 8.

Swim Distances

Swimmers will need to achieve the appropriate qualifying times for each stroke to be able to progress to the next distance in that stroke..

Records

A record may only be attempted for <u>events already listed on the program</u>. Records will be accepted from Qualifying Club Nights at the MALC. Records will also be accepted and recorded from Taree Club Championships (where 3 timekeepers are available, unless under COVID conditions where records are being accepted from 1 timekeeper as sanctioned by SNSW) and any sanctioned Meet held at Manning Aquatic Leisure Centre (this may include school and zone meets)

As of Winter 2021 Short Course Records will be recorded for times set in the Manning Aquatic Leisure Centre 25m pool

Masters records commenced in the 2022-23 season both long course and short course in the following age groups, 18-30, 31-50, 51 and over, this may be adjusted at a later date

Correct Stroke

Those swimming 25 metres will not progress to 50 metres until the stroke is swum correctly (or in accordance with the referee). Rules are included at the back of this information book.

Record Keeping

All swim times for each swimmer will be recorded by computer.

Championship Program

Entries for the Taree Torpedoes Championships will be online. If any one has difficulty with online entries or to get their username and password contact Leanne Weiley. The Championship program is outlined on page **12**.

Championship Rules

Events will be graded and place getters will be taken on times swum in heats. **There will be no finals.** Age is taken on the first day of the Championship. Entries must be confined to a swimmers own age.

ELIGIBILITY: All financial members, provided they have swum at <u>at least 50% of point score nights from time of registration.</u> Incorrect stroking will be penalized by disqualification. **Time slips** will NOT be given to swimmers at the end of any swim. For a record, there must be **3 time keepers** & the swimmer must be of that age on the day of that particular event.

Overall champion in each age group will be determined by the following point score taken **over all swims in the championship.**

Points are:
$$1^{st} = 10$$
, $2^{nd} = 7$, $3^{rd} = 5$, $4^{th} = 3$. $5^{th} = 2$. $6^{th} = 1$

POINTSCORE RULES

- PB will start again at the start of each season
- All swimmers will commence a new season with zero points in each point score.
- Swimmers who fail to finish an event will be awarded no points
- Swimmers from previous seasons should begin at the level they swam last season.

Points are awarded for each swim in each competition and determined by comparing a swimmers time with their previous best time for that same stroke and distance.

Points awarded shall be relative to entered time:

5.01sec or more faster=9 points	NT = 4 Points
2.01 –3.00 sec faster=7points	3.01-5.00 sec faster=8points
0.01-1.00 sec faster=5points	1.01-2.00 sec faster=6 points
1.01-1.99 sec slower=3points	1.00-0 sec slower=4points
Disqualification=1point	2.00 seconds or more slower =2points

Taree Torpedoes Swim Club Break Times 2024-2025

Break times give swimmers and parents an indication that the swimmer is ready to move up to the next distance. These times <u>MUST</u> be achieved before the next distance can be attempted. The swimmer can swim the next distance in the following weeks , not on the same night.

Example 1; if the swimmers is swimming 15m freestyle and achieve a time of 19.33 the swimmer is now eligible to enter 25m Freestyle.

Example 2; if the swimmer is swimming 50m freestyle and achieve a time of 43.11 they are now eligible to enter 100m freestyle.

Example 3; if a swimmer is swimming in 25m butterfly and achieve a time of 33.23 they are eligible to enter 50m butterfly.

To enter 200m Individual Medley a swimmer must be eligible to swim 50m of each stroke.

To enter the 400 individual medley a swimmer must be eligible to swim 100m of each stroke.

Stroke	15m	25m	50m	100m	200m	400m	
Freestyle	20.00sec	25.00sec	45.00sec	1.40.00sec	3.30.00sec	7.00.00sec	
Backstroke	25.00sec	35.00sec	50.00sec	1.55.00sec	NA	NA	
Breaststroke	30.00sec	40.00sec	1.00.00sec	2.00.00sec	NA	NA	
Butterfly	25.00sec	35.00sec	50.00sec	1.55.00sec	NA	NA	
Individual	NA	NA	NA	NA	NA	NA	
Medley							

EVEN IF THE SWIMMER IS ELIGIBLE TO SWIM THE LONGER DISTANCE THEY DO NOT HAVE TO SWIM THAT DISTANCE-

THE CHOICE IS UP TO THEM

Entries are to be received by 7pm Monday using the online entry which will be available on our website, team app or via email Entries after this time will attract no point score (except for new swimmers registering on a Wednesday night

Swimmers may <u>choose 1 swim from each stroke area;</u> eg. One freestyle, one choice from choice one and one from choice two each Wednesday night.

