Menai Swim Club 2019/20 Calendar
Race Night Information

General Information	Program One			Program Two		
	Event #	Distance	Stroke	Event #	Distance	Stroke
Menai Swim Club Friday Race Nights will take place once a month at Menai Swim Academy pool	1	15 m	Freestyle	1	15 m	Backstroke
Swimmers can arrive from 6:45pm, with warmup from 7:00pm (at conclusion of Gold Squad training), with Races to commence at 7:15pm	2	25 m	Breaststroke	2	25 m	Butterfly
	3	50 m	Backstroke	3	50 m	Freestyle
Cost is $5.00 per race night per swimmer	4	100 m	Butterfly	4	100 m	Breaststroke
Swimmers can enter a MAXIMUM of 3 EVENTS	5	200 m	Individual Medley	5	100 m	Individual Medley
Registered Swim Club Members to enter via Swim Central	6	25 m	Freestyle	6	25 m	Freestyle
Non Members enter by email to coachmenaiswim@gmail with Name of Swimmer, Date of Birth and selected events	7	50 m	Breaststroke	7	50 m	Breaststroke
	8	100 m	Backstroke	8	100 m	Backstroke
Non Members must send email by 11:59pm the Wednesday BEFORE the Club Night	9	200 m	Freestyle	9	200 m	Butterfly
	10	15 m	Backstroke	10	15 m	Freestyle
NonMembers can attend a MAXIMUMof 2 Race Nights before they are required to join the Menai Swim Club	11	25 m	Butterfly	11	25 m	Breaststroke
	12	50 m	Freestyle	12	50 m	Backstroke
Swimmers should speak with their coach BEFORE entering	13	100 m	Breaststroke	13	100 m	Butterfly
The Menai Swim Club has changed the program for Race Nights to allow members to work towards events, strokes and distances they would like to compete in at school carnivals, Intra-club Meets, METSEA, NSW Metropolitan, NSW State and Australian Championshps	14	25 m	Backstroke	14	25 m	Backstroke
	15	50 m	Butterfly	15	50 m	Butterfly
	16	100 m	Freestyle	16	100 m	Freestyle
	17	200 m	Backstroke	17	200 m	Breaststroke