



## CLUB NIGHT PROGRAM 2023 / 2024 SEASON

	<u>FREESTYLE</u>							<u>BREASTSTROKE</u>				<u>BACKSTROKE</u>				<u>BUTTERFLY</u>				<u>CHOICE</u>	
<b>2023</b>	25	50	100	200	400	800	1500	25	50	100	200	25	50	100	200	25	50	100	200	200	400
03 October	11	12	13					8	9	10		5	6	7		2	3	4		1	
10 October	2	3	4					5	6	7		8	9	10		11	12	13			1
17 October	11	12	13					2	3	4		5	6	7		8	9	10			1
24 October	8	9	10					11	12	13		2	3	4		5	6	7			1
31 October	5	6	7					8	9	10		11	12	13		2	3	4		1DC (IM)	
07 November	2	3	4		1DC			5	6	7		8	9	10		11	12	13			
14 November	11	12	13			1DC		2	3	4		5	6	7		8	9	10			
21 November	8	9	10				1DC	11	12	13		2	3	4		5	6	7			
28 November	5	6	7					8	9	10		11	12	13		2	3	4			1DC (IM)
05 December	Season End Fun Evening																				
	<u>FREESTYLE</u>							<u>BREASTSTROKE</u>				<u>BACKSTROKE</u>				<u>BUTTERFLY</u>				<u>CHOICE</u>	
<b>2024</b>	25	50	100	200	400	800	1500	25	50	100	200	25	50	100	200	25	50	100	200	200	400
23 January	2	3	4					5	6	7		8	9	10		11	12	13			1
30 January	11	12	13					2	3	4		5	6	7		8	9	10	1DC		
06 February	8	9	10					11	12	13	1DC	2	3	4		5	6	7			
13 February	5	6	7					8	9	10		11	12	13	1DC	2	3	4			
20 February	2	3	4	1DC				5	6	7		8	9	10		11	12	13			
27 February	11	12	13					2	3	4		5	6	7		8	9	10			1
05 March	8	9	10					11	12	13		2	3	4		5	6	7			1
12 March	Club Championships Night 1																				
19 March	Club Championships Night 2																				
26 March	Season End Fun Night																				

\*DC = Distance Championship Event. Choice events are set distances where the swimmer has the option of which stroke they will complete the distance in.