



## CLUB PROGRAM FOR 2023-24 SEASON

Meet Week	Date	Freestyle							Form Stroke				Medley		Comments	
		20	30	50	100	200	400	800	Stroke	20	30	50	100	100		200
1	7 Oct	x	x	x	x				Butterfly	x	x	x	x			
2	14 Oct	x	x	x		x			Back	x	x	x		x	x	
3	21 Oct	x	x	x			x		Breast	x	x	x	x			
4	28 Oct	x	x	x				x	Butterfly	x	x	x	x			
5	4 Nov	x	x	x	x				Back	x	x	x	x			
6	11 Nov	x	x	x		x			Breast	x	x	x		x	x	
7	18 Nov	x	x	x			x		Butterfly	x	x	x	x			
8	25 Nov	x	x	x				x	Back	x	x	x	x			
9	2 Dec	x	x	x	x				Breast	x	x	x	x			
10	9 Dec	x	x	x		x			Butterfly	x	x	x		x	x	
11	16 Dec	x	x	x	x				Back	x	x	x	x			Relay events and/or Christmas break-up
Saturday 23 December to Saturday 6 January - Christmas break, no swimming club																
12	13 Jan	x	x	x	x				Breast	x	x	x		x	x	
13	20 Jan	x	x	x		x			Butterfly	x	x	x	x			
14	27 Jan	x	x	x			x		Back	x	x	x	x			
15	3 Feb	x	x	x				x	Breast	x	x	x	x			
16	10 Feb	x	x	x	x				Butterfly	x	x	x		x	x	Entries close for champ long distance events
17	17 Feb	x	x	x	x				Back	x	x	x				800 m champs
18	24 Feb	x	x	x	x				Breast	x	x	x	x			400 m champs
19	2 Mar	x	x	x	x				Butterfly	x	x	x	x			200 IM champs, entries close for champs carnival
20	9 Mar	x	x	x	x				Back	x	x	x	x			200 m champs + 50m invitation form stroke events
CCC	16 Mar	<b>Club Championship Carnival 3 pm (entries close on 2 March 1:00 pm).</b>														

### Club Event Entry Information

- Entries for the following weeks races must be submitted online via Swim Central website by 7:00 pm Wednesday prior to race day
- Swimmers may enter 3 different events from the Club Program each week; either 2 freestyle and 1 form stroke OR 1 freestyle and 2 formstroke
- Championship events do not count as Club Program events
- To be eligible to enter a 400 m FS event, a swimmer must have completed a club 200 m in under 4:00 minutes in the current season (OR a 100 m in under 1:40 minutes)
- To be eligible to enter an 800 m FS event, a swimmer must have completed a club 400 m in under 8:00 minutes in the current season (OR a 200 m in under 3:30 minutes)
- Grey highlighted events indicate proposed official time events (to be confirmed)