

2017/2018 SWIM PROGRAMME

<u>Date</u>	Bubble 25/33/50 & 100m	Bubble 25/33/50 & 100m	Bubble 25/33/50 & 100m	25/33/50 & 100m	Distance
13/10/2017	Free	Back	Breast	Fly	Relays
20/10/2017	Breast	Fly	Free	Back	Relays
27/10/2017	Fly	Free	Back	Breast	200m or 400m
3/11/2017	Back	Breast	Fly	Free	200m or 400m
10/11/2017	Free	Back	Breast	Fly	200m or 400m
17/11/2017	Breast	Fly	Free	Back	200m or 400m
24/11/2017	Fly	Free	Back	Breast	Relays
1/12/2017	Back	Breast	Fly	Free	200m or 400m
8/12/2017	Breast	Fly	Free	Back	800m or 1500m
15/12/2017	CHRISTMAS PARTY				
12/01/2018	Free	Back	Breast	Fly	200m or 400m
13/01/2018	Berry Rickards and Bridge 2 Bridge REGATTA CENTRE - VOLUNTEERS REQUIRED please see President				
19/01/2018	Breast	Fly	Free	Back	200m or 400m
26/01/2018	AUSTRALIA DAY				
2/02/2018	Back	Breast	Fly	Free	200m or 400m
9/02/2018	Free	Back	Breast	Fly	200m & Relays
16/02/2018	Breast	Fly	Free	Back	800m or 1500m
23/02/2018	Fly	Free	Back	Breast	Relays
2/03/2018	Breast	Fly	Free	Back	200m or 400m
02/03/2018	ENTRIES CLOSE TONIGHT FOR - AGE CHAMPIONSHIP & ** ENCOURAGEMENT AWARD SWIMS				
9/03/2018	Back	Breast	Fly	Free	200m & Relays
16/03/2018	AGE 25/33/50m BACK & **	AGE 100m FLY	AGE 25/33/50m BREAST & **	AGE 100m FREE	** = Encouragement Award Swims
23/03/2018	AGE 25/33/50m FREE & **	AGE 100m BREAST	AGE 25/33/50m FLY & **	AGE 100m BACK	

RACE RULES

Weekly race entries must be emailed to penrithswimclub@hotmail.com by Wednesday 5pm.