



SOUTH SHORE CLUB NIGHTS - WINTER 2019



Entries to be made online via SSSC Website. All Club Nights are subject to change. Monday Club Nights start at 7.10pm. Friday Club Nights start at 6pm

CLUB NIGHT	DATE		POOL	TYPE	FREE	BACK	BREAST	FLY	IM	PLUS SPECIAL EVENT	DONE
MAY											
1	06/05/201	MONDAY	SHORT COURSE	NORMAL	50/100/200	50/100	50/200	50/100	100/200		
2	17/05/2019	FRIDAY	LONG COURSE	OFFICIAL	50/100/200	50/200	50/100	50/200	100/200	DISTANCE EVENTS - 1500m/800m	
3	27/05/2019	MONDAY	SHORT COURSE	NORMAL	50/100/200	50/100	50/200	50/100	100/200		
JUNE											
4	10/06/2019	MONDAY	SHORT COURSE	NORMAL	50/100/200	50/200	50/100	50/200	100/200		
5	21/06/2019	FRIDAY	SHORT COURSE	OFFICIAL	50/100/200	50/100	50/200	50/100	100/200	DISTANCE EVENTS - 400 free/400 IM	
JULY											
6	1/07/2019	MONDAY	LONG COURSE	NORMAL	50/100/200	50/200	50/100	50/200	100/200		
	TBC		LONG COURSE							LAPATHON	
7	26/07/2019	FRIDAY	SHORT COURSE	OFFICIAL	50	50	50	50	100/200	OPEN SPRINT CHAMPIONSHIPS DISTANCE EVENTS - 800m	
AUGUST											
8	12/08/2019	MONDAY	LONG COURSE	NORMAL	50/100/200	50/100	50/200	50/100	100/200		
9	23/08/201	FRIDAY	SHORT COURSE	OFFICIAL	50/100/200	50/200	50/100	50/200	100/200	TROPHY HEATS 100 free, 100 IM, 200 free, 200 IM	
SEPTEMBER											
10	9/09/2019	MONDAY	LONG COURSE	OFFICIAL	50/100/200	50/100	50/200	50/100	100/200	Junior's Last Chance	
11	16/09/2019	MONDAY	SHORT COURSE	NORMAL	50/100/200	50/200	50/100	50/200	100/200	TROPHY FINALS DISTANCE EVENTS 400 free/400IM	