



**MELVILLE AUSSI MASTERS SWIMMING CLUB
SWIM PROGRAM - CLUB NIGHT**

		<i>Marlin Swim</i>	<i>Event 2</i>	<i>Event 3</i>	<i>Relay/Fun</i>
Hearty Meal Night*	07-Jan-10	free 50	back 50	-	Relay (time permitting)
	14-Jan-10	back 100	free 100	fly 50	
	21-Jan-10	breast 50	back 50	400m	
	28-Jan-10	im100	breast 100	free 50	
Hearty Meal Night*	04-Feb-10	free 100	fly 25	-	Relay (time permitting)
	11-Feb-10	back 50	free 50	im100	
	18-Feb-10	breast 100	free 25	400m	
	25-Feb-10	fly 50	breast 50	back 100	
Hearty Meal Night*	04-Mar-10	free 50	back 50	-	Relay (time permitting)
	11-Mar-10	back 100	im 200	breast 25	
	18-Mar-10	breast 50	fly 50	400m	
	25-Mar-10	im100	free 200	back 25	
Hearty Meal Night*	01-Apr-10	1500m swim	night - Easter	Thurs.	Relay (time permitting)
	08-Apr-10	free 100	breast 50	-	
	15-Apr-10	back 50	free 50	breast 200	
	22-Apr-10	breast 100	free 50	400m	
	29-Apr-10	fly 50	breast 50	back 200	
Hearty Meal Night*	06-May-10	free 50	back 50	-	Relay (time permitting)
	13-May-10	back 100	free 100	fly 50	
	20-May-10	breast 50	back 50	400m	
	27-May-10	im100	breast 100	free 50	
Hearty Meal Night*	03-Jun-10	free 100	fly 25	-	Relay (time permitting)
	10-Jun-10	back 50	free 50	im100	
	17-Jun-10	breast 100	free 25	400m	
	24-Jun-10	fly 50	breast 50	back 100	
Hearty Meal Night*	01-Jul-10	free 50	back 50	-	Relay (time permitting)
	08-Jul-10	back 100	im 200	breast 25	
	15-Jul-10	breast 50	fly 50	400m	
	22-Jul-10	im100	free 200	back 25	
	29-Jul-10	1/2 hour swim night			
Hearty Meal Night*	05-Aug-10	free 100	breast 50	-	Relay (time permitting)
	12-Aug-10	back 50	free 50	breast 200	
	19-Aug-10	breast 100	free 50	400m	
	26-Aug-10	fly 50	breast 50	back 200	
Hearty Meal Night*	02-Sep-10	free 50	back 50	-	Relay (time permitting)
	09-Sep-10	back 100	free 100	fly 50	
	16-Sep-10	breast 50	back 50	400m	
	23-Sep-10	im100	breast 100	free 50	
	30-Sep-10	Aerobic swim night			
Hearty Meal Night*	07-Oct-10	free 100	AGM	-	Relay (time permitting)
	14-Oct-10	back 50	fly 25	-	
	21-Oct-10	breast 100	free 50	im100	
	28-Oct-10	fly 50	free 25	400m	
Hearty Meal Night*	04-Nov-10	free 50	back 50	-	Relay (time permitting)
	11-Nov-10	back 100	im 200	breast 25	
	18-Nov-10	breast 50	fly 50	400m	
	25-Nov-10	im100	free 200	back 25	
Hearty Meal Night*	02-Dec-10	free 100	breast 50	-	Relay (time permitting)
	09-Dec-10	back 50	free 50	breast 200	
	16-Dec-10	breast 100	free 50	400m	
	23-Dec-10	fly 50	breast 50	back 100	

Hearty Meal Nights: **Bring a supper plate to share after swimming*
Notes: **Non-Marlin swims may be substituted for a preferred stroke.*
**400m Aerobic Swimm -- Swimmer choice of stroke*
** Although we encourage you to swim the longer distances, you may swim any distance up to the nominated distance*