



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

		Marlin Swim	Event 2	Event 3	Relay/Fun
Hearty Meal Night*	03-Jan-08	free 50	back 50	-	
	10-Jan-08	back 100	free 100	fly 50	
	17-Jan-08	breast 50	back 50	400m	
	24-Jan-08	im 100	breast 100	free 50	
	31-Jan-08	free 100	fly 25	-	
Hearty Meal Night*	07-Feb-08	back 50	free 50	im 100	
	14-Feb-08	breast 100	free 25	400m	
	21-Feb-08	fly 50	breast 50	back 100	
	28-Feb-08	free 50	im 200	breast 25	Relay
Hearty Meal Night*	06-Mar-08	back 100	free 50		Relay
	13-Mar-08	breast 50	fly 50	400m	-
	20-Mar-08	im 100	breast 50	back 50	Relay
	27-Mar-08	free 100	bk/br 200	fly 25	Relay
Hearty Meal Night*	03-Apr-08	back 50	breast 100		Relay
	10-Apr-08	fly 50	free 50	400m	-
	17-Apr-08	World Swim			
	24-Apr-08	World Swim			
Hearty Meal Night*	01-May-08	back 100	breast 50		Relay
	08-May-08	breast 50	back 50	400m	-
	15-May-08	im 100	free 50	breast 50	Relay
	22-May-08	free 100	im 100	fly 50	Relay
	29-May-08	1500m/Half Hour swim night			-
Hearty Meal Night*	05-Jun-08	back 50	breast 100		Relay
	12-Jun-08	breast 100	back 100	400m	-
	19-Jun-08	fly 50	free 200	back 25	Relay
	26-Jun-08	free 50	free 50	back 50	Relay
Hearty Meal Night*	03-Jul-08	back 100	free 50		Relay
	10-Jul-08	breast 50	back 50	400m	-
	17-Jul-08	im 100	free 100	breast 50	Relay
	24-Jul-08	free 100	breast 50	back 25	Relay
	31-Jul-08	1500m/Half Hour swim night			
Hearty Meal Night*	07-Aug-08	back 50	free 100		Relay
	14-Aug-08	breast 100	fly 50	400m	-
	21-Aug-08	fly 50	breast 100	free 50	Relay
	28-Aug-08	free 50	im 100	fly 25	Relay
Hearty Meal Night*	04-Sep-08	back 100	free 50	breast 25	Relay
	11-Sep-08	breast 50	fly 50	400m	-
	18-Sep-08	im 100	free 50	breast 50	Relay
	25-Sep-08	free 100	bk/br 200		Relay
Hearty Meal Night*	02-Oct-08	back 50	free 50		Relay
	09-Oct-08	breast 100	back 50	400m	-
	16-Oct-08	fly 50	back 100	free 25	Relay
	23-Oct-08	free 50	im 200		Relay
	30-Oct-08	1500m/Half Hour swim night			
Hearty Meal Night*	06-Nov-08	back 100	back 50		Relay
	13-Nov-08	breast 50	fly 50	400m	-
	20-Nov-08	im 100	breast 100	free 25	Relay
	27-Nov-08	free 100	breast 50	back 25	Relay
Hearty Meal Night*	04-Dec-08	back 50	free 50		Relay
	11-Dec-08	breast 100	back 50	400m	-
	18-Dec-08	fly 50	free 200	breast 25	Relay
	25-Dec-08	Christmas			Relay

Hearty Meal Nights: * Bring a supper plate to share after swimming.

Notes:

*** Non-Marlin swims may be substituted for a preferred stroke.**

*** 400m Aerobic Swim -- Swimmer choice of stroke.**

*** Although we encourage you to swim the longer distances, you may swim any distance up to the nominated distance.**