



**Juniors under 14 years must not be left unattended.  
Also we would encourage all Juniors to please use chill floats at all times when in the sea.**

**Please note any last minute amendments to swims will be posted on JLDSC facebook page**

<u>Date</u>	<u>Time of High Tide</u>	<u>Height of Tide in Feet</u>	<u>Height of Tide in metres</u>	<u>Venue</u>	<u>Check in for Swim From</u>	<u>Swim Start Time</u>	<u>Organiser and Contact Phone Number</u>	<u>Notes</u>
<b>Average Sea Temperature for May is 13 degrees</b>								
2019 <b>Bank Holiday</b> Monday May 6	08.12	35.4 ft	10.8 m	St Catherine's Bay	11.00 am	11.30 am	Jenny Fitzgerald 07797 716480 Adrian Follain 07797 788091	Ice Breaker - Please bring lots of warm layers, including hats, gloves and scarf, clothes that are easy to get on (not jeans) and a warm drink for after swim
Sunday May 12	12.59	27.6 ft	8.4 m	Archirondel	12.00	12.30 pm	Dee Richards 07797 777844 Marilyn Le Guilcher 07797 776083	Please bring lots of warm layers, including hats, gloves and scarf. Clothes that are easy to get on (not jeans) and a warm drink for after. Also please bring beach shoes Kayakers required please

Sunday May 19	07.33	36.1 ft	11.0 m	St Catherine's Bay	10.30 am	11.00 am	Dee Richards 07797 777844 Jenny Fitzgerald 07797 716480	Macmillan Charity Swim All proceeds to Macmillan Jersey  Kayakers required please
Saturday May 25	11.15	27.6 ft	8.4 m	Ouaisne to Beauport and back	10.00 am	10.30 am	COMMITTEE	LONG SWIM FOR MEMBERS TRAINING FOR BIG SWIMS PLEASE LIAISE WITH COMMITTEE IF YOU WANT TO SWIM Meet at Ouaisne Kayakers required please Approx 2½ hour swim KAYAKERS REQUIRED PLEASE
Sunday May 26	12.10	25.9 ft	7.9 m	Havre des Pas Flambard Trophy	11.30 am	12.00	Marilyn Le Guilcher 07797 776083 Alice Harvey 07797 821798	Please bring lots of warm layers including hats, gloves and scarf. Trophy presentation after swim  Big Ride Out St Catherine's 10 am
Average Sea Temperature for June is 15 degrees								
Sunday June 2	06.27	33.1 ft	10.1 m	Belcroute	07.30 am	08.00 am	Chantelle Rose 07797 842093 Adrian Follain 07797 788091	Please bring beach shoes  Kayakers required please



Average Sea Temperature for July is 16.5 degrees

Sunday June 30	05.05	30.2 ft	9.2 m	St Catherine's Slip	10.00 am	10.30 am	Marilyn Le Guilcher 07797 776083 Bianca Kempster 07797 777803	Kayakers required please.
Saturday July 6	09.57	35.1 ft	10.7 m	Archirondel towards Seymour Slip and back	08.00 am	08.30 am	COMMITTEE	Long swim for members training for big swims PLEASE LIAISE WITH COMMITTEE IF YOU WANT TO SWIM Meet in Archirondel Car Park Approx 3 to 4 hour swim KAYAKERS REQUIRED PLEASE
Sunday July 7	10.45	34.1 ft	10.4 m	RCIYC Slip to St Aubin's Fort and back	09.30 am	10.00 am	Chantelle Rose 07797 842093 Jenny Fitzgerald 07797 716480	Kayakers required please
Sunday July 14	05.15	30.2 ft	9.2 m	St Catherine's Slip	9.30 am	10.00 am	Marilyn Le Guilcher 07797 776083 Chantelle Le Guilcher 07797 852176	Kayakers required please Arctic Circle Swim Weekend
Sunday July 21	09.54	31.8 ft	9.7 m	Jersey Swimming Club Green Island to Havre des Pas Distance approx 1.5 miles	8.30 am	9.00 am	JERSEY SWIMMING CLUB	ENTRY FORMS FROM JSC

