

Lower Blue Mountains Swim Club



Winter Club Night Programme 2024

Welcome to our club!

- Winter Club nights are held fortnightly on **Mondays at 7.30pm** at Springwood Aquatic Centre.
- Use **Swim Central** to enter before 8.00am Monday morning.
- You can enter a **maximum of 3 events**, including a maximum of two distance swims.
- **Qualifying times** apply for longer distances.
- Swimmers may enter 25m events **or** 50m events in the same stroke, not both.
- Email LBMSCRaceSecretary@gmail.com

Parents are required to timekeep; please ask a committee member if you need help.

Please come and talk to a Committee member if you have any questions.

Enjoy your swimming and race hard!

Week 1 20th May	Week 2 3rd June	Week 3 24th June	Week 4 22th July
1. 25 Free 2. 50 Free 3. 100 Free 4. 25 Breast 5. 50 Breast 6. 100 Breast 7. 25 Back 8. 50 Back 9. 100 Back 10. 200 choice	1. 25 Free 2. 50 Free 3. 100 Free 4. 25 Fly 5. 50 Fly 6. 100 Fly 7. 25 Back 8. 50 Back 9. 100 Back 10. 100 IM 11. 200 IM	1. 25 Free 2. 50 Free 3. 100 Free 4. 25 Breast 5. 50 Breast 6. 100 Breast 7. 25 Back 8. 50 Back 9. 100 Back 10. 400 Free/IM	1. 25 Free 2. 50 Free 3. 25 Breast 4. 50 Breast 5. 25 Back 6. 50 Back 7. 25 Fly 8. 50 Fly 9. 800/1500 Free
Week 5 5th August	Week 6 19th August	Week 7 2nd September	Week 8 16th September
1. 25 Free 2. 50 Free 3. 100 Free 4. 25 Breast 5. 50 Breast 6. 100 Breast 7. 25 Back 8. 50 Back 9. 100 Back 10. 200 choice	1. 25 Free 2. 50 Free 3. 100 Free 4. 25 Fly 5. 50 Fly 6. 100 Fly 7. 25 Back 8. 50 Back 9. 100 Back 10. 100 IM 11. 200 IM	1. 25 Free 2. 50 Free 3. 100 Free 4. 25 Breast 5. 50 Breast 6. 100 Breast 7. 25 Back 8. 50 Back 9. 100 Back 10. 400 Free/IM	1. 25 Free 2. 50 Free 3. 100 Free 4. 25 Breast 5. 50 Breast 6. 100 Breast 7. 25 Back 8. 50 Back 9. 100 Back 10. 25 Fly 11. 50 Fly 12. 100 Fly