

CHARLESTOWN SWIM CLUB

SEASON PROGRAM 2017-2018

	A	B	C	D	E
Week 1 10-Oct-17	EV 5 100 FREE EV 10 100 BREAST EV 15 50 FREE	EV 4 100 FREE EV 9 100 BREAST EV 14 50 FREE	EV 3 50 FREE EV 8 50 BREAST EV 13 100 FREE	EV 2 25 FREE EV 7 25 BREAST EV 12 25 FREE	EV 1 15 FREE EV 6 15 BREAST EV 11 15 FREE
Week 2 17-Oct-17	EV 5 100 FREE EV 10 100 FLY EV 15 50 BREAST	EV 4 100 FREE EV 9 100 FLY EV 14 50 BREAST	EV 3 50 FREE EV 8 50 FLY EV 13 100 BREAST	EV 2 25 FREE EV 7 25 FLY EV 12 25 BREAST	EV 1 15 FREE EV 6 15 FLY EV 11 15 BREAST
Week 3 24-Oct-17	EV 5 50 FREE EV 10 50 BACK EV 15 200 IM	EV 4 50 FREE EV 9 50 BACK EV 14 200 IM	EV 3 100 FREE EV 8 50 BACK EV 13 100 IM	EV 2 25 FREE EV 7 25 BACK EV 12 50 IM	EV 1 15 FREE EV 6 15 BACK EV 11 15 FLY
Week 4 31-Oct-17	EV 5 50 FREE EV 10 100 BREAST EV 15 100 BACK	EV 4 50 FREE EV 9 100 BREAST EV 14 50 BACK	EV 3 50 FREE EV 8 50 BREAST EV 13 100 BACK	EV 2 25 FREE EV 7 25 BREAST EV 12 25 BACK	EV 1 15 FREE EV 6 15 BREAST EV 11 15 BACK
Week 5 07-Nov-17	EV 5 50 FREE EV 10 50 FLY EV 15 400 FREE	EV 4 50 FREE EV 9 50 FLY EV 14 200 FREE	EV 3 50 FREE EV 8 50 FLY EV 13 100 FREE	EV 2 25 FREE EV 7 25 FLY EV 12 25 FREE	EV 1 15 FREE EV 6 15 FLY EV 11 15 FREE
Week 6 14-Nov-17	EV 5 100 FREE EV 10 50 BACK EV 15 100 FLY	EV 4 100 FREE EV 9 50 BACK EV 14 100 FLY	EV 3 50 FREE EV 8 50 BACK EV 13 50 FLY	EV 2 25 FREE EV 7 25 BACK EV 12 25 FLY	EV 1 15 FREE EV 6 15 BACK EV 11 15 FLY
Week 7 21-Nov-17	EV 5 50 FREE EV 10 100 BREAST EV 15 200 IM	EV 4 50 FREE EV 9 100 BREAST EV 14 200 IM	EV 3 50 FREE EV 8 50 BREAST EV 13 100 IM	EV 2 25 FREE EV 7 25 BREAST EV 12 50 IM	EV 1 15 FREE EV 6 15 BREAST EV 11 15 BACK
Week 8 28-Nov-17	EV 5 200 FREE EV 10 100 FLY EV 15 50 BREAST	EV 4 200 FREE EV 9 50 FLY EV 14 50 BREAST	EV 3 50 FREE EV 8 50 FLY EV 13 100 BREAST	EV 2 25 FREE EV 7 25 FLY EV 12 25 BREAST	EV 1 15 FREE EV 6 15 FLY EV 11 15 BREAST
Week 9 05-Dec-17	EV 5 50 FREE EV 10 100 BRST EV 15 200 BACK	EV 4 50 FREE EV 9 100 BRST EV 14 100 BACK	EV 3 50 FREE EV 8 50 BRST EV 13 100 BK	EV 2 25 FREE EV 7 25 BRST EV 12 50 BACK	EV 1 15 FREE EV 6 15 BRST EV 11 15 BACK
