

WILLOUGHBY SWIM CLUB INC.



2011/12 SUMMER PROGRAM

14-10-2011	21-10-2011	28-10-2011	04-11-2011	11-11-2011
<p>50 FREE 25 BREAST 100/200 FREE CHOICE 50 BACK 25 BACK 50 BREAST 50 FLY</p>	<p>50 FREE 25 FLY 100 FREE CHOICE 50 BREAST 25 BREAST 50 FLY H'CAP 50 BACK</p>	<p>NO CLUB</p>	<p>50 FREE 25 BACK 100/200 FREE CHOICE 50 FLY 25 BREAST 50 BACK H'CAP 50 BREAST</p> <p>Check Starter/Marshall training.</p>	<p>NO CLUB</p> <p>12/13 November, SMNE Championships - SOPAC</p>
18-11-2011	25-11-2011	02-12-2011	16-12-2011	<p>SCHOOL HOLIDAYS</p> <p>7-8/1/2012 State Age 10/u-12 Yrs 10-15/01/2012 State Age 13/Ov</p>
<p>50 FREE 25 FLY 100 FREE CHOICE 50 BACK 25 BACK 50 BREAST H'CAP 50 FLY</p>	<p>NO CLUB</p> <p>Bunnings barbecue, Artarmon</p>	<p>50 FREE 25 BREAST 100/200 FREE CHOICE 50 BREAST 25 BACK 50 FLY H'CAP 50 BACK</p> <p>3-4 State Open Water</p> <p>10/12/2012 - Trip to Canberra</p>	<p>WILLOUGHBY CHRISTMAS PARTY</p> 	
27/01/2012	03/02/2012	10/02/2012	17/02/2012	24/02/2012
<p>50 FREE 25 BREAST 100/200 FREE CHOICE 50 BACK 25 BACK 50 BREAST 50 FLY</p>	<p>NO CLUB</p> <p>5/2/2012 Speedo Sprint Heats</p>	<p>NO CLUB</p> <p>10-12/2/2012 State Open Championships</p>	<p>50 FREE 25 FLY 100 FREE CHOICE 50 BREAST 25 BREAST 50 FLY H'CAP 50 BACK</p> <p>SMNE Sprint Meet SOPAC - 18/02/2012</p>	<p>NO CLUB</p>
02/03/2012	09/03/2012	16/03/2012	23/03/2012	30/03/2012
<p>NO CLUB</p> <p>3-4/3/2012 NSW Metropolitan Championships</p>	<p>NO CLUB</p> <p>11/3/2012 Speedo Sprint Finals</p>	<p>50 FREE 25 BACK 100/200 FREE CHOICE 50 FLY 25 BREAST 50 BACK H'CAP 50 BREAST</p>	<p>NO CLUB</p>	<p>50 FREE 25 FLY 100 FREE CHOICE 50 BACK 25 BACK 50 BREAST H'CAP 50 FLY</p>