



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

Hearty Meal Nights:
Notes:

- *Bring a supper plate to share after swimming
- *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