

2018-2019 Summer Club Night Program						
Week 1	12th October	NAC	25, 50i, 50, 200 Free	25, 50i, 50, 200 Back	400 IM	25, 50i, 50 Breast
Week 2	19th October	NAC	200 IM	25, 50i, 50, 100 Free	25, 50i, 50i, 200 Breast	25, 50i, 50,200 Fly
Week 3	26th October	NAC	25, 50i, 50 Breast	25, 50i,50 Fly	25, 50i, 50 Back	
Week 4	2nd November	Glenbrook	25, 50i, 50 Fly	25, 50i, 50 Breast	200 IM	25, 50i, 50, 400 Free
Week 5	9th November	Glenbrook	25, 50i, 50, 200 Free	25, 50i, 50, 200 Back	25, 50i, 50, 100 Fly	25, 50i, 50, 100 Breast
Week 6	16th November	Glenbrook	25, 50i, 50, 200 Breast	25, 50i, 50, 800 Free	25, 50i, 50 Back	400 IM
Week 7	23rd November	Glenbrook	25, 50i, 50 Fly	200 IM	25, 50i, 50, 1500 Free	25, 50i, 50 Back
Week 8	30th November	Glenbrook	25, 50i, 50, 200 Fly	25, 50i, 50, 100 Breast	25, 50i, 50, 200 Back	25, 50i, 50, 100 Free
Week 9	7th December	Glenbrook	25, 50i, 50 Free	25, 50i, 50, 200 Back	25, 50i, 50 Fly	25, 50i, 50 Breast
Week 10	14th December	Glenbrook	400 IM	25, 50i, 50 Free	25, 50i, 50 Back	25, 50i, 50, 200 Breast
Week 11	18th January 2019	Glenbrook	25, 50i, 50, 200 Fly	25, 50i, 50, 100 Breast	25, 50i, 50, 100 Back	25, 50, 100 Free
Week 12	25th January	Glenbrook	25, 50i, 50, 400 Free	25, 50i, 50 Back	25, 50i, 50, 100 Fly	25,50i, 50 Breast
Week 13	1st February	Glenbrook	25,50i, 50 Breast	25, 50, 800 Free	25, 50i, 50 Back	25, 50i, 50,200 Fly
Week 14	8th February	Glenbrook	25, 50i, 50, 200 Breast	400 IM	25, 50, 200 Free	25, 50i, 50 Back
Week 15	15th February	Glenbrook	25, 50i, 50 Fly	25, 50i, 50 Breast	200 IM	25, 50, 1500 Free
Week 16	22nd February	Glenbrook	25, 50, 400 Free	25, 50i, 50,200 Back	25, 50i, 50, 100 Fly	25, 50i, 50 Breast
Week 17	1st March	Glenbrook	400 200 IM	25, 50i, 50, 100 Free	25, 50i, 50, 100 Back	25, 50i, 50, 100 Fly
Championships	10th March	Glenbrook				
Summer Season Meets	3rd-4th November	AIS, Bruce, ACT	Teloepa Qualifying Meet	11th November	SIRC	MSW Open Water Champs
	17-18th November	SOPAC	MSW Senior Champs	1st-2nd December	SOPAC	SNSW Metropolitan 12/13 & Over LC Champs
	8-9th December	TBC	SNSW State Open Water Champs	14-19th December	SOPAC	SNSW Senior State LC Champs
	5th January 2019	Blacktown AC	Blacktown City Games Sprint Meet	6th January	SOPAC	MSW Qualifying Meet
	25-27th January	TBC	Australian Open Water Champs	3rd February	SOPAC	NSW Speedo Sprint Series MSW Heats
	16th February	SOPAC	MSW Junior Champs	2nd-3rd March	SOPAC	SNSW Metro Junior 13 & Under LC Champs
	9th March	SOPAC	SNSW Speedo Sprint Series Finals	15-17th March	SOPAC	SNSW State Open LC Champs
	30th-31st March	SOPAC	SNSW State Junior 13 & Under LC Champs			
Summer Champs	Week 4 200m IM	Week 11 200m Fly	Week 16 400m Free			
	Week 6 800m Free	Week 14 200m Free				
	Week 8 200m Back	Week 14 400m IM				
	Week 10 200m Breast	Week 15 1500m Free				
Dates and events may change due to any unforeseen circumstances so be vigilant						
Key for target meets:						
	To be entered if appropriate qualifying time has been obtained					
	Please confirm with head coach before entering					
Key for club night dates:						
	Halloween Fun Night					