

## Season 2023-24 TARGETED COMPETITION MEETS V4 (20/07/2023)



Month	Date	Run by	Events	Location	Program
Jul-23	Sun 23/7/23 3.00-4.00pm	ASC	Sunday Club Session 1	BayFit	Races for PBs/Relays/Uniform sales & New member info session
Aug-23	Tues 1/8/23 7.00-8.00pm	ASC	Tuesday Club Night 1	BayFit	Races for PBs/Relays/Uniform sales & New member info session
	Sun 6/8/23	MW	Melton SC Encouragement Meet TBC	Broadmeadows L.C.	<b>ASC Targeted Meet</b> , details in Swin Central (Swim Vic Calendar)
	Tues 15/8/23 7.00-8.00pm	ASC	Tuesday Club Night 2	BayFit	Races for PBs/Relays/Skill Development
	Sun 27/8/23 3.00-4.00pm	ASC	Sunday Club Session 2	BayFit	Races for PBs/Relays/Skill Development
Sep-23	Tues 5/9/23 7.00-8.00pm	ASC	Tuesday Club Night 3	BayFit	Races for PBs/Relays/Skill Development
	Sat 12/9/23	MW	Metro West Encouragement Meet TBC	TBC	<b>ASC Targeted Meet</b> , details in Swin Central (Swim Vic Calendar)
	Sun 24/9/23 4.00-5.00pm	ASC	Sunday Club Session 3	BayFit	Races for PBs/Relays/Skill Development
Oct-23	Sun 8/10/23	MW	Metro West Junior (8-11years) Comp HEATS	Broadmeadows L.C.	<b>ASC Targeted Meet</b> , details in Swin Central (Swim Vic Calendar)
	Sun 15/10/23	MW	Metro West District Champs (Younger Ages)	Broadmeadows L.C.	<b>ASC Targeted Meet</b> , details in Swin Central (Swim Vic Calendar)
	Tues 17/10/23 7.00-8.00pm	ASC	Tuesday Club Night 4	BayFit	Races for PBs/Relays/Skill Development
	Sun 22/10/23	MW	Metro West District Champs (Older ages)	Broadmeadows L.C.	<b>ASC Targeted Meet</b> , details in Swin Central (Swim Vic Calendar)
	Sat 28/10/23 8.00am-12.00pm	SV	Metro Junior District Comp (8-11years)	MSAC	Qualify at MW Junior Heats 8/10/23
	Sun 29/10/23 4.00-5.00pm	ASC	Sunday Club Session 4	BayFit	Races for PBs/Relays/Skill Development
Nov-23	Tues 14/11/23 7.00-8.00pm	ASC	Tuesday Club Night 5	BayFit	Races for PBs/Relays/Skill Development
	Sun 26/11/23 4.00-5.00pm	ASC	Sunday Club Session 5	BayFit	<b>XMAS Breakup?</b> /Races for PBs/Relays/BBQ or Pizza/Inflatable
Dec-23					
Jan-24	Sun 28/1/23 4.00-5.00pm	ASC	Sunday Club Session 6	BayFit	Races for PBs/Relays/Skill Development
Feb-24	Sun 4/2/23	MW	Melton SC Long Course Meet	TBC	
	Thurs 6/2/24 7.00-8.00pm	ASC	Tuesday Club Night 6	BayFit	Races for PBs/Relays/Skill Development
	Sun 25/2/24 4.00-5.00pm	ASC	Sunday Club Session 7	BayFit	Races for PBs/Relays/Skill Development
Mar-24	Sat 2/3 & Sun 3/3/24	MW	2024 Metro All Juniors MW Selection Trials	TBC	<b>ASC Targeted Meet</b> , details to appear in Swim Vic Calendar
	Tues 5/3/24 7.00-8.00pm	ASC	Tuesday Club Night 7	BayFit	Races for PBs/Relays/Skill Development
	Sun 17/3/24 4.00-5.00pm	ASC	Sunday Club Session 8	BayFit	Races for PBs/Relays/Skill Development
Apr-24	Tues 9/4/24 7.00-8.00pm	ASC	Tuesday Club Night 8	BayFit	Races for PBs/Relays/Skill Development
	Sat 27/4/24	SV	2024 Metro All Junior Semi Finals	MSAC	Qualify at MW Selection Trials
	Sun 21/4/24 4.00-5.00pm	ASC	Sunday Club Session 9	BayFit	Races for PBs/Relays/Skill Development
	Sun 28/4/24	SV	2024 Metro All Junior Finals	MSAC	Qualify at SV Semi Finals
May-24	Tues 7/5/24 7.00-8.00pm	ASC	Tuesday Club Night 9	BayFit	Races for PBs/Relays/Skill Development
	Sun 26/5/24 4.00-5.00pm	ASC	Sunday Club Session 10	BayFit	Races for PBs/Relays/Skill Development
Jun-24	Tues 4/6/24 7.00-8.00pm	ASC	Tuesday Club Night 10	BayFit	Races for PBs/Relays/Skill Development
	Tues 18/6/24 7.00-8.00pm	ASC	Tuesday Club Night 11	BayFit	Races for PBs/Relays/Skill Development
	Sun 23/6/24 3.00-4.00pm	ASC	Sunday Club Session 11	BayFit	Races for PBs/Relays/Skill Development

### NOTES:

**Meets targeted are for Altona Swimming Club members new to competition or developing their competition skills. Club events are to be FUN, FUN, FUN. Club Members are encouraged to attain qualifying times for State and National Meets throughout their years of membership, then enter. Members are not required to train at BayFit, however the BayFit Squad will provide a focused preparation towards ASC Targeted Meets.**