

## NARRABEEN LAKES SWIM CLUB HANDICAP PROGRAM 2018/2019

15-Sep-18      **SPRING CARNIVAL**      *4:30pm for 5:00PM*  
 Rego by 9pm 9 Sept 18

20-Oct-18      **REGISTRATION**      **1.15pm - 1.45pm @ Clubhouse**  
 15M and 50M FREESTYLE (SPECIAL)  
 BREASTSTROKE      15, 25, 50, 100M  
 BACKSTROKE      15, 25, 50, 100M  
 100M / 200M FREE      Open, U/12

21-Oct-19      **BUNNINGS BBQ**

27-Oct-18      15M and 50M FREESTYLE (SPECIAL)  
 BUTTERFLY      15, 25, 50, 100M  
 FREESTYLE      15, 25, 50, 100M  
 100M / 200M BBB      Open, U/12

3-Nov-18      15M and 50M FREESTYLE (SPECIAL)  
 BACKSTROKE      15, 25, 50, 100M  
 BUTTERFLY      15, 25, 50, 100M  
 100M / 200M FREE or 200M MEDLEY      Open, U/12

10-Nov-18      15M and 50M FREESTYLE (SPECIAL)  
 FREESTYLE      15, 25, 50, 100M  
 BREASTSTROKE      15, 25, 50, 100M  
 100M / 200M BBB or 25M MEDLEY      Open, U/12

17-Nov-18      15M and 50M FREESTYLE (SPECIAL)  
 BUTTERFLY      15, 25, 50, 100M  
 FREESTYLE      15, 25, 50, 100M  
 100M / 200M BBB      Open, U/12

24-Nov-18      15M and 50M FREESTYLE (SPECIAL)  
 BREASTSTROKE      15, 25, 50, 100M  
 BACKSTROKE      15, 25, 50, 100M  
 100M / 200M / 400M FREE      Open, U/12  
**PENINSULA CHALLENGE 1 (WAC)**      *4:00pm for 4:30PM*

1-Dec-18      15M and 50M FREESTYLE (SPECIAL)  
 FREESTYLE      15, 25, 50, 100M  
 BREASTSTROKE      15, 25, 50, 100M  
 100M / 200M BBB or 200M MEDLEY      Open, U/12

8-Dec-18      15M and 50M FREESTYLE (SPECIAL)  
 BACKSTROKE      15, 25, 50, 100M  
 BUTTERFLY      15, 25, 50, 100M  
 100M / 200M FREE or 25M MEDLEY      Open, U/12

15-Dec-18	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
22-Dec-18	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB <b>RELAY and CHRISTMAS PARTY</b>	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
29-Dec-18	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
5-Jan-19	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 25M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
12-Jan-19	<b>BACKSTROKE CHAMPIONSHIP