

Club Nights Program 2019/2020 (as of 28/8/19)

	date		stroke 1	stroke 2	stroke 3	stroke 4
	9/10 th and 16/17 th September	Pool Sign On Afternoon				
			12.5/25/50	12.5/25/50	12.5/25/50	100
1	BRING A FRIEND/SIGN ON NIGHT 8th October	100 free	bk	free	brs	
2	BRING A FRIEND/SIGN ON NIGHT 15th October	200 free	fly	free	back	Back
	19th October	2019 McDonalds Queensland OWS Championships				
3	22nd October	400 Free	breast TRIAL 25M	free TRIAL 25M	fly	Fly
4	29th October	200IM	back	free	breast	Breast
5	5th November	200 back	breast	free	fly	
	12th November	Valedictory Dinner	NO CLUB NIGHT			
	17th November	Brisbane Metro Relay Champs				
6	19th Nov	200 brs	Back TRIAL 25M	Free TRIAL 25M	brs	brs
7	26th November	200 fly	fly	free	back	im
8	3rd December	FUN NIGHT	Christmas Breakup	Surprise!!!	BRING A FRIEND NIGHT	
	14th December	2019 McDonalds Queensland Championship				
	Christmas Break					
	School Swimming Trials	For Met West Team Selection				
9	28th Jan	400 free	free	back	fly	free
10	4th Feb	200 im	back	free	brs	brs
11	11th Feb	200 back	Brs TRIAL 25M	free	Fly TRIAL 25M	im
12	18th Feb	200 brs	free	back	brs	bk
13	25th Feb	200 fly	fly	free	back	fly

14	3 rd March	200 free	Free TRIAL 25M	Brs TRIAL 25M	fly	free
15	10 th March		Club Champs			
16	17th March		Club Champs			
17	24th March	FUN NIGHT				
18	31st March		Presentation Night			