

2019 Winter Club Night Program						
Week 1	10th May	NAC	25, 50 Free	25, 50i, 50 Back	25, 50i, 50 Fly	25, 50i, 50 Breast
Week 2	17th May	NAC	SWIMATHON			
Week 3	24th May	NAC	25, 50i, 50 Breast	100 IM	25, 50i, 50 Back	25, 50, 1500 Free
Week 4	31st May	NAC	25, 50i, 50, 200 Fly	25, 50i, 50, 200 Breast	400 IM	25, 50, 100 Free
Week 5	7th June	NAC	25, 50, 400 Free	25, 50i, 50, 100 Back	25, 50i, 50, 100 Fly	25, 50i, 50 Breast
Week 6	14th June	NAC	100, 200 IM	25, 50, 100 Free	25, 50i, 50, 200 Back	25, 50i, 50, 100 Fly
Week 7	21st June	NAC	25, 50i, 50, 100 Breast	100, 400 IM	25, 50, 200 Free	25, 50i, 50 Back
Week 8	12th July	NAC	100 IM	25, 50, 1500 Free	25, 50i, 50, 100 Fly	25, 50i, 50, 100 Back
Week 9	19th July	NAC	25, 50i, 50, 200 Breast	200 IM	25, 50, 200 Free	25, 50i, 50, 200 Fly
Week 10	26th July	NAC	25, 50i, 50 Back	25, 50i, 50, 100 Breast	400 IM	25, 50i, 50, 800 Free
Week 11	2nd August	NAC	25, 50, 400 Free	25, 50i, 50, 200 Back	25, 50i, 50 Breast	25, 50i, 50 Fly
Week 12	9th August	NAC	25, 50i, 50, 100 Fly	25, 50, 200 Free	25, 50i, 50, 100 Back	25, 50i, 50, 200 Breast
Week 13	16th August	NAC	25, 50, 100 Free	25, 50i, 100 Back	Fun Night	
Week 14	23rd August		200 IM	25, 50i, 50, 100 Breast	25, 50i, 50 Fly	25, 50, 200 Free
Championships	30th August	NAC	50m Freestyle, Backstroke, Breast Stroke, Butterfly and 100m Individual Medley			
	1st June	SOPAC	NSW MC Short Course Meet #2			
	29th - 30th June	SOPAC	MSW Short Course Championships			
	19th - 21st July	SOPAC	NSW Metropolitan SC Championships			
	3rd -4th August	Woy Woy	SNSW Senior Representative Squad Meet			
	10th August	SOPAC	MSW Short Course Qualifying Meet			
	10th August	Ryde	NSW MC Short Course Meet #3			
	18th August	SOPAC	NAC Short Course Qualifying Meet			
	23rd -25th August	SOPAC	NSW Senior State Age SC Championships			
	7th September	SOPAC	NSW Junior State Age SC Championships			