



Club Sunday

What is Club Sunday?

Club Sunday is an intra-club swimming competition held on eight occasions throughout the swimming season. (July 1st – June 30th)

Who is Club Sunday for?

Club Sunday is for all registered Club members. We encourage everyone to come along and be a part of our swimming family.

What is the purpose of Club Sunday?

Club Sunday is held with the aim of providing our newer swimmers an introduction into the world of competitive swimming, and a chance for our more experienced swimmers to practice their race craft, all while in a fun semi-formal environment.

What events will I participate in?

Over the course of our season you will compete in your Age Group Championship, Knockout handicaps and a 'House Sport' Championship.

But I'm not the strongest swimmer, how can I win anything?

The only event based purely on your swimming ability is the Age Championship. Having said that, there is an award for the most improved male and female swimmer in each age group over the course of the championship, giving everyone an opportunity to win an award based on the Club Championship. Your age for the championship will be as of July 1st of each season.

Knockout Handicaps pit everyone against each other, handicapped on their own times, giving everyone equal opportunity to advance through the rounds and vie for a trophy in the final. There is also an award for the best Knockout Handicap Swimmer.

House Championships give everyone the opportunity to win as part of a larger team.

Club Sundays give everyone an opportunity to improve, practise and socialise!