



WINTER SEASON 2024 Swimming Event Program – Long Course Wentworthville Pool

Program 1			Program 2			Program 3			Program 4		
Event	Distance	Stroke	Event	Distance	Stroke	Event	Distance	Stroke	Event	Distance	Stroke
1	25	Free	1	50	Back	1	25	Breast	1	200	IM
2	12	Free	2	25	Back	2	50	Breast	2	25	Fly
3	50	Free	3	12	Back	3	100	Breast	3	50	Fly
4	100	Free	4	100	Fly	4	25	Free	4	25	Back
5	25	Breast	5	50	Fly	5	12	Free	5	12	Back
6	50	Breast	6	25	Fly	6	50	Free	6	50	Back
7	100	Breast	7	100	Free	7	100	Free	7	100	Breast
8	25	Back	8	50	Free	8	50	Fly	8	50	Breast
9	12	Back	9	25	Free	9	25	Fly	9	25	Breast
10	50	Back	10	12	Free	10	100	Back	10	100	Free
11	100	Back	11	50	Breast	11	50	Back	11	50	Free
12	25	Fly	12	25	Breast	12	12	Back	12	12	Free
13	50	Fly	13	200	IM	13	25	Back	13	25	Free

Swimmers may only enter a maximum of 3 races per Point Score Club Night with points being awarded for the best two swims on the night.

Any swimmer who wishes to swim a longer distance, i.e. 200/400m, can do so in the 100m event of that stroke, for example, 200m butterfly can be swum in the 100m butterfly event. To enter, contact the Race Secretary to enter.

All races are run in accordance with the Club By-Laws / Race Rules.

SPRINT NIGHT AND CAPTAIN'S CHALLENGE PROGRAM		
Event	Distance	Stroke
1	25	Back
2	12	Back
3	50	Back
4	25	Fly
5	50	Fly
6	25	Free
7	12	Free
8	50	Free
9	25	Breast
10	50	Breast
CAPTAIN'S CHALLENGE RELAYS *		
11	25	Freestyle Relay
12	50	Freestyle Relay
* Freestyle relays only on Captain's Challenge Nights		

Sprint Night

Swimmers may only enter a maximum of 2 races on Sprint Nights.

Captain's Challenge

Swimmers may only enter a maximum of 2 races and 1 relay race on Captain's Challenge Nights. All swimmers will be allocated to a Captain's Team. Point score points for each swimmer will go towards the team's points. The team with the most points will be awarded the winner. The team with the most points at the end of the season will be awarded the Season Captain's Challenge award.

All races are run in accordance with the Club By-Laws / Race Rules.