



## SUMMER PROGRAM 2009 – 2010

### CLUB SWIMMING NIGHTS

2009		2010	
OCT 09(1)	NOV 13 (2)	JAN 08 (1)	FEB 12 (2)
OCT 16 (2)	NOV 20 (3)	JAN 15 (2)	FEB 19 (3)
OCT 23 (3)	NOV 27 (4)	JAN 22 (3)	FEB 26 (4)
OCT 30 (4)	DEC 04 (1)	JAN 29 (4)	MAR 05 (1)
NOV 06 (1)	DEC 11 (*)	FEB 05 (1)	MAR 12 (2)

\* Sprint Night (NOTE: This will count as a normal club night for the annual points system)

### COMPETITIONS

Invitation Carnival	27 February 2010
Club Championships	19/20 & 26/27 March 2010

### PROGRAMS

No. 1	No. 2
IM - 100m	BKS - 25m only #
BKS - 25m, 50m, 100m	ANY STROKE 200m
F/S - 25m, 50m, 100m	FLY - 25m, 50m, 100m
FLY - 25m, 50m, 100m	F/S - 25m, 50m, 100m
ANY STROKE 200m	BRS - 25m, 50m, 100m
	IM OR F/S - 400m
No. 3	No. 4
F/S - 800m, 1500m	F/S - 25m only #
F/S - 25m, 50m, 100m	IM OR F/S - 400m
BKS - 25m, 50m, 100m	BRS - 25m, 50m, 100m
BRS - 25m, 50m, 100m	FLY - 25m, 50m, 100m
IM - 100m	BKS - 25m, 50m, 100m
ANY STROKE 200m	ANY STROKE 200m

# Only for swimmers who have not qualified for 50 metres in that stroke.

**START TIME:** 6:15pm for Program 3 - 6:30pm for all other programs