

Armadale Kelmscott Swimming Club Programme 2022/2023									
Date	25m	Distance	50m	25m	100m	50m	25m	Distance	50m
Summer Long Course Programme									
14-Oct-22	Breast	400 IM	Fly	Free	Free	Breast	Fly		Back
21-Oct-22	Back	200 Breast	Free	Free	Back	Fly	Breast	200 Free	Breast
28-Oct-22	Fly	200 Fly	Back	Free	Breast	Free	Back	200 Back	Fly
04-Nov-22	Breast	400 Free	Breast	Free	Fly	Back	Fly		Free
11-Nov-22	Back	200 IM	Fly	Free	Free	Breast	Breast	200 Breast	Back
25-Nov-22	Fly	400 IM	Free	Free	Back	Fly	Back	50 Back	Breast
02-Dec-22	Breast	200 Free	Back	Free	Breast	Free	Fly	200 Fly	Fly
04-Dec-22	800m Event (Sunday)								
16-Dec-22	Back	400 Free	Breast	Free	Fly	Back	Breast		Free
Christmas Break									
13-Jan-23	Fly	200 Back	Fly	Free	Free	Breast	Back	200 IM	Back
20-Jan-23	Breast	400 IM	Free	Free	Back	Fly	Fly		Breast
03-Feb-23	Back	200 Breast	Back	Free	Breast	Free	Breast	200 Free	Fly
11-Feb-23	Club Premierships								
12-Feb-23	1500m Event (Sunday)								
17-Feb-23	Fly	#200 Fly	Free	200 Back	Fly	Back	Back	#50 Breast 11+	Free
25-Feb-23	Rottnest Swim								
03-Mar-23	Back	#200 IM	Free	Free	Back	Fly	Breast	# 200 Free	Breast
17-Mar-23	Fly	# 200 Breast	Back	Free	Breast	Free	Back	# 100 Fly	Fly
24-Mar-23	Breast	# 200 Back	Breast	Free	Fly	Back	Fly	# 400 Free	Free
31-Mar-23	Back	# 400 IM	Fly	Free	Free	Breast	Breast	# 50 Back 11 +	Back
01-Apr-23	Championship Day								

