

Armadale Kelmscott Swimming Club Program 2024 Winter Season

| Date | 25m | Distance | 50m | 25m | 100m | 50m | 25m | Distance | 50m |
|--|--------|------------|--------|------|--------|--------|--------|------------|--------|
| Winter Short Course Programme - starts after school holidays Term 1 | | | | | | | | | |
| 19-Apr-24 | BREAST | 200 FREE | FLY | FREE | FREE | FREE | BACK | 200 BREAST | BACK |
| 03-May-24 | BACK | 100 IM | FREE | FREE | BREAST | BREAST | FLY | 400 IM | FLY |
| 10-May-24 | FLY | 400 FREE | FLY | FREE | BACK | BACK | BREAST | 100 IM | BREAST |
| 24-May-24 | BREAST | 200 BACK | BREAST | FREE | FLY | FLY | BACK | 200 IM | BACK |
| 07-Jun-24 | BACK | 200 BREAST | BACK | FREE | FREE | FREE | FLY | 100 BACK | BREAST |
| 14-Jun-24 | FLY | 200 IM | FREE | FREE | BREAST | BREAST | BREAST | 200 FLY | FLY |
| 19-Jul-24 | BREAST | 400 IM | BACK | FREE | BACK | FREE | BACK | 100 FLY | FREE |
| 02-Aug-24 | BACK | 400 FREE | BREAST | FREE | FLY | FLY | FLY | 100 IM | BACK |
| 16-Aug-24 | FLY | 100 IM | FLY | FREE | FREE | BACK | BREAST | 200 FLY | BREAST |
| 30-Aug-24 | BREAST | 200 BACK | FREE | FREE | BREAST | BREAST | BACK | 200 FREE | BACK |