Swim Club starts at 6pm sharp Wednesday nights during summer, Belgravia Charges a pool entry for swimmers which is to be paid upon entry

<u>Swim Nights</u> Events will be claimed via microphone. Only claimed swimmers are to come to the marshalling area (behind the blocks at the start end of the pool) please discourage your children from coming to this area prior to they have been called. Inappropriate behaviour may lead to disqualification from their event.

Swimmers in 400m,800m, 1500m Freestyle MUST be ready by 5.45pm as these will be first on these nights.

Results will be posted on Taree Torpedoes club Website— <u>tareetorpedoes.com</u> and Taree Torpedoes Team App

<u>Swim Meets</u> registered swimmers are encouraged to enter weekend meets. These can be found on <u>Swimming North Coast</u> and <u>Swimming NSW</u>

(Also accessed through the Swimming North Coast link on tareetorpedoes.com)

Taree Torpedoes Committee will publish target meets that they will be attending over the season on advice from Taree Torpedoes Coach. Swimmers are encouraged to enter these meets.

Swimming North Coast or Swimming NSW

Weekly Club Night Program

Date	Swim Choice 1	Swim Choice 2	Swim Choice 3				
16/10/24	15m,25m,50m or 100m Freestyle	15m,25m,50m or 100m Backstroke	15m,25m,50m or 100m Breaststroke				
23/10/24	15m,25m,50m or 200m Freestyle	15m,25m,50m or 200m Breaststroke	15m,25m, 50m or 100m Butterfly				
30/10/24	Sprint Night 25m or 50m Backstrok	e, Breaststroke, Butterfly & Freestyle	15m events for 7 & Under				
1&2/11/24	Coastline Credit Union Qualifying N	leet (Taree)					
6/11/24	15m,25m,50m or 100m Freestyle	15m,25m Breaststroke or Backstroke 200m or 400m IM	15m, 25m or 50m Freestyle Handicap				
9/11/24	Swimming North Coast Division 2 Ch	nampionships Port Macquarie (south)					
13/11/24	15m,25m,50m or 100m Freestyle	15m,25m,50m or 100m Breaststroke	15m,25m,50m or 200m Butterfly				
20/11/24	15m,25m,50m or 800m Freestyle	15m,25m,50m Breast or Backstroke Or 200m IM	Freestyle Handicap Skins 15m 25m & 50m				
23&24/11/24	Swimming North Coast Division 1 Ch	nampionships Coffs Harbour					
27/11/24	Sprint Night 25m or 50m Breaststro	oke, Butterfly, Freestyle & Backstroke	15m events for 7 & Under				
4/12/24	15m,25m,50m or 1500m Freestyle	15m,25m,50m or 100m Breaststroke	15m,25m,50m or 100m Butterfly				
11/12/24	15m,25m,50m or 200m Freestyle	15m,25m,50m or 200m Butterfly	15m,25m,50m Breast or Backstroke Or 200m IM				
18/12/24	Fun Activities	Christmas Party					
8/1/25	15m,25m,50m or 100m Freestyle	15m,25m,50m or 100m Breaststroke	15m,25m,50m or 200m Butterfly				
15/1/25	Sprint Night 25m or 50m Butterfly,	Freestyle, Backstroke & Breaststroke	15m events for 7 & Under				
17&18/1/25	Swimming New South Wales Country	ry Regional Championships Taree					
22/1/25	15m,25m,50m or 400m Freestyle	15m,25m,50m or 200m Breaststroke	15m,25m, 50m or 100m Butterfly				
29/1/25	15m,25m,50m or 100m Freestyle	15m,25m,50m Breast or Backstroke Or 200m IM	Freestyle Handicap Skins 15m 25m & 50m				
1/2/25	SPEEDO SPRINTS (SOUTH)	Port Macquarie					
5/7/25	15m,25m,50m or 1500m Freestyle	15m,25m,50m or 100m Backstroke	15m,25m,50m or 100m Breaststroke				
12/2/25	15m,25m,50m or 100m Freestyle	15m,25m,50m or 100m Breaststroke	15m,25m,50m or 100m Butterfly				
19/2/25	Sprint Night 25m or 50m Freestyle,	Backstroke, Breaststroke & Freestyle	15m events for 7 & Under				
26/2/25	15m,25m,50m or 200m Freestyle	15m,25m,50m or 100m Butterfly	15m,25m,50m Breast or Backstroke Or 200m IM				
5/3/25	15m,25m,50m or 100m Freestyle	15m,25m,50m or 100m Backstroke	15m,25m,50m or 100m Breaststroke				
8/3/25	Club Championships	9am warmup 10am start onlin	e entries				
12/3/25	Club Business House Relay (teams of	four, handicapped may have swimmers	s who are not swim club members)				
19/3/25	Handicap Skins & Freestyle Handicap	Finals					
	Handicap Skins & Freestyle Handicap Finals						
26/3/25	Parent Child Handicap Relay & Freest	tyle Handicap Relay					



