



SLD Club Night Information

All swimmers must be registered with Swimming WA to compete at Club Nights.

Club Night is a monthly event held at Cockburn ARC, usually a Thursday evening. During the winter short course season, the meet is held inside in the 25m pool. During the summer season, we use the outdoor 50m pool. Club Night is also a wonderful way to meet new friends, swim races against other people in your squad and have some awesome fun with the SLD family.

Club Championships Swims: At each Club Night through each season, swimmers will be given events they swim for points towards Club Championship awards. Awards are for each age category and for both boys and girls.

Nomination Swims: At each Club Night through each season, swimmers are given the opportunity to nominate one or two swims they would like to swim. These swims do not count for Club Championship points. However, they are a fantastic opportunity to swim an event not swum for a while, or to try and make a qualifying time for an upcoming Championship.

For ALL Swimmers: All swimmers MUST consult with their coach before they swim an event at Club Night. This is essential.

Club Nights are well advertised through SLD communication channels and plenty of notice is given.

- All swimmers intending to compete must register by email to records@southlakedolphins.com.au by 4.30pm on the day before Club Championships. Unregistered swimmers will be unable to compete and will not receive points or official times.
- All swimmers must wear Black or SLD Club Bathers at both Club Championship Nights

Official Timing: SLD Club Nights are all officially timed. Times swum at Club Night can be used for State and National qualifying events.

Timekeepers: It is a minimum requirement that at least one parent per family attending keeps time at each Club Night. It is not difficult and is a great way to meet other members. If occasionally, you cannot attend with your child, give me a quick call or e-mail during the day and let me know. *Occasionally*, this is not a problem.

“Remember, you are not forced to swim all the swims, when taking on a new event, distance or stroke you aren’t too confident about, always consult your coach before entering”

Best wishes for the coming season and I look forward to seeing you all soon.

James Hewitt

Ph: 0447 416718

E: clubnights@southlakedolphins.com.au