



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