



# Glenbrook Swim Club 2020/2021 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 12 <sup>th</sup> October	25 or 50 Free	25 or 50 Back	100 IM
Week 2 19 <sup>th</sup> October	25 or 50 Free	25 or 50 Breast	100 Free
Week 3 26 <sup>th</sup> October	25 or 50 Free	25 or 50 Fly	200 IM or 200 Free
Week 4 2 <sup>nd</sup> November	25 or 50 free	25 or 50 Back	100 Free or 100 Back or 100 Breast or 100Fly
Week 5 9 <sup>th</sup> November	25 or 50 Free	25 or 50 Breast	100 IM or 200 IM
Week 6 16 <sup>th</sup> November	25 or 50 Free	25 or 50 Fly	200 Free or 200 Back or 200 Breast or 200 Fly
Week 7 23 <sup>rd</sup> November	25 or 50 free	25 or 50 Back	100 Free or 100 Back or 100 Breast or 100 Fly
Week 8 30 <sup>th</sup> November	25 or 50 Free	25 or 50 Breast	200 Free or 400 Free or 800 Free
Week 9 7 <sup>th</sup> December	Christmas Party – Fun Night/ Fun Relays		
Week 10 11 <sup>th</sup> January	25 or 50 Free	25 or 50 Fly	200 IM or 400 IM
Week 11 18 <sup>th</sup> January	25 or 50 Free	25 or 50 Back	100 IM or 100 Free
Country Regionals 23 <sup>rd</sup> – 24 <sup>th</sup> January 2021			
Week 12 25 <sup>th</sup> January	AUSTRALIA DAY HOLIDAY – NO CLUB NIGHT		
MPS SUMMER CHAMPIONSHIPS – TBC – FEB 2021			
Week 13 1 <sup>st</sup> February	25 or 50 Free	25 or 50 Breast	200 Free or 400 Free
Week 14 8 <sup>th</sup> February	25 or 50 Free	25 or 50 Fly	100 IM or 200 IM
Week 15 15 <sup>th</sup> February	25 or 50 Free	25 or 50 Back	100 Free or 200 Free
Week 16 22 <sup>nd</sup> February	25 or 50 Free	25 or 50 Breast	200 Back or 200 Breast or 200 Fly
Week 17 1 <sup>st</sup> March	25 or 50 Free	25 or 50 Fly	100 Free or 100 Back or 100 Breast or 100 Fly
Week 18 8 <sup>th</sup> March	25 or 50 Free	25 or 50 Back	200 IM or 400 IM
Week 19 15 <sup>th</sup> March	25 or 50 Free	25 or 50 Breast	100 Free or 100 back or 100 Breast or 100 Fly
Week 20 22 <sup>nd</sup> March	25 or 50 Free	25 or 50 Fly	100 IM or 200 IM
Club championships - TBC			

**Before attempting 100m swims, swimmers must be able to swim the 50m event of the same stroke in less than 1:00 (Free, back, fly) and 1:10 (breast). QT also applies to 200+ events.**