

**Winter Time Trials Tuesday @ 5.30pm for 6.15pm start**  
**Starts Tuesday 17th May 2011**  
**Senior Program!**

Senior Swims		1 50m	2 100m	3 200m or 400m
Week-1	17/5	Free	Fly	200M Back
Week-2	24/5	Back	Free	400M Ind Medley
Week-3	7/6	Fly	Breast	Back
Week-4	21/6	Breast	Free	Breast
Week-5	5/7	Free	Back	200m Ind Medley
Week-6	12/7	Back	Ind Medley	Fly
Week-7	26/7	Fly	Breast	400m Free
Week-8	2/8	Breast	Fly	Free
Week-9	16/8	Free	Back	Breast
Week-10	23/8	Back	Breast	200m Ind Medley
Week-11	6/9	Fly	Free	Back
Week-12	13/9	Breast	Back	Fly
Week-13	20/9	Free	Ind Medley	Breast