

NARRABEEN L.A.S.C. HANDICAP PROGRAM

2017/2018 SEASON

21-Oct-17	REGISTRATION		1pm
	15M and 50M FREESTYLE (SPECIAL)		
	BREASTSTROKE	15,25,50,100M	
	BACKSTROKE	15,25,50,100M	
	100M OR 200M FREE	Open, U/12	
28-Oct-17	15M and 50M FREESTYLE (SPECIAL)		
	BREASTSTROKE	15,25,50,100M	
	FREESTYLE	15,25,50,100M	
	100M OR 200M BBB	Open, U/12	
04-Nov-17	15M and 50M FREESTYLE (SPECIAL)		
	BACKSTROKE	15,25,50,100M	
	BUTTERFLY	15,25,50,100M	
	100M OR 200M BBB	Open, U/12	
11-Nov-17	15M and 50M FREESTYLE (SPECIAL)		
	FREESTYLE	15,25,50,100M	
	BACKSTROKE	15,25,50,100M	
	100M OR 200M BBB OR 200 MEDLEY	Open, U/12	
18-Nov-17	15M and 50M FREESTYLE (SPECIAL)		
	BREASTSTROKE	15,25,50,100M	
	BUTTERFLY	15,25,50,100M	
	25 MEDLEY OR 100M OR 200M FREE	Open, U/12	
25-Nov-17	15M and 50M FREESTYLE (SPECIAL)		
	BACKSTROKE	15,25,50,100M	
	FREESTYLE	15,25,50,100M	
	100M OR 200M BBB	Open, U/12	
	PENINSULA CHALLENGE (OPEN) WAC		<i>4.30pm for 5:00PM</i>
26-Nov-17	Bunnings BBQ		
02-Dec-17	15M and 50M FREESTYLE (SPECIAL)		
	BREASTSTROKE	15,25,50,100M	
	BUTTERFLY	15,25,50,100M	
	100M OR 200M OR 400M FREESTYLE	Open, U/12	
09-Dec-17	15M and 50M FREESTYLE (SPECIAL)		
	BACKSTROKE	15,25,50,100M	
	BUTTERFLY	15,25,50,100M	
	25 MEDLEY OR 100M OR 200M FREE	Open, U/12	
16-Dec-17	15M and 50M FREESTYLE (SPECIAL)		
	BREASTSTROKE	15,25,50,100M	
	FREESTYLE	15,25,50,100M	
	100M OR 200M BBB OR 200 MEDLEY	Open, U/12	

RELAYS and XMAS PARTY

30-Dec-17	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M OR 200M BBB	15,25,50,100M 15,25,50,100M Open, U/12	
06-Jan-18	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BREASTSTROKE 100M OR 200M OR 400M FREESTYLE	15,25,50,100M 15,25,50,100M Open, U/12	
13-Jan-18	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY 25 MEDLEY OR 100M OR 200M FREE	15,25,50,100M 15,25,50,100M Open, U/12	
20-Jan-18	BACKSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 100M OR 200M OR 400M FREESTYLE	15,25,50,100M 15,25,50,100M Open, U/12	1:30 PM
27-Jan-18	FREESTYLE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BACKSTROKE 100M OR 200M BBB	15,25,50,100M 15,25,50,100M Open, U/12	1:30 PM
03-Feb-18	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M or 200M FREE OR 200M MEDLEY	15,25,50,100M 15,25,50,100M Open, U/12	
04-Feb-18	HANDICAP MEET - Collaroy Pool		<i>4.30pm for 5:00PM</i>
10-Feb-18	CHAMPIONSHIP DAY ARRIVE		1:30 PM
17-Feb-18	BREASTSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M OR 200M BBB JENNY OATES CHALLENGE (OPEN)	15,25,50,100M 15,25,50,100M Open, U/12	1:30 PM <i>4.30pm for 5:00PM</i>
24-Feb-18	MEDLEY CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY	15,25,50,100M 15,25,50,100M	1:30 PM

	25 MEDLEY OR 100M OR 200M FREE	Open, U/12	
03-Mar-18	FREESTYLE CHAMPIONSHIP 400		1:30 PM
	15M and 50M FREESTYLE (SPECIAL)		
	BACKSTROKE	15,25,50,100M	
	BREASTSTROKE	15,25,50,100M	
	100M OR 200M BBB	Open, U/12	
10-Mar-18	15M and 50M FREESTYLE (SPECIAL)		
	FREESTYLE	15,25,50,100M	
	BUTTERFLY	15,25,50,100M	
	100M or 200M FREE OR 200M MEDLEY	Open, U/12	
	PENINSULA CHALLENGE 2 (OPEN) WAC		<i>4.30pm for 5:00PM</i>
17-Mar-18	15M and 50M FREESTYLE (SPECIAL)		
	BACKSTROKE	15,25,50,100M	
	FREESTYLE	15,25,50,100M	
	100M OR 200M BBB	Open, U/12	
24-Mar-18	15M and 50M FREESTYLE (SPECIAL)		
	BREASTSTROKE	15,25,50,100M	
	BUTTERFLY	15,25,50,100M	
	100M OR 200M OR 400M FREESTYLE	Open, U/12	
31-Mar-18	EASTER - no swimming		
07-Apr-18	15M and 50M FREESTYLE (SPECIAL)		
	BACKSTROKE	15,25,50,100M	
	BREASTSTROKE	15,25,50,100M	
	100M OR 200M BBB	Open, U/12	
	800M Swim		
14-Apr-18	15M and 50M FREESTYLE (SPECIAL)		
	BREASTSTROKE	15,25,50,100M	
	BACKSTROKE	15,25,50,100M	
	100M OR 200M FREE	Open, U/12	
21-Apr-18	15M and 50M FREESTYLE (SPECIAL)		
	BACKSTROKE	15,25,50,100M	
	FREESTYLE	15,25,50,100M	
	100M OR 200M BBB	Open, U/12	
28-Apr-18	SWIM THE MILE!		
	END OF SEASON PARTY		