



Glenbrook Swim Club 2017 / 2018 Program

Please note: you can only enter a maximum of 4 swims per night
(excluding weeks 1-3 - Max 3 swims)

DATE	DISTANCE - choose 1	FREESTYLE - choose 1	FORMSTROKE - choose 2
Week 1 9 th October	100m Free	25 or 50 Free	25 or 50 Back (choose 1)
Week 2 16 th October	100m Choice	25 or 50 Free	25 or 50 Breast (choose 1)
Week 3 23 rd October	100IM or 200IM	25 or 50 Free	25 or 50 Fly (choose 1)
Week 4 30 th October	100m Choice *Open 100 Free - QT	25 or 50 Free	25 or 50 Back 25 or 50 Breast
Week 5 6 th November	200m Choice	25 or 50 Free	25 or 50 Breast 25 or 50 Fly
Glenbrook Carnival - Saturday 11th and Sunday 12th November 2017			
Week 6 13 th November	100m Free *Open 100 Back - QT	25 or 50 Free	25 or 50 Fly 25 or 50 Back
Week 7 20 th November	**400m Freestyle or 800m Freestyle	25 or 50 Free	25 or 50 Back 25 or 50 Breast
Week 8 27 th November	100IM or 200IM *Open 100 Breast - QT	25 or 50 Free	25 or 50 Breast 25 or 50 Fly
Week 9 4 th December	100m Choice	25 or 50 Free	25 or 50 Fly 25 or 50 Back
Week 10 11 th December	Christmas Party - Fun Night / Fun Relays		
Week 11 15 th January	400m Freestyle	25 or 50 Free	25 or 50 Back 25 or 50 Breast
Week 12 22 nd January	1500m Freestyle	Club Swimathon	
Country Regionals - 27th-28th January 2018			
Week 13 29 th January	100m Choice *Open 100 Fly - QT	25 or 50 Free	25 or 50 Breast 25 or 50 Fly
Week 14 5 th February	200m Choice	25 or 50 Free	25 or 50 Fly 25 or 50 Back
MPS Summer Championships - February 10th-11th February 2018			
Week 15 12 th February	100IM *Open 200IM - QT	25 or 50 Free	25 or 50 Back 25 or 50 Breast
Week 16 19 th February	200m Choice	25 or 50 Free	25 or 50 Breast 25 or 50 Fly
Week 17 26 th February	100m Choice *Open 200 Free - QT	25 or 50 Free	25 or 50 Fly 25 or 50 Back
Week 18 5 th March	100IM or 400IM	25 or 50 Free	25 or 50 Back 25 or 50 Breast
Week 19 12 th March	100m Choice or **800m Freestyle	25 or 50 Free	25 or 50 Breast 25 or 50 Fly
17 th March	CLUB CHAMPIONSHIPS - Saturday, 17th March 2018		

*Open events are only open to those swimmers who have met the entry Qualifying Time (QT) (See QTs)

**Only 1 heat of each distance swim will be raced. Top 8 times entered will be selected.

***Before attempting 100m swims we recommend that swimmers are able to swim the 50m event of the same stroke in less than 1:00 (free, back, fly) and 1:10 (breast)