



Summer Club Nights and Club Activities

The dates for club nights during the summer (Term 4 2005 and Term 1 2006) will be

2005

19 October Club night Programme 1
2 November Long Distance time trials
9 November Club night Programme 2
23 November Club night Programme 3

2006

15 February Welcome Back barbeque
1 March Club night Programme 4
15 March Club night Programme 1
28 & 30 March Club champs

Event	Programme 1	Programme 2	Programme 3	Programme 4
1	400 Free	200 Br/Med	200 Free/Back	200 Med/Fly
2	25 Back	25 Back	25 Back	25 Back
3	50Free/Fly	50Free/Fly	50Free/Fly	50Free/Fly
4	100 Back	100 Breast	100 Fly	100 Free
5	25 Breast	25 Breast	25 Breast	25 Breast
6	50 Back	50 Back	50 Back	50 Back
7	100 Breast	100 Med/Fly	100 Breast	100 Med/Fly
8	25 Free/Fly	25 Free/Fly	25 Free/Fly	25 Free/Fly
9	50 Breast	50 Breast	50 Breast	50 Breast
10	100 Free/Fly	100 Back	100 Free	100 Back

Also enclosed are the race cards. These are to be filled in **before** the children come to club night. Please be there at 6.15pm.

Parent help is essential at club night. We need you for timekeeping etc. If we do not have enough timekeepers then club night will not go ahead and the children will train.

Time Limits:

When a swimmer can swim faster than the times shown below, they **MUST** move up to the 50 metre distances. This will be strictly monitored.

25 metre freestyle 30 seconds
25 metre backstroke 35 seconds
25 metre breaststroke 35 seconds

Long Distance Time Trial

We will be only running this one night. If you cannot make it this night then swimmers will have to attend a meet where they can obtain a time.