



CHARLESTOWN SWIMMING CLUB

Club Night Schedule 2021-2022



	A	B	C	D
Week 1 02/11/21	Ev 5 100 FREE Ev 8 50 BREAST Ev 12 100 BREAST/FREE	Ev 3 100 FREE Ev 7 50 BREAST Ev 11 100 BREAST/FREE	Ev 2 50 FREE Ev 6 50 BREAST Ev 10 50 BREAST/FREE	Ev 1 25 FREE Ev 5 25 BREAST Ev 9 25 FREE
Week 2 09/11/21	Ev 4 50 FREE Ev 8 100 BACK Ev 12 50 KICK	Ev 3 50 FREE Ev 7 100 BACK Ev 11 50 KICK	Ev 2 50 FREE Ev 6 50 BACK Ev 10 25 KICK	Ev 1 25 FREE Ev 5 25 BACK Ev 9 25 KICK
Week 3 16/11/2021	Ev 4 100 FREE Ev 8 50 FLY Ev 12 100 BACK/FREE	Ev 3 100 FREE Ev 7 50 FLY Ev 11 100 BACK/FREE	Ev 2 50 FREE Ev 6 25 FLY Ev 10 50 BACK/FREE	Ev 1 25 FREE Ev 5 25 FLY Ev 9 25 BACK
Week 4 23/11/2021	Ev 4 50 FREE Ev 8 100 BREAST Ev 12 50 BREAST KICK	Ev 3 50 FREE Ev 7 100 BREAST Ev 11 50 BREAST KICK	Ev 2 50 FREE Ev 6 50 BREAST Ev 10 50 BREAST KICK	Ev 1 25 FREE Ev 5 25 BREAST Ev 9 25 BREAST KICK
Week 5 30/11/2021	Ev 4 100 FREE Ev 8 50 BACK Ev 12 50 FREE H'CAP	Ev 3 100 FREE Ev 7 50 BACK Ev 11 50 FREE H'CAP	Ev 2 100 FREE Ev 6 50 BACK Ev 10 50 FREE H'CAP	Ev 1 50 FREE Ev 5 25 BACK Ev 9 25 FREE H'CAP
Week 6 07/12/2021 <i>2X Impr Points</i>	Ev 4 50 FREE Ev 8 50 FLY Ev 12 100 FREE/BREAST/FREE	Ev 3 50 FREE Ev 7 50 FLY Ev 11 100 FREE/BREAST/FREE	Ev 2 50 FREE Ev 6 50 FLY Ev 10 50 BREAST/FREE	Ev 1 25 FREE Ev 5 25 FLY Ev 9 50 BREAST/FREE
Week 7 14/12/2021	Ev 4 100 FREE Ev 8 50 BREAST Ev 12 RELAY	Ev 3 100 FREE Ev 7 50 BREAST Ev 11 50 RELAY	Ev 2 50 FREE Ev 6 50 BREAST Ev 10 50 RELAY	Ev 1 25 FREE Ev 5 25 BREAST Ev 9 25 RELAY
Week 8 21/12/2021	***** CHRISTMAS PARTY *****			
Week 8 11/01/2022	Ev 4 50 FREE Ev 8 200 IM Ev 12 50 BACK	Ev 3 50 FREE Ev 7 200 IM Ev 11 50 BACK	Ev 2 50 FREE Ev 6 100 IM Ev 10 50 BACK	Ev 1 25 FREE Ev 5 50 BACK/BREAST Ev 9 25 BACK
Week 10 18/01/2022	Ev 4 100 FREE Ev 8 50 FLY Ev 12 50 BREAST KICK	Ev 3 100 FREE Ev 7 50 FLY Ev 11 50 BREAST KICK	Ev 2 50 FREE Ev 6 50 FLY Ev 10 25 BREAST KICK	Ev 1 25 FREE Ev 5 25 FLY Ev 9 25 BREAST KICK
Week 11 25/01/2022	Ev 4 50 FREE Ev 8 50 BACK Ev 12 RELAY	Ev 3 50 FREE Ev 7 50 BACK Ev 11 RELAY	Ev 2 50 FREE Ev 6 50 BACK Ev 10 RELAY	Ev 1 25 FREE Ev 5 25 BACK Ev 9 RELAY
Week 12 01/02/2022	Ev 4 50 FREE Ev 8 100 BREAST Ev 12 100 FREE/BACK	Ev 3 50 FREE Ev 7 100 BREAST Ev 11 100 FREE/BACK	Ev 2 50 FREE Ev 6 50 BREAST Ev 10 50 FREE/BACK	Ev 1 25 FREE Ev 5 25 BREAST Ev 9 50 FREE/BACK
Week 13 08/02/022	Ev 4 100 FREE Ev 8 50 BACK Ev 12 100 MEDLEY	Ev 3 100 FREE Ev 7 50 BACK Ev 11 100 MEDLEY	Ev 2 50 FREE Ev 6 50 BACK Ev 10 50 BREAST/FREE	Ev 1 25 FREE Ev 5 25 BACK Ev 9 50 BREAST/FREE
Week 14 15/02/2022	Ev 4 50 FREE Ev 8 50 FLY* Ev 12 50 KICK	Ev 3 50 FREE Ev 7 50 FLY* Ev 11 50 KICK	Ev 2 50 FREE Ev 6 50 FLY Ev 10 50 KICK	Ev 1 25 FREE Ev 5 25 FLY Ev 9 25 KICK
<i>2X Impr Points</i>	200 FLY CLUB CHAMPIONSHIP EVENT *Swimmers may swim the 200m Club Champs event instead of the 2nd event			
Week 15 22/02/2022	Ev 4 50 FREE Ev 8 100 BREAST* Ev 12 50 FREE H'CAP	Ev 3 50 FREE Ev 7 50 BREAST* Ev 11 50 FREE H'CAP	Ev 2 50 FREE Ev 6 50 BREAST Ev 10 50 FREE H'CAP	Ev 1 50 FREE Ev 5 25 BREAST Ev 9 25 FREE H'CAP
	<small>*swimmers may swim the 200m Club Champ event as an alternative to the 3rd event</small>			
	200 BREAST CLUB CHAMPIONSHIP EVENT *Swimmers may swim the 200m Club Champs event instead of the 2nd event			
Week 16 01/03/2022	Ev 4 50 FREE Ev 8 100 BACK* Ev 12 50 FLY/BREAST	Ev 3 50 FREE Ev 7 100 BACK* Ev 11 50 FLY/BREAST	Ev 2 50 FREE Ev 6 50 BACK Ev 10 50 FLY/BREAST	Ev 1 25 FREE Ev 5 25 BACK Ev 9 25 BREAST

Week 17 08/03/2022	Ev 4 50 FREE Ev 8 50 FLY* Ev 12 RELAY	Ev 3 50 FREE Ev 7 50 FLY* Ev 11 RELAY	Ev 2 50 FREE Ev 6 50 FLY Ev 10 RELAY	Ev 1 25 FREE Ev 5 25 FLY Ev 9 RELAY
2X Impr Points	200 IM CLUB CHAMPIONSHIP EVENT *Swimmers may swim the 200m Club Champs event instead of the 2nd event			
Week 18 15/03/22	***** CLUB CHAMPIONSHIPS *****			
Week 19 22/03/22	***** CLUB CHAMPIONSHIPS *****			