



MSC - Program of Events 2023/2024



Week 1	13-Oct-23
Frensham	
25m	Freestyle
25m	Breaststroke
50m	Freestyle
50m	Breaststroke
50m	Backstroke
100m	Freestyle

Week 2	20-Oct-23
Frensham	
25m	Freestyle
25m	Butterfly
50m	Freestyle
50m	Butterfly
50m	Breaststroke
200m	Freestyle

Week 3	27-Oct-23
Frensham	
25m	Freestyle
25m	Backstroke
50m	Freestyle
50m	Backstroke
50m	Butterfly
100m	Backstroke

Week 4	3-Nov-23
Frensham	
25m	Freestyle
25m	Breaststroke
50m	Backstroke
50m	Freestyle
50m	Breaststroke
100m	Medley

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

Week 6	17-Nov-23
Frensham	
25m	Freestyle
25m	Breaststroke
50m	Freestyle
50m	Breaststroke
50m	Backstroke
100m	Breaststroke

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
Frensham	
25m	Freestyle
25m	Breaststroke
50m	Freestyle
50m	Butterfly
50m	Backstroke
200m	Freestyle

Week 10	15-Dec-23
Frensham	
Christmas Special	

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

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

Week 13	16-Feb-24
Frensham	
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
Frensham	
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
Frensham	
25m	Freestyle
25m	Breaststroke
50m	Backstroke
50m	Freestyle
50m	Breaststroke
200m	Medley

Week 18	22-Mar-24
Frensham	
25m	Freestyle
25m	Breaststroke
25m	Backstroke
50m	Butterfly
50m	Freestyle
100m	Breaststroke

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

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

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