

2018-2019 Summer Club Night Program						
Week 1	18 th October	NAC	25, 50, 200 Free	25, 50i, 50, 100 Back	400 IM	25, 50i, 200 Breast
Week 2	25th October	NAC	200 IM	25, 50, 100 Free	25, 50i, 50 Breast	25, 50i, 50,100 Fly
Week 3	1st November	NAC	25, 50i, 100 Breast	25, 50i,50 Fly	25, 50i, 50 Back	25, 50, 400 Free
Week 4	8th November	Glenbrook	25, 50, 1500 Free	25, 50i, 200 Breast	25, 50i, 50 Fly	25, 50i, 50, 200 Back
Week 5	15th November	Glenbrook	25, 50, 100 Free	400 IM	25, 50i, 50, 200 Fly	25, 50i, 50, Breast
Week 6	22nd November	Glenbrook	25, 50i, 50, 100 Breast	25, 50, 800 Free	25, 50i, 50, 200 Back	25, 50i, 50 Fly
Week 7	29th November	Glenbrook	25, 50i, 50, 100 Fly	200 IM	25, 50, 100 Free	25, 50i, 50, 100 Back
Week 8	6th December	Glenbrook	25, 50i, 50 Fly	25, 50i, 50, 200 Breast	25, 50i, 50, 200 Back	25, 50, 800 Free
Week 9	13th December	Glenbrook	25, 50i, 200 Free	25, 50i, 50, 100 Back	25, 50i, 50 Fly	25, 50i, 50, 100 Breast
Week 10	20th December	Glenbrook	200 IM	25, 50, 400 Free	25, 50i, 50 Back	25, 50i, 50 Fly
Week 12	17th January 2019	Glenbrook	400 IM	25, 50, 1500 Free	25, 50i, 50, 200 Back	25, 50i, 50, 200 Breast
Week 11	24th January	Glenbrook	25, 50i, 50, 200 Fly	25, 50i, 50, 100 Breast	25, 50i, 50, 100 Back	25, 50, 800 Free
Week 12	31st January	Glenbrook	25, 50, 100 Free	25, 50i, 50 Back	25, 50i, 50, 100 Fly	25,50i, 50 Breast
Week 13	7th February	Glenbrook	25,50i, 50, 200 Breast	25, 50, 400 Free	25, 50i, 50 Back	400 IM
Week 14	14th February	Glenbrook	25, 50i, 50 Breast	25, 50i, 50, 100 Fly	25, 50, 200 Free	25, 50i, 50 Back
Week 15	21st February	Glenbrook	25, 50i, 50, 200 Fly	25, 50i, 50, 100 Breast	200 IM	25, 50, 1500 Free
Week 16	28th February	Glenbrook	25, 50, 200 Free	25, 50i, 50,200 Back	25, 50i, 50, 200 Fly	25, 50i, 50 Breast
Week 17	6th March	Glenbrook	25, 50i, 50 Breast	25, 50i, 50, 800 Free	25, 50i, 50, 100 Back	25, 50i, 50, 100 Fly
Championships	15th March	Glenbrook				
Summer Season Meets	19-20th October	SOPAC	NSW LC Qualifying Meet	26th October	SIRC	NAC Open Water Swim Meet
	2nd November	SOPAC	MSW LC Champs 12/13 over	17th November	SIRC	MSW Open Water Champs
	30th November	SOPAC	NSW Senior Metropolitan Champs	13th December	SOPAC	NSW Senior State Age Champs
	19th December	JAMBEROO	NACSC Club Captain Christmas Outing	20th December	SIRC	NSW State Open and Age Open Water Champs
	5th January 2020	SOPAC	MSW LC Qualifying Meet	1st February	BLACKTOWN	MSW Speedo Sprint Series Heats
	15th February	SOPAC	MSW LC Champs 12/13 under	29th February	SOPAC	NSW Speedo Sprint Series Finals
	1st March	SOPAC	NSW MC Meet #1	7-8th March	SOPAC	NSW Junior Metropolitan Champs
	13-15th March	SOPAC	NSW State Open Champs	28-29th March	SOPAC	NSW Junior State Age Champs
	15-17th May	SOPAC	NSW Sydney Open			
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					