Week 10 12-Dec-17	EV 5 100 FREE EV 10 100 BREAST EV 15 50 BACK	EV 4 100 FREE EV 9 100 BREAST EV 14 50 BACK	EV 3 100 FREE EV 8 50 BREAST EV 13 100 BACK	EV 2 25 FREE EV 7 25 BREAST EV 12 25 BACK	EV 1 15 FREE EV 6 15 BREAST EV 11 15 BACK
Week 11 19-Dec-17	***** CHRISTMAS PARTY *****				
	A	B	C	D	E
Week 12 16-Jan-18	EV 5 50 FREE EV 10 100 FLY EV 15 200 IM	EV 4 50 FREE EV 9 100 FLY EV 14 200 IM	EV 3 50 FREE EV 8 50 FLY EV 13 100 IM	EV 2 25 FREE EV 7 25 FLY EV 12 50 IM	EV 1 15 FREE EV 6 15 FLY EV 11 15 BACK
Week 13 23-Jan-18	EV 5 100 FREE EV 10 100 BACK EV 15 50 FLY	EV 4 100 FREE EV 9 100 BACK EV 14 50 FLY	EV 3 50 FREE EV 8 50 BACK EV 13 50 FLY	EV 2 25 FREE EV 7 25 BACK EV 12 25 FLY	EV 1 15 FREE EV 6 15 BACK EV 11 15 FLY
Week 14 30-Jan-18	EV 5 50 FREE EV 10 100 BREAST EV 15 200 FREE	EV 4 50 FREE EV 9 100 BREAST EV 14 200 FREE	EV 3 50 FREE EV 8 50 BREAST EV 16 100 FREE	EV 2 25 FREE EV 7 25 BREAST EV 12 25 FREE	EV 1 15 FREE EV 6 15 BREAST EV 11 15 FREE
Week 15 06-Feb-18	EV 5 100 FREE EV 10 50 FLY EV 15 100 BACK *	EV 4 100 FREE EV 9 50 FLY EV 14 100 BACK *	EV 3 50 FREE EV 8 50 FLY EV 13 100 BACK	EV 2 25 FREE EV 7 25 FLY EV 12 25 BACK	EV 1 15 FREE EV 6 15 FLY 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 13-Feb-18	EV 5 50 FREE EV 10 50 BACK EV 15 100 BREAST *	EV 4 50 FREE EV 9 50 BACK EV 14 100 BREAST *	EV 3 50 FREE EV 8 50 BACK EV 13 100 BREAST	EV 2 25 FREE EV 7 25 BACK EV 12 25 BREAST	EV 1 25 FREE EV 6 25 BACK 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 20-Feb-18	EV 5 100 FREE EV 10 50 BREAST EV 15 100 FLY *	EV 4 100 FREE EV 9 50 BREAST EV 14 100 FLY *	EV 3 50 FREE EV 8 50 BREAST EV 13 50 FLY	EV 2 25 FREE EV 7 25 BREAST EV 12 25 FLY	EV 1 25 FREE EV 6 25 BREAST 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 27-Feb-18	EV 5 50 FREE EV 10 50 FLY EV 15 100 FREE *	EV 4 50 FREE EV 9 50 FLY EV 14 100 FREE *	EV 3 50 FREE EV 8 50 FLY EV 13 100 FREE	EV 2 25 FREE EV 7 25 FLY EV 12 25 FREE	EV 1 25 FREE EV 6 25 FLY 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 6-Mar-18	EV 5 50 FREE EV 10 50 BACK EV 15 200 IM *	EV 4 50 FREE EV 9 50 BACK EV 14 200 IM *	EV 3 50 FREE EV 8 50 BACK EV 13 100 IM	EV 2 25 FREE EV 7 25 BACK EV 12 50 IM	EV 1 25 FREE EV 6 25 BREAST 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 13-Mar-18	***** CLUB CHAMPIONSHIPS*****				