

Armada Kelmscott Swimming Club Programme 2011/2012

Date	25m	Distance	50m	25m	100m	50m	25m	50m
28 October	FLY	200 BACK	BREAST	BACK	BREAST	FREE	FREE	FLY
4 November	BREAST	200 FREE	FLY	FLY	BACK	BACK	FREE	BREAST
11 November	BACK	200 FLY	BREAST	BREAST	FREE	FREE	FREE	BACK
18 November	FLY	200BREAST	FLY	BACK	FLY	BACK	FREE	FREE
25 November	BREAST	200 IM	BREAST	FLY	BREAST	FREE	FREE	FLY
2 December	BACK	400 FREE	FLY	BREAST	BACK	BACK	FREE	BREAST
9 December	FLY	400 IM	BREAST	BACK	FREE	FREE	FREE	BACK
16 December	BREAST	200 BACK	FLY	FLY	FLY	BACK	FREE	FREE
CHRISTMAS BREAK								
6 January 2012	BACK	200 FREE	BREAST	BREAST	BREAST	FREE	FREE	FLY
13 January	FLY	200 FLY	FLY	BACK	BACK	BACK	FREE	BREAST
20 January	BREAST	200BREAST	BREAST	FLY	FLY	FREE	FREE	BACK
22 January	(Sunday) 800m Club Championship Swim							
27 January	BACK	200 IM	FLY	BREAST	BREAST	BACK	FREE	FREE
3 February	FLY	400 FREE	BREAST	BACK	BACK	FREE	FREE	FLY
10 February	BREAST	400 IM	FLY	FLY	FREE	BACK	FREE	BREAST
12/13 February								
(Saturday or Sunday - to be advised) Club Premiership Competition @ Challenge Stadium - All swimmers required to be available for selection in the Team.								
17 February	BACK	200 BACK	BREAST	BREAST	FLY	FREE	FREE	BACK
19 February	(Sunday) 1500m Club Championship Swim							
24 February	FLY	200 FREE	FLY	BACK	BREAST	BACK	FREE	FREE
25 February	Rottnest Virtual Swim - Team Event supporting Royal Flying Doctor Service - Held at Armadale Pool. Swimmers 10 years & over may enter.							
End of points events. From this point on the races with the # are swum as timed Championship Events. You must have swum 8 club nights by 2 March 2011 & have swum the event previously this season to qualify to swim in these Events.								
Swimmers who do not wish to swim the events marked #, have until 6 April 2011 to qualify for Championship Day.								
2 March	BREAST	#200 FLY	BREAST	FLY	BACK	FREE	FREE	#50 Breast For swimmers 11+
9 March	BACK	# 200 BREAST	FLY	BREAST	FREE	50m BACK	25m FREE	#200 Free 50m Breast
16 March	FLY	#200 IM	BREAST	BACK	FLY	50m FREE	25m FREE	#400 Free 50m Back
23 March	BREAST	# 200 BACK	FLY	FLY	BREAST	50m BACK	25m FREE	#100 Fly 50m Free
30 March	BACK	#400 IM	BREAST	BREAST	BACK	50m FREE	25m FREE	#50 Back For swimmers 11+ 50M Fly
1 April	(Sunday) CLUB CHAMPIONSHIP DAY				WARM UP FROM 8AM, START AT 9AM			