

CLUB NIGHT PROGRAM FOR SUMMER 2023-2024

Date	Week	Grade	Event 1	Event 2	Event 3	Event 4
13 October 2023 SPRINT NIGHT/ COME TRY SWIM CLUB May not run all events	1	D C B A	25/50 Free 50 Free 50 Free 50 Free	25/50 Back 50 Back 50 Back 50 Back	25/50 Breast 50 Breast 50 Breast 50 Breast	25/50 Fly 50 Fly 50 Fly 50 Fly
20 October 2023	2	D C B A	25/50 Back 50/100 Back 100 Back 100 Back	25/50 Breast 50 Breast 50 Breast 50 Breast	100 IM 100/200 IM 200 IM 200 IM	25/50 Free 50/100 Free 100 Free 100 Free
27 October 2023	3	D C B A	25/50 Breast 50/100 Breast 100 Breast 100 Breast	25/50 Free 50 Free 50 Free 50 Free	25/50 Fly 50/100 Fly 100 Fly 100 Fly	25/50 Back 50 Back 50 Back 50 Back
3 November 2023	4	D C B A	25/50 Fly 50 Fly 100/200 Fly 100/200 Fly	25/50 Free 50/100 Free 100 Free 100 Free	25/50 Back 50/100 Back 100 Back 100 Back	25/50 Breast 50 Breast 50 Breast 50 Breast
10 November 2023	5	D C B A	100 IM 100/200 IM 200 IM 200 IM	25/50 Fly 50 Fly 50 Fly 50 Fly	25/50 Breast 50 Breast 50 Breast 50 Breast	25/50 Back 50/100 Back 100/200 Back 200 Back
17 November 2023	6	D C B A	25/50 Free 50/100 Free 100 Free 100/200 Free	25/50 Breast 50/100 Breast 100 Breast 100/200 Breast	25/50 Fly 50/100 Fly 100 Fly 100 Fly	25/50 Back 50 Back 50 Back 50 Back
24 November 2023	7	D C B A	25/50 Back 50/100 Back 100 Back 100 Back	25/50 Free 50 Free 50 Free 50 Free	100 IM 100/200 IM 200 IM 200 IM	25/50 Fly 50 Fly 50 Fly 50 Fly
1 December 2023 SPRINT NIGHT	8	D C B A	25/50 Fly 50 Fly 50 Fly 50 Fly	25/50 Back 50 Back 50 Back 50 Back	25/50 Breast 50 Breast 50 Breast 50 Breast	25/50 Free 50 Free 50 Free 50 Free
8 December 2023	9	Christmas Fun/Presentation – To be confirmed				

10-16 December 2023	NSW Senior State Age Championships	SOPAC
20-21 January 2024	NSW Country Regional Meets	Orange
14 January 2024	Bathurst City Qualifying Carnival	Manning Aquatic Centre, Bathurst
3-4 February 2024	MPS Summer Championships	To be confirmed
16-18 February 2024	NSW Country Championships	SOPAC
2 March 2024	Speedo Sprints – Series Finals	SOPAC
23-24 March 2024	Junior State Age Championships	SOPAC

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2 February 2024	10	D C B A	25/50 Fly 50 Fly 50/100 Fly 100 Fly	25/50 Free 50 Free 50 Free 50 Free	25/50 Breast 50/100 Breast 100 Breast 100 Breast	25/50 Back 50/100 Back 100/200 Back 100/200 Back
8 February 2024 SPRINT NIGHT	11	D C B A	25/50 Free 50 Free 50 Free 50 Free	25/50 Breast 50 Breast 50 Breast 50 Breast	25/50 Back 50 Back 50 Back 50 Back	25/50 Fly 50 Fly 50 Fly 50 Fly
16 February 2024	12	D C B A	100 IM 100/200 IM 200 IM 200 IM	25/50 Fly 50 Fly 50 Fly 50 Fly	25/50 Breast 50 Breast 50 Breast 50 Breast	25/50 Free 50/100 Free 100/200 Free 100/200 Free
23 February 2024	13	D C B A	25/50 Breast 50/100 Breast 100 Breast 100 Breast	25/50 Back 50 Back 50 Back 50 Back	25/50 Free 50/100 Free 100 Free 100 Free	100 IM 100/200 IM 200 IM 200 IM
1 March 2024	14	D C B A	100 IM 100/200 IM 200 IM 200 IM	25/50 Fly 50 Fly 50 Fly 50 Fly	25/50 Free 50 Free 50 Free 50 Free	25/50 Back 50/100 Back 100 Back 100 Back
8 March 2024	15	D C B A	25/50 Back 50 Back 100 Back 100 Back	25/50 Free 50 Free 100 Free 100 Free	25/50 Breast 50/100 Breast 100 Breast 100/200 Breast	25/50 Fly 50 Fly 50 Fly 50 Fly
15 March 2024	16	D C B A	100 IM 100/200 IM 200/400 IM 200/400 IM	25/50 Breast 50 Breast 50 Breast 50 Breast	25/50 Fly 50 Fly 50/100 Fly 50/100 Fly	25/50 Free 50 Free 50 Free 50 Free
22 March 2024 SPRINT NIGHT	17	D C B A	25/50 Back 50 Back 50 Back 50 Back	25/50 Free 50 Free 50 Free 50 Free	25/50 Breast 50 Breast 50 Breast 50 Breast	25/50 Fly 50 Fly 50 Fly 50 Fly