

MELVILLE MASTERS SWIMMING CLUB

THURSDAY CLUB NIGHT PROGRAMME

Date	Marlin Swim			Relay	Social
5 Jan	50 Free	50 Back	50 Breast (h/cap)		Hearty Meal Night
12 Jan	100 Back	100 IM	25 Breast		
19 Jan	50 Breast	100 Free	400m endurance		
26 Jan	Australia Day				
2 Feb	100 IM	50 Free			Hearty Meal Night
9 Feb	100 Free	100 IM	50 Back	Relay	
16 Feb	50 Back	50 Breast	400m endurance		
23 Feb	100 Breast	50 Free	25 Back	Relay	
2 Mar	50 Fly	100 Free			Hearty Meal Night
9 Mar	50 Free	50 Fly	50 Back (h/cap)	Relay	
16 Mar	100 Back	100 Free (h/cap)	400m endurance		
23 Mar	50 Breast	100 Back	200 Free (h/cap)		
30 Mar	Endurance Swim Night				
6 Apr	100 IM	50 Breast			Hearty Meal Night
13 Apr	100 Free	100 Back	50 Fly	Relay	
20 Apr	50 Back	50 Free (h/cap)	400m endurance		
27 Apr	100 Breast	50 Back	200 IM		
4 May	50 Fly	100 Free		Relay	Hearty Meal Night
11 May	50 Free	50 Breast	200 Back, Breast or Fly		
18 May	100 Back	100 Breast (h/cap)	400m endurance		
25 May	50 Breast	100 Free	25 Fly	Relay	
1 Jun	100 IM	50 Back			Hearty Meal Night
8 Jun	100 Free	100 Breast	50 Back	Relay	
15 Jun	50 Back	50 Free	400m endurance		
22 Jun	100 Breast	50 Free (h/cap)	50 IM	Relay	
29 Jun	Endurance Swim Night				

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6 Jul	50 Fly	50 Free			Hearty Meal Night
13 Jul	50 Free	50 Breast	50 Back (h/cap)	Relay	
20 Jul	100 Back	100 IM (reverse)	400m endurance		
27 Jul	50 Breast	100 Back	200 Free		
3 Aug	100 IM	50 Free			Hearty Meal Night
10 Aug	100 Free	100 IM	25 Back	Relay	
17 Aug	50 Back	50 Breast (h/cap)	400m endurance		
24 Aug	100 Breast	50 Back	25 Free	Relay	
31 Aug	Endurance Swim Night				
7 Sep	50 Fly	100 Free			Hearty Meal Night
14 Sep	50 Free	50 Back	200 IM		
21 Sept	100 Back	100 Free	400m endurance		
28 Sep	50 Breast	100 Free (h/cap)	50 Back	Relay	
5 Oct	100 IM	50 Breast			Hearty Meal Night
12 Oct	100 Free	100 Back	25 Breast		
19 Oct	50 Back	50 Free (h/cap)	400m endurance		
26 Oct	100 Breast	50 Free	50 Fly	Relay	
2 Nov	50 Fly	100 Free			Hearty Meal Night
9 Nov	50 Free	50 Fly	200 Back, Breast or Fly		
16 Nov	100 Back	100 Breast (h/cap)	400m endurance		
23 Nov	50 Breast	100 Back	25 Free	Relay	
30 Nov	Endurance Swim Night				
7 Dec	100 IM	50 Back			Hearty Meal Night
14 Dec	100 Free	100 Breast	25 Fly	Relay	
21 Dec	50 Back	50 Breast (h/cap)	400m endurance		Christmas?
28 Dec	100 Breast	50 Back	50 IM	Relay	