Long Course Qualifying Meet

Friday 1st & 2nd November 2024

Manning Aquatic Leisure Centre

51 Manning River Drive

Hosted by

DAY ONE - FRIDAY 1st November 2024

5.00 pm START (4.00pm Warm up)

Male	Female Event					
1	2	Open 1500m Freestyle				
3	4	Open 200m Breaststroke				
5	6	Open 200m Individual Medley				
7	8	Open 200m Freestyle				
9	10	Open 200m Backstroke				
11	12	Open 200m Butterfly				
13	14	Open 400m Individual Medley				
15	16	Open 800m Freestyle				

TAREE TORPEDOES Meet Information

SEMI ELECTRONIC TIMING

- The meet is an area approved qualifying meet conducted under the rules of Swimming NSW and is a qualifying meet.
- Age as at 1st November 2024

Backstroke starting devices will be available for all competitors in backstroke events but are no compulsory

-25m Swimmers are not eligible to enter 100 & 200m events in that stroke.

DAY TWO – SATURDAY 2nd November 2024

9.00am START (8.00am Warm up)

	9.00am START (8.00am Warm up)						
17	18	Open 400m Freestyle					
19	20	7 Years and Under 25m Butterfly					
21	22	Open 50m Butterfly Multi-class					
23	24	Multi Age 50m Butterfly					
25	26	Open 100m Freestyle					
27	28	7 Years and Under 25m Breaststroke					
29	30	Open 50m Breaststroke Multiclass					
31	32	Multi Age 50m Breaststroke					
33	34	Open 100m Backstroke					
35	36	Open 200m Individual Medley					
37	38	7 Years and Under 25m Backstroke					
39	40	Open 50m Backstroke Multi Class					
41	42	Multi Age 50m Backstroke					
43	44	Open 100m Breaststroke					
45	46	7 Years and Under 25m Freestyle					
47	48	Open 50m Freestyle Multiclass					
49	50	Multi Age 50m Freestyle					
		Dash For Cash					
51	52	Open 100m Butterfly					
53	54	Open 200m Freestyle					

Enquiries to the Meet Director: Ian Smith

Ph. 0427532730 or torpedoestreasurer@gmail.com

The Meet Director reserves the right to amend the program if required. Entry is accepted that clubs will assist with timekeeping duties during the meet.

-Closing date for entries 24/10/24@11.59pm.

Entries may close earlier if capacity is reached

- -NO LATE ENTRIES WILL BE ACCEPTED & NO REFUNDS
- -Online entries only.
- -Pool Entry Fees Apply
- -Medals will be awarded to 1st, 2nd & 3rd place in the following age groups:

25m events 7 Years & Under

50m events 8 Years & under 9/10, 11/12

100m events 10 years & under, 11/12

200m IM 10 years & Under , 11/12

50m MC Events

-Cash prizes awarded to 1st, 2nd & 3rd place in

50m Events, 13 and over

100m Events 13 and Over

200m IM 13 and Over

200m, 400m 800m & 1500m Events open age

HANDICAP DASH FOR CASH



At the start of the meet a draw will be held to decide the stroke for the Dash for Cash. Then on the day from the following age groups-8yr&U, 9yr,10yr 11yr, 12yr, 13yr, 14yr & 15yr/O the fastest males and females will be invited to swim in a handicap race. \$50 for 1st place in both event. To be eligible to qualify competitors must have swum in at least 4 events at the meet.

