

CHARLESTOWN SWIM CLUB

SEASON PROGRAM 2016-2017

	A		B		C		D		E	
Week 1 11-Oct-16	EV 5	100 FREE	EV 4	100 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	100 BREAST	EV 9	100 BREAST	EV 8	50 BREAST	EV 7	25 BREAST	EV 6	15 BREAST
	EV 15	50 FREE	EV 14	50 FREE	EV 13	100 FREE	EV 12	25 FREE	EV 11	15 FREE
Week 2 18-Oct-16	EV 5	100 FREE	EV 4	100 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	100 FLY	EV 9	100 FLY	EV 8	50 FLY	EV 7	25 FLY	EV 6	15 FLY
	EV 15	50 BREAST	EV 14	50 BREAST	EV 13	100 BREAST	EV 12	25 BREAST	EV 11	15 BREAST
Week 3 25-Oct-16	EV 5	50 FREE	EV 4	50 FREE	EV 3	100 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	50 BACK	EV 9	50 BACK	EV 8	50 BACK	EV 7	25 BACK	EV 6	15 BACK
	EV 15	200 IM	EV 14	200 IM	EV 13	100 IM	EV 12	50 IM	EV 11	15 FLY
Week 4 01-Nov-16	EV 5	50 FREE	EV 4	50 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	100 BREAST	EV 9	100 BREAST	EV 8	50 BREAST	EV 7	25 BREAST	EV 6	15 BREAST
	EV 15	100 BACK	EV 14	50 BACK	EV 13	100 BACK	EV 12	25 BACK	EV 11	15 BACK
Week 5 08-Nov-16	EV 5	50 FREE	EV 4	50 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	50 FLY	EV 9	50 FLY	EV 8	50 FLY	EV 7	25 FLY	EV 6	15 FLY
	EV 15	400 FREE	EV 14	200 FREE	EV 13	100 FREE	EV 12	25 FREE	EV 11	15 FREE
Week 6 15-Nov-16	EV 5	100 FREE	EV 4	100 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	50 BACK	EV 9	50 BACK	EV 8	50 BACK	EV 7	25 BACK	EV 6	15 BACK
	EV 15	100 FLY	EV 14	100 FLY	EV 13	50 FLY	EV 12	25 FLY	EV 11	15 FLY
Week 7 22-Nov-16	EV 5	50 FREE	EV 4	50 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	100 BREAST	EV 9	100 BREAST	EV 8	50 BREAST	EV 7	25 BREAST	EV 6	15 BREAST
	EV 15	200 IM	EV 14	200 IM	EV 13	100 IM	EV 12	50 IM	EV 11	15 BACK
Week 8 29-Nov-16	EV 5	200 FREE	EV 4	200 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	100 FLY	EV 9	50 FLY	EV 8	50 FLY	EV 7	25 FLY	EV 6	15 FLY
	EV 15	50 BREAST	EV 14	50 BREAST	EV 13	100 BREAST	EV 12	25 BREAST	EV 11	15 BREAST
Week 9 06-Dec-16	EV 5	50 FREE	EV 4	50 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	100 BRST	EV 9	100 BRST	EV 8	50 BRST	EV 7	25 BRST	EV 6	15 BRST
	EV 15	200 BACK	EV 14	100 BACK	EV 13	100 BK	EV 12	50 BACK	EV 11	15 BACK
Week 10 13-Dec-16	EV 5	100 FREE	EV 4	100 FREE	EV 3	100 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	100 BREAST	EV 9	100 BREAST	EV 8	50 BREAST	EV 7	25 BREAST	EV 6	15 BREAST
	EV 15	50 BACK	EV 14	50 BACK	EV 13	100 BACK	EV 12	25 BACK	EV 11	15 BACK
Week 11 20-Dec-16	***** CHRISTMAS PARTY *****									
	A		B		C		D		E	
