

- Based on participation and fun
- Introduce your child to the sport of swimming

- Practice and develop racing skills
- Open to all Level 4+ swimmers through to Junior and State Development Squads



**SURREYPARK  
SWIMMING**

ESTD 1904

# THURSDAY NIGHT RACING

at

**AQUALINK BOX HILL**



4-4.15 Dryland Activation  
4.15-4.45 Warm Up  
4.45 – MARSHALLING  
5.00 – 7.00 - RACING

9<sup>th</sup> Nov, 23<sup>rd</sup> Nov  
7<sup>th</sup> Dec,

21<sup>st</sup> Dec -BBQ to follow

8<sup>th</sup> Feb, 22<sup>nd</sup> Feb,

8<sup>th</sup> March, 22<sup>nd</sup> March



- Events held in the 25m outdoor pool
- Normal pool entry charges apply
- Parent help required on the night to time the lanes
- Sign up for each session by emailing [hayley@surreypark.org.au](mailto:hayley@surreypark.org.au)
- For more information speak to our Customer Service staff or you coach/instructor

For all things Surrey Park:

VISIT our website at [www.surreypark.org.au](http://www.surreypark.org.au), LIKE us on Facebook at SurreyParkSwimming,

CALL us on 9898 8876

# Racing Program

## 9<sup>th</sup> November

- Race 1. 100 Freestyle
- Race 2. 50 Butterfly
- Race 3. 50 Backstroke
- Race 4. 50 Breaststroke
- Race 5. 50 Freestyle

## 23<sup>rd</sup> November

- Race 1. 100 Individual Medley
- Race 2. 50 Freestyle
- Race 3. 50 Breaststroke
- Race 4. 50 Backstroke
- Race 5. 50 Butterfly

## 7<sup>th</sup> December

- Race 1. 100 Backstroke
- Race 2. 50/100 Butterfly
- Race 3. 50 Breaststroke
- Race 4. 50 Freestyle
- Relays

## 21<sup>st</sup> December

- Race 1. 100 Breaststroke
- Race 2. 50 Backstroke
- Race 3. 100 Freestyle
- Race 4. 50 Butterfly
- Relays

BBQ to follow racing



# Moments captured at our Twilight Tuesday Racing Nights