- A BBQ will be operating Friday night and Saturday

Taree Torpedoes Championships & Time Trials 8th March 2025 Championships are based on the age you are on the 8th March 2025

Boys	Girls		Boys	Girls	
1	2	11y & Over 200IM	30	31	Multiclass 50m Breast
3	4	10y & Under 25 Free	32	33	Open 200m Backstroke
5	6	8y & Over 50 Free			Lunch Break
7	8	Multi Class 50m Free	34	35	7y & under 50m Free
9	10	Open 200m Fly	36	37	Open 200m Freestyle
11	12	8-10y 100IM	38	39	10 & Under 25m Fly
13	14	Open 100m Breaststroke	40	41	8y & Over 50m Fly
15	16	10y & under 25m Back	42	43	Multiclass 50m Fly
17	18	9y & Over 50m Back	44	45	Open 100m Backstroke
19	20	Multiclass 50m Back	46		Mixed 10y & Under Noodle
21	22	Open 200m Breast	47	48	Open 100m Fly
23		Mixed 10 & under Kickboard	49		Novelty Freestyle relay
24	25	8y & Over 100m Freestyle	50	51	Open 400m Freestyle
26	27	10y & Under 25m Breast	52	53	Open 800m Time Trial
28	29	8y & Over 50m Breast	54	55	Open 1500m Time trial

Championships will be awarded to the following age groups in both boys & girls-

7y & Under

25m freestyle, Breast stroke, Backstroke, Butterfly & 50m Freestyle

8y &,9/10y

points will come from 50m Freestyle, Breaststroke, Backstroke, Butterfly

100m freestyle & 100m Individual Medley

11/12, 13/14, 15/16, 17 & Over

50m Freestyle, Backstroke, Breaststroke & Butterfly
100m Freestyle & 200m Individual Medley

Open

100m Backstroke, Breaststroke, Butterfly, 200m & 400m Freestyle

Points are: $1^{st} = 10$, $2^{nd} = 7$, $3^{rd} = 5$, $4^{th} = 3$, $5^{th} = 2$, $6^{th} = 1$

2023-2024 Summer Meet Calendar

5-6/10/24	Port Macquarie Long Course Qualifying Meet	Port Macquarie
12/10/24	Macksville Marlins LC qualifying Meet	Macksville
12-13/10/25	SNSW Qualifying Meet	SOPAC
13/10/24	Maclean Long Course Meet	Maclean
19/10/24	Coffs Harbour LC Qualifying Meet	Coffs Harbour Pool
19/10/24	Nuswim LC Qualifying Meet	The Forum Newcastle University
26/10/24	Sawtell SC Qualifying Meet	Sawtell
27/10/24	Alstonville Long Course Meet	Alstonville
1-2/11/24	Coastline Credit Union Qualifying Meet	Manning Aquatic Leisure Centre
2/11/24	Casino Keith Midgley Long Coarse Meet	Casino
9/11/24	Division 2 Championships	Port Macquarie
16/11/23	Crescent Head SC Qualifying Meet	Crescent Head
23-24/11/24	Division 1 Championships	Coffs Harbour
6-12/12/24	Senior State Age Championships	SOPAC
15/12/24	Laurieton Christmas Carnival	Laurieton
10-11/1/25	Nelson Bay LC Qualifying Meet	Tomaree Aquatic Centre
11-12/1/25	Coffs Harbour LC Qualifying Meet	Coffs Harbour
18-19/1/25	Country Regional Championships	Taree
1/2/25	Speedo Sprints	Port Macquarie
8/2/25	Macksville LC Qualifying Meet	Macksville
14-16/2/25	SNSW Country Champs	SOPAC
22/2/25	Gloucester Thunderbolts LC Qualifying Meet	Gloucester
23/2/25	Casino Long Course Meet	Casino
1/3/25	Speedo Sprint Finals	SOPAC
8/3/25	Taree Torpedoes Long Course Championships & Time Trials	Taree
8/3/25	Maclean Long Course Qualifying Meet	Maclean
15-16/3/25	NSW Junior State Age Championships	SOPAC
21-23/3/25	NSW State open Championships	SOPAC
16-18/5/25	NSW Open	SOPAC
	•	•