Week 12 17-Jan-17	EV 5	50 FREE	EV 4	50 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	100 FLY	EV 9	100 FLY	EV 8	50 FLY	EV 7	25 FLY	EV 6	15 FLY
	EV 15	200 IM	EV 14	200 IM	EV 13	100 IM	EV 12	50 IM	EV 11	15 BACK
Week 13 24-Jan-17	EV 5	100 FREE	EV 4	100 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	100 BACK	EV 9	100 BACK	EV 8	50 BACK	EV 7	25 BACK	EV 6	15 BACK
	EV 15	50 FLY	EV 14	50 FLY	EV 13	50 FLY	EV 12	25 FLY	EV 11	15 FLY
Week 14 31-Jan-17	EV 5	50 FREE	EV 4	50 FREE	EV 4	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	100 BREAST	EV 9	100 BREAST	EV 10	50 BREAST	EV 7	25 BREAST	EV 6	15 BREAST
	EV 15	200 FREE	EV 14	200 FREE	EV 16	100 FREE	EV 12	25 FREE	EV 11	15 FREE
Week 15 07-Feb-17	EV 5	100 FREE	EV 4	100 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	15 FREE
	EV 10	50 FLY	EV 9	50 FLY	EV 8	50 FLY	EV 7	25 FLY	EV 6	15 FLY
	EV 15	100 BACK *	EV 14	100 BACK *	EV 13	100 BACK	EV 12	25 BACK	EV 11	15 BACK
200 BACK CLUB CHAMPIONSHIP EVENT * swimmers may swim the 200m Club Champ event as an alternative to the 3rd event										
Week 16 14-Feb-17	EV 5	50 FREE	EV 4	50 FREE	EV 3	50 FREE	EV 2	25 FREE EV	EV 1	25 FREE
	EV 10	50 BACK	EV 9	50 BACK	EV 8	50 BACK	7	25 BACK	EV 6	25 BACK
	EV 15	100 BREAST *	EV 14	100 BREAST *	EV 13	100 BREAST	EV 12	25 BREAST	EV 11	15 BREAST
200 BREAST CLUB CHAMPIONSHIP EVENT * swimmers may swim the 200m Club Champ event as an alternative to the 3rd event										
Week 17 21-Feb-17	EV 5	100 FREE	EV 4	100 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	25 FREE
	EV 10	50 BREAST	EV 9	50 BREAST	EV 8	50 BREAST	EV 7	25 BREAST	EV 6	25 BREAST
	EV 15	100 FLY *	EV 14	100 FLY *	EV 13	50 FLY	EV 12	25 FLY	EV 11	15 FLY
200 FLY CLUB CHAMPIONSHIP EVENT * swimmers may swim the 200m Club Champ event as an alternative to the 3rd event										
Week 18 28-Feb-17	EV 5	50 FREE	EV 4	50 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	25 FREE
	EV 10	50 FLY	EV 9	50 FLY	EV 8	50 FLY	EV 7	25 FLY	EV 6	25 FLY
	EV 15	100 FREE *	EV 14	100 FREE *	EV 13	100 FREE	EV 12	25 FREE	EV 11	15 FREE
400 FREE CLUB CHAMPIONSHIP EVENT * swimmers may swim the 200m Club Champ event as an alternative to the 3rd event										
Week 19 7-Mar-17	EV 5	50 FREE	EV 4	50 FREE	EV 3	50 FREE	EV 2	25 FREE	EV 1	25 FREE
	EV 10	50 BACK	EV 9	50 BACK	EV 8	50 BACK	EV 7	25 BACK	EV 6	25 BREAST
	EV 15	200 IM *	EV 14	200 IM *	EV 13	100 IM	EV 12	50 IM	EV 11	15 FLY
200 IM CLUB CHAMPIONSHIP EVENT * swimmers may swim the 200m Club Champ event as an alternative to the 3rd event										
Week 20 14-Mar-17	***** CLUB CHAMPIONSHIPS*****									