

MSC - Program of Events 2023/2024



Week 1	13-Oct-23	Week 2	20-Oct-23	
	Frensham		Frensham	
25m	Freestyle	25m	Freestyle	
25m	Breaststroke	25m	Butterfly	
50m	Freestyle	50m	Freestyle	
50m	Breaststroke	50m	Butterfly	
50m	Backstroke	50m	Breaststroke	
100m	Freestyle	200m	Freestyle	
Week 7	24-Nov-23	Week 8	1-Dec-23	
	Frensham		Frensham	
25m	Freestyle	25m	Freestyle	
25m	Butterfly	25m	Backstroke	
50m	Freestyle	50m	Freestyle	
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Week 3	27-Oct-23
F	rensham
25m	Freestyle
25m	Backstroke
50m	Freestyle
50m	Backstroke
50m	Butterfly
100m	Backstroke

V	Veek 4	3-Nov-23
		Frensham
25r	n	Freestyle
25r	n	Breaststroke
50r	n	Backstroke
50r	n	Freestyle
50r	n	Breaststroke
100)m	Medley

Week 5	10-Nov-23
	Frensham
25m	Freestyle
25m	Backstroke
50m	Freestyle
50m	Backstroke
50m	Butterfly
100m	Freestyle

1	Week 6	17-Nov-23
	Fr	rensham
	25m	Freestyle
	25m	Breaststroke
	50m	Freestyle
	50m	Breaststroke
	50m	Backstroke
	100m	Breaststroke

ı	Week 7	24-Nov-23
		Frensham
	25m	Freestyle
	25m	Butterfly
	50m	Freestyle
	50m	Butterfly
	50m	Breaststroke
	200m	Medley

Week 8	1-Dec-23
	Frensham
25m	Freestyle
25m	Backstroke
50m	Freestyle
50m	Breaststroke
50m	Backstroke
100m	Freestyle

Week 9	8-Dec-23
1	Frensham
25m	Freestyle
25m	Breaststroke
50m	Freestyle
50m	Butterfly
50m	Backstroke
200m	Freestyle

Week 10	15-Dec-2
Fr	ensham
Christ	mas Special

Ī	Week 11	2-Feb-24
		Frensham
	25m	Freestyle
	25m	Backstroke
	50m	Breaststroke
	50m	Freestyle
	50m	Butterfly
L	100m	Breaststroke

Week 12	9-Feb-24
Fre	ensham
25m	Freestyle
25m	Butterfly
50m	Breaststroke
50m	Freestyle
50m	Backstroke
100m	Backstroke

Week 13	16-Feb-24
F	rensham
25m	Freestyle
25m	Backstroke
50m	Butterfly
50m	Freestyle
50m	Backstroke
100m	Freestyle

Week 14	23-Feb-24
	Frensham
25m	Freestyle
25m	Breaststroke
50m	Breaststroke
50m	Backstroke
50m	Freestyle
100m	Medley

Week 15	1-Mar-24
F	rensham
25m	Freestyle
25m	Backstroke
50m	Freestyle
50m	Butterfly
50m	Backstroke
200m	Freestyle

Week 16	8-Mar-24
	Frensham
25m	Freestyle
25m	Backstroke
50m	Breaststroke
50m	Butterfly
50m	Freestyle
100m	Backstroke

Week 17	15-Mar-24
1	Frensham
25m	Freestyle
25m	Breaststroke
50m	Backstroke
50m	Freestyle
50m	Breaststroke
200m	Medley

Week 18	22-Mar-24
Fre	ensham
25m	Freestyle
25m	Breastroke
25m	Backstroke
50m	Butterfly
50m	Freestyle
100m	Breaststroke

Week 19	5-Apr-24
F	rensham
25m	Freestyle
25m	Breaststroke
50m	Breaststroke
50m	Freestyle
50m	Butterfly
100m	Medley

Week 20	12-Apr-24
1	Frensham
25m	Freestyle
25m	Backstroke
50m	Butterfly
50m	Freestyle
50m	Backstroke
100m	Freestyle

^{*} Re-commence Winter swim club: 3/05/2024 - Frensham *