



### BASC PROGRAM FOR TERM 3

| WEEK  | Event 1   | Event 2                                   | Event 3      | Event 4  | Event 5                        | Event 6   | Event 7     | Event 8     | Event 9               | Event 10   | Event 11    |
|---|---|---|--------------|----------|--------------------------------|-----------|-------------|-------------|-----------------------|------------|-------------|
| 30/07/10  | 200 T/T ☐   | 25 Free ☺                                 | 50 Free      | 100 Free | 25 Back ☺                      | 50 Back   | 100 Back    | 25 Breast ☺ | 50 Breast             | 100 Breast | 100 IM      |
| 13/08/10  | Meet Cancelled as this clashes with State Championships |   |              |          |                                |           |             |             |                       |            |             |
| 27/08/10  | 200 T/T ☐   | 25 Free ☺                                 | 50 Free      | 100 Free | 25 Back ☺                      | 50 Back   | 25 Breast ☺ | 50 Breast   | 25 Fly ☺              | 50 Fly     | 100 IM      |
| 10/09/10  | 200 T/T ☐   | 25 Free ☺                                 | 50 Free      | 100 Free | 25 Breast ☺<br>or<br>25 Back ☺ | 50 Back   | 100 Back    | 25 Fly ☺    | 50 Fly                | 100 Fly    | H'Cap Relay |
| 24/09/10<br>Registration<br>Night<br>10/11 Season | 25 Free ☺   | 50 Free<br>Coaches Dash for<br>Cash Heats | 25<br>Back ☺ | 50 Back  | 25 Breast ☺                    | 50 Breast | 25 Fly ☺    | 50 Fly      | Coaches Dash for Cash |            |             |

- ☐ **A 200 distance event has been scheduled to provide and encourage opportunities for participation by our more developed swimmers. These events require a 100m qualifying time to have been swum in order to participate. The qualifying times are as follows: Freestyle 1:30:00; Backstroke 1:40:00; Fly 1:40:00; Breast 1:59:00**
- ☺ **Swimmers who have a faster times than the identified break time CAN NOT swim in this event. Break times are as follows:  
Freestyle 0:22:00 Backstroke 0:25:00 Breaststroke 0:28:00 Fly 0:30:00**