Sunday July 28	15.54	28.5 ft	8.7 m	Bouley Bay	3.00 pm	3.30 pm	Chantelle Le Guilcher 07797 852176 Jenny Fitzgerald 07797 716480	Kayakers required please
<b>Average Sea Temperature for August is 17.5 degrees</b>								
Sunday Aug 04	09.45	37.1 ft	11.3 m	Le Hocq to La Rocque Karen Delahunty Swim Distance 1.42 miles	8.30 am	9.00 am	Martin Powell 07797 730455 John Asplet 07797 751049 Adrian Follain 07797 788091	Kayakers required please Trophy Presentation after the swim  Zurich Swim Weekend
Sunday August 11	16.28	28.2 ft	8.6 m	St Catherine's Slip to Archirondel and back	3.00 pm	3.30 pm	Bianca Kempster 07797 777803 Dee Richards 07797 777844	Kayakers required please
Friday August 16	20.10	34.4 ft	10.5 m	JSC Open Masters Swimming Festival West Park	6.15 pm	7.00 pm	JERSEY SWIMMING CLUB SUMMER FESTIVAL	Entry forms from JSC 1k & 2k swims
Saturday August 17	08.29 20.42	33.8 ft 34.3 ft	10.3 m 10.5 m	JSC Open Masters Swimmng Festival Ouaisne AM Archirondel PM	7.15 am 6.15 pm	8.00 am 7.00 pm	JERSEY SWIMMING CLUB SUMMER FESTIVAL	Entry forms from JSC Morning 2.5k & 5k swims Afternoon 3k swim Also JLDSC Club Champs
Sunday August 18	08.59	33.8 ft	10.3 m	JSC Open Masters Swimming Festival Havre des Pas	7.15 am	8.00 am	JERSEY SWIMMING CLUB SUMMER FESTIVAL	Entry forms from JSC 1k & 4k swims

Sunday August 25	13.46	26.2 ft	8.00 m	Mike's Slip to Archirondel and back	12.00	12.30 pm	Committee	Kayakers required please Masters & Mini Master & fun swim Trophy Presentations after the swim
Thursday August 29	18.37	35.8 ft	10.9 m	Jersey Swimming Club St Aubin's Fort Distance approx 2 miles	17.30 pm	18.00 pm	JERSEY SWIMMING CLUB	ENTRY FORMS FROM JSC
Average Sea Temperature for September is 16 degrees								
Sunday Sept 1	08.43	38.7 ft	11.8 m	Wayside Sally Parmesan Swim	08.00 am	08.30 am	Alice Harvey 07797 821798 Adrian Follain 07797 788091	Kayakers required please Coniston Weekend Also Grace Crocker Challenge
Tuesday Sept 3	22.20	36.7 ft	11.2 m	Junior Series 800 metre swim at St Catherine's Slip	6.00 pm	6.30 pm	Committee Junior Series	Sponsored by Granite Products Kayakers required please Junior Series 800 metre starting at St Catherine's Slip round a designated course and back to the slip
Sunday Sept 8	14.40	25.6 ft	7.8 m	Archirondel	2.00 pm	2.30 pm	Chantelle Le Guilcher 07797 852176 Alice Harvey 07797 716480	Kayakers required please

Tuesday Sept 10	17.13	29.2 ft	8.9 m	Junior Series 1000 metre swim Mike's Slip to St Catherine's Slip	6.00 pm	6.30 pm	Committee Junior Series	Sponsored by Granite Products Kayakers required please Junior Series - 1,000 metres Mike's Slip to St Catherine's Slip
Saturday Sept 14	07.33	33.8 ft	10.3 m	Junior Series 1600 metre swim Mike's Slip to Archirondel and back	9.30 am	10.00 am	Committee Junior Series	Sponsored by Granite Products Kayakers required please Junior Club Championships & Junior Series - 1,600 metres Mike's Slip to Archirondel and back
Sunday Sept 15	08.03	34.4 ft	10.5 m	Castle to Harbour	TBC	TBC	JERSEY SWIMMING CLUB	ENTRY FORMS FROM JSC
Sunday Sept 22	11.43	27.6 ft	8.4 m	Ouaisne De Caux Trophy Swim	10.30 am	11.00 am	Dee Richards 07797 777844 Chantelle Rose 07797 788091	Kayakers required please Trophy Presentation after the swim
Tuesday Sept 24	15.01	26.9 ft	8.2 m	St Catherine's Slip Night Swim	7.30 pm	8.00 pm	Committee	Last Tuesday night in the sea Please bring warm clothes and a hot drink Light sticks required

Sunday Sept 29	07.38	38.4 ft	11.7 m	Seymour Slip to Rhona's Café Approx distance 2 miles / 3k	07.00 am	07.30 am	Bianca Kempster 07797 777803 Alice Harvey 07797 716480 Jenny Fitzgerald 07797 716480	Kayakers required please
Average Sea Temperature for October is 15 degrees								
Saturday Oct 26	18.00	35.8 ft	10.9 m	Halloween Swim Bouley Bay	6.30 pm	7.00 pm	Marilyn Le Guilcher 07797 776083 Jenny Fitzgerald 07797 716480	Night swim - light sticks required Bring warm clothes and a hot drink for after swim Note: Clocks go back Sunday 27 Oct
Saturday Nov 23				JLDSC 45th Annual Dinner and Prize Giving at Ambassadeur Hotel	6.45 pm	7.15 pm	Marilyn Le Guilcher  Pat Roberts	
Sunday Nov 24	04.16	33.5 ft	10.2 m	JLDSC Annual General Meeting	10.00 am	10.30 am		
Sunday December				Christmas Pudding Swim	TBC	TBC	Annette Campbell	Bring warm clothes and a hot drink
Tuesday January 1 2020				St Catherine's Slip	10.30 am	11.00 am	Committee	JEP Photographer required