



ALBION PARK AMATEUR SWIMMING CLUB POINTSCORE CALENDAR 2019-2020

week	date	100m	25m	50m	25m	50m	25m	50m	200/400m*
			Off stroke	Off stroke	Off stroke	Off stroke	Freestyle	Freestyle	
1	01/11/2019	freestyle	breaststroke	breaststroke	backstroke	backstroke	Yes	Yes	Backstroke
2	08/11/2019	Breaststroke	butterfly	butterfly	breaststroke	breaststroke	Yes	Yes	freestyle
3	15/11/2019	backstroke	backstroke	backstroke	butterfly	butterfly	Yes	Yes	Breaststroke
4	22/11/2019	butterfly	breaststroke	breaststroke	backstroke	backstroke	Yes	Yes	IM*
5	29/11/2019	freestyle	butterfly	butterfly	breaststroke	breaststroke	Yes	Yes	Backstroke
6	06/12/2019	breaststroke	backstroke	backstroke	butterfly	butterfly	Yes	Yes	freestyle
7	13/12/2019	backstroke	breaststroke	breaststroke	backstroke	backstroke	2x50m freestyle relay (cc)		
Christmas Break									
8	10/01/2020	butterfly	butterfly	butterfly	breaststroke	breaststroke	Yes	Yes	Breaststroke
9	17/01/2020	freestyle	backstroke	backstroke	butterfly	butterfly	Yes	Yes	IM*
10	24/01/2020	breaststroke	breaststroke	breaststroke	backstroke	backstroke	Yes	Yes	Backstroke
11	31/01/2020	backstroke	butterfly	butterfly	breaststroke	breaststroke	Yes	Yes	freestyle
12	07/02/2020	butterfly	backstroke	backstroke	butterfly	butterfly	4x50m freestyle relay (CC)		
13	14/02/2020	freestyle	breaststroke	breaststroke	backstroke	backstroke	Yes	Yes	Breaststroke
14	21/02/2020	breaststroke	butterfly	butterfly	breaststroke	breaststroke	Yes	Yes	IM*
15	28/02/2020	backstroke	backstroke	backstroke	butterfly	butterfly	yes	Yes	Backstroke
16	06/03/2020	butterfly	breaststroke	breaststroke	backstroke	backstroke	yes	yes	freestyle
17 CC	13/03/2020	100m Butterfly CC	25m backstroke CC	50m backstroke CC	25m freestyle CC	50m freestyle CC	100m breaststroke CC		Breaststroke (pointscore)
18 CC		100m Freestyle CC	25m butterfly CC	50m butterfly CC	25m breaststroke CC	50m breaststroke CC	100m backstroke CC		IM* (pointscore)