



YASC 2022-2023 Friday Night Program

Each night there are 5 strokes offered. Choose up to 4 different strokes.

Week	Date	Freestyle					IM				Breaststroke				Butterfly				Backstroke				
		A	B	C	D	Beg	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	Beg
1	Friday, 21 October 2022	50	50	50	25	12	200	200	100	100	50	50	50	25	100	50	50	25	50	50	50	25	12
2	Friday, 28 October 2022	100	50	50	25	12	200	200	100	100	100	50	50	25	50	50	25	50	50	50	25	12	
3	Friday, 4 November 2022	100	100	50	25	12	200	200	100	100	50	50	25	50	50	25	100	50	50	25	12		
4	Friday, 11 November 2022	Fun / Social / Backup Night																					
5	Friday, 18 November 2022	200	200	50	25	12	200	200	100	100	100	50	50	25	50	50	25	100	50	50	25	12	
6	Friday, 25 November 2022	50	50	50	25	12	200	200	200	100	50	50	25	100	100	25	50	50	50	25	12		
7	Friday, 2 December 2022	100	100	50	25	12	200	200	100	100	100	100	50	25	100	50	25	50	50	50	25	12	
8	Friday, 9 December 2022	Fun / Social / Backup Night																					
9	Friday, 16 December 2022	200	100	50	25	12	200	200	100	100	100	50	25	50	50	25	50	50	50	25	12		
10	Friday, 13 January 2023	400	200	50	25	12	200	200	100	100	50	50	25	50	50	25	100	50	50	25	12		
11	Friday, 20 January 2023	Swim League																					
12	Friday, 27 January 2023	50	50	50	25	12	200	200	200	100	50	50	25	100	50	25	100	100	50	25	12		
13	Friday, 3 February 2023	100	100	50	25	12	200	200	100	100	100	50	25	100	100	25	50	50	50	25	12		
14	Friday, 10 February 2023 Club Championships	8 yr and under; 25 Back, 25 Breast				12	9 yr; 50 Back, 50 Breast				10 yr; 50 Back, 50 Breast				11 yr; 50 Back, 100 Fly, 50 Breast				12yr and over; 400 Free, 50 Back, 100 Fly, 50 Breast				12
15	Friday, 17 February 2023	200	100	50	25	12	200	200	100	100	100	100	25	50	50	25	50	50	50	25	12		
16	Friday, 24 February 2023 Club Championships	8yr and under; 25 Fly, 25 Free				12	9yr; 50 Fly, 50 Free				10 yr; 50 Fly, 50 Free				11yr; 100 Back, 100 Breast, 50 Free				12 yr; 100 Back, 100 Breast, 50 Free				12
17	Friday, 3 March 2023	400	200	50	25	12	200	200	100	100	50	50	25	50	50	25	100	100	50	25	12		
18	Friday, 10 March 2023 Club Championships	8yr and under; 100 IM 50 Free				12	9yr; 100 IM 50 Free				10 yr; 200 IM, 100 Free				11yr; 200 IM, 50 Fly, 100 Free				12 yr and over; 200 IM, 50 Fly, 100 Free				12
19	Friday, 17 March 2023	Reserved in case of Championship washout																					

Friday Club Night Grade Times

Stroke	A Grade	B Grade	C Grade	D Grade
Freestyle	< 36.00 (50m) < 1:22.00 (100m)	< 51.00 (50m) < 1:52.00 (100m)	> 51.01 (50m)	> 30.99 (25m)
Backstroke	< 48.00 (50m)	< 1:03.80 (50m)		
Breaststroke	< 1:47.00 (100m)	< 2:17.40 (100m)	> 1:03.81 (50m)	> 34.99 (25m)
Butterfly	< 3:40.00 (200m)	< 4:15.00 (200m)	> 1:55.01 (100m)	> 2.15.01 (100m)