



Glenbrook Swim Club 2018 / 2019 Program

Please note: You can only enter a maximum of 3 swims per night

DATE	FREESTYLE - choose 1	FORMSTROKE - choose 1	DISTANCE - choose 1
Week 1 15 th October	25 or 50 Free	25 or 50 Back	100 IM
Week 2 22 nd October	25 or 50 Free	25 or 50 Breast	100 Free
Week 3 29 th October	25 or 50 Free	25 or 50 Fly	200 IM or 200 Free
Week 4 5 th November	25 or 50 Free	25 or 50 Back	100 Free or 100 Fly or 100 Back or 100 Breast
Glenbrook Carnival Saturday 10th and Sunday 11th November 2018			
Week 5 12 th November	25 or 50 Free	25 or 50 Breast	100 IM or 200 IM
Week 6 19 th November	25 or 50 Free	25 or 50 Fly	200 Free or 200 Fly or 200 Back or 200 Breast
Week 7 26 th November	25 or 50 Free	25 or 50 Back	100 Free or 100 Fly or 100 Back or 100 Breast
Week 8 3 rd December	25 or 50 Free	25 or 50 Breast	200 Free or 400 Free
Week 9 10 th December	Christmas Party - Fun Night / Fun Relays		
Week 10 14 th January	25 or 50 Free	25 or 50 Fly	200 IM or 400 IM
Week 11 21 st January	25 or 50 Free	25 or 50 Back	100 IM or 200 IM
Country Regionals 26th -27th January 2019			
Week 12 28 th January	25 or 50 Free	25 or 50 Breast	200 Free or 200 Fly or 200 Back or 200 Breast
MPS Summer Championships 2nd-3rd February 2019			
Week 13 4 th February	25 or 50 Free	25 or 50 Fly	100 Free or 100 Fly or 100 Back or 100 Breast
Week 14 11 th February	25 or 50 Free	25 or 50 Back	100 IM or 200 IM
Week 15 18 th February	25 or 50 Free	25 or 50 Breast	100 Free or 200 Free
Week 16 25 th February	25 or 50 Free	25 or 50 Fly	200 Free or 200 Fly or 200 Back or 200 Breast
Week 17 4 th March	25 or 50 Free	25 or 50 Back	100 Free or 100 Fly or 100 Back or 100 Breast
Week 18 11 th March	25 or 50 Free	25 or 50 Breast	200 IM or 400 IM or 400 Free
Week 19 18 th March	25 or 50 Free	25 or 50 Fly	100 Free or 100 Fly or 100 Back or 100 Breast
Club Championships - Saturday 23rd March 2019			

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)