

Date	Freestyle	Backstroke	Breaststroke	Butterfly	Extra
12/10/2022	12.5m, 25m	12.5m, 25m	12.5m, 25m	12.5m, 25m	
19/10/2022	12.5m, 25m, 50m	12.5m, 25m, 50m	12.5m, 25m, 50m	12.5m, 25m, 50m	100m IM
26/10/2022	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	100/200m IM
2/11/2022	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	200m Back
9/11/2022	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	200m Free
16/11/2022	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	200m Breast
23/11/2022	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	400m Free
30/11/2022	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	25/50/100/200m IM
7/12/2022	<b>Christmas Fun Night</b>				
	<b>Christmas Holidays No Club Night 11 December - 23 January 2022</b>				
1/02/2023	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	200m Back
8/02/2023	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	200m Free
15/02/2023	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	200m Breast
22/02/2023	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	400m Fly
1/03/2023	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m	25/50/100/200m IM
8/03/2023	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	12.5m, 25m, 50m, 100m	200m Back
<b>Club Championships</b>	<b>To be confirmed</b>				