



South Shore Swimming Club - Summer Program 2014/15

Swim 1 20/10/2014	Swim 2 27/10/2014	Swim 3 Friday 31/10/2014
200BBB (Breast, Butterfly, Back) Freestyle (25, 50, 100) Backstroke (25, 50, 100) Breaststroke (25, 50, 100) Butterfly (25, 50, 100)	200m Freestyle Backstroke (25, 50, 100) Butterfly (25, 50, 100) Breaststroke (25, 50, 100) Freestyle (25, 50, 100)	Individual Medley (100, 200) Breaststroke (25, 50) Freestyle (25, 50, 100) Backstroke (25, 50, 100) Butterfly (25, 50)
Swim 4 10/11/2014	Swim 5 17/11/2014	Swim 6 Friday 21/11/2014
200BBB (Breast, Butterfly, Back) Butterfly (25, 50, 100) Freestyle (25, 50, 100) Backstroke (25, 50, 100) Breaststroke (25, 50, 100)	200m Freestyle Freestyle (25, 50, 100) Backstroke (25, 50, 100) Breaststroke (25, 50, 100) Butterfly (25, 50, 100)	Individual Medley (100, 200) Backstroke (25, 50, 100) Breaststroke (25, 50, 100) Freestyle (25, 50, 100)
Swim 7 1/12/2014	Swim 8 8/12/2014	Swim 9 15/12/2014
200BBB (Breast, Butterfly, Back) Breaststroke (25, 50, 100) Freestyle (25, 50, 100) Butterfly (25, 50, 100) Backstroke (25, 50, 100)	Butterfly (25, 50, 100) Backstroke (25, 50, 100) Freestyle (25, 50, 100) Breaststroke (25, 50, 100)	200BBB (Breast, Butterfly, Back) Freestyle (25, 50, 100) Backstroke (25, 50, 100) Breaststroke (25, 50, 100) Butterfly (25, 50, 100)
Swim 10 5/1/2015	Swim 11 Friday 9/01/2015	Swim 12 19/1/2015
200m Freestyle Backstroke (25, 50, 100) Freestyle (25, 50, 100) Breaststroke (25, 50, 100) Butterfly (25, 50, 100)	400m Freestyle Breaststroke (25, 50, 100) Freestyle (25, 50, 100) Backstroke (25, 50, 100)	Individual Medley (100, 200) Butterfly (25, 50, 100) Freestyle (25, 50, 100) Breaststroke (25, 50, 100) Backstroke (25, 50, 100)
Swim 13 2/2/2015	Swim 14 9/2/2015	Swim 15 16/2/2015
200 Freestyle Backstroke (25, 50, 100) Breaststroke (25, 50, 100) Freestyle (25, 50, 100) Butterfly (25, 50, 100)	Favazzo Trophy - Freestyle 25m	Trophy Races - Heats & Finals
	Breaststroke (25, 50, 100) Freestyle (25, 50, 100) Backstroke (25, 50, 100) Butterfly (25, 50, 100)	Christie - Breaststroke 50m(11/u) Mottram - Breaststroke 100m (12/o) Breaststroke (25, 50) (If not in trophy) Butterfly (25, 50, 100) Freestyle (25, 50, 100) Backstroke (25, 50, 100)
Swim 16 Friday 20/02/2015	No Swim 2/3/2015	Swim 17 9/3/2015
200BBB (Breast, Butterfly, Back) Freestyle (25, 50, 100) Breaststroke (25, 50) Butterfly (25, 50, 100)	NO CLUB NIGHT Moore River Camp Too much fun to miss Put this date in your diaries!	Trophy Races - Heats & Finals
		Schaper - Freestyle 50m (11/u) Bert Barrett - Freestyle 100m (Girls) (12/o) Bert Barrett - Freestyle 100m (Boys) (12/o) Freestyle (25, 50) (If not in trophy) Backstroke (25, 50, 100) Butterfly (25, 50, 100)

Swim 18 16/3/2015	Swim 19 23/3/2015	Swim 20 Sunday 29/03/2015
Trophy Races - Heats & Finals Warren Manning - Backstroke 50m (11/u) Lynn Watson - Backstroke 100m (12/o) Backstroke (25, 50)(If not in trophy) Freestyle (25, 50) Breaststroke (25, 50) Butterfly (25, 50, 100)	Trophy Races - Heats & Finals Presidents Trophy - Fly 25m Renner - Fly 50m - (12/u) Freestyle (25, 50, 100) Backstroke (25, 50) Breaststroke (25, 50)	CLUB CHAMPIONSHIPS & END OF SUMMER SEASON

1. Nominations for Club Night races must be completed by 6.45pm for a 7.05pm start.
2. Indicated races for each club night are subject to change.
3. The season's Top Ten Points Trophies are based on 50m and 100m races.