Please Talk to our Coach, Kim as to which meets we are targeting as a club

MID NORTH COAST DISTRICT LC RECORDS

HELD BY TAREE AMATEUR SWIMMING CLUB

from 1981 to 2011

AGE 8u	STROKE 50m B/S	TIME 49.58	DATE 21.03.81	NAME REEN CORBETT
8u	50m B/S	48.19	3.03.84	MICHAEL FOWLER
12	200m B/S	3:05.40	3.03.07	JASON ARENS
14u	200m IM	2:34.48	6.11.04	TRISHA STEPHEN
14	50m B/S	36.72	22.11.03	TYSON PERRIN
15	50m B/S	36.21	12.11.05	TRISHA STEPHEN
15	50m FLY	30.41	4.02.06	TRISHA STEPHEN
15	200m B/S	2:52.59	26.11.05	TRISHA STEPHEN
15	200m B/S	2:50.71	20.11.04	TYSON PERRIN
16&0	50m FLY	31.42	11.11.06	TRISHA STEPHEN

SWIMMING NORTH COAST LC RECORDS

from 2012

AGE 10 yrs	STROKE 100 B/K	TIME 1:25.42	DATE 25.02. 2012	NAME Molly Arens
10 & under	200 IM	3:13.43	26.11. 2011	Molly Arens
17 yrs	50 B/S	33.66	26.11. 2011	Jason Arens
13yrs	50 B/K	33.38	27.11.2016	Jordan Moscatt
13yrs	100 B/K	1.12.06	27.11.2016	Jordan Moscatt
13yrs	50 fly	31.52	26.11.2016	Jordan Moscatt

Taree Torpedoes Swim Club Taree Torpedoes Swim Club Perpetual Trophies Perpetual Trophies

Trophies given by the club at the annual presentation

S.N.C. Championship Club Pointscore Boys (Exchange Hotel)

S.N.C. Championship Club Pointscore Girls (Hofmeir Family Trophy)

Distance Pointscore Champion Girls (Toyo Trophies)

Distance Pointscore Champion Boys (Brad Thurlow Shield)

1st Girls Pointscore (The Big Wheel Swimming(S Derkin)

2nd Girls Pointscore (Peter's Creamery Taree)

3rd Girls Pointscore (Carle's Fruit Fair Trophy)

1st Boys Pointscore trophy

2nd Boys Pointscore trophy

3rd Boys Pointscore trophy

Old Farts Pointscore (over 30's)

50 m F/S Handicap Individual Trophy (Donut King)

4x50m F/S Handicap Relay (New Zealand Relay Trophy)

Parent/ Child Relay

Freestyle Handicap Skins (Coastline Credit Union)

My Times for 2023/2024

Date					
Free					
15m F/S					
25m F/S					
50m F/S					
100m F/S					
200m F/S					
400m F/S					
800m F/S					
1500m F/S					
BREAST					
15m B/S					
25m B/S					
50m B/S					
100m B/S					
200m B/S					
ВАСК					
15m BK					
25m BK					
50m BK					
100m BK					
200m BK					
FLY					
15m Fly					
25m Fly					
50mn Fly					
100m Fly					
200m Fly					
IM					
200m IM					
400m IM					

My Times for 2023/2024

Date					
Free					
15m F/S					
25m F/S					
50m F/S					
100m F/S					
200m F/S					
400m F/S					
800m F/S					
1500m F/S					
BREAST					
15m B/S					
25m B/S					
50m B/S					
100m B/S					
200m B/S					
ВАСК					
15m BK					
25m BK					
50m BK					
100m BK					
200m BK					
FLY					
15m Fly					
25m Fly					
50mn Fly					
100m Fly					
200m Fly					
IM					
200m IM					
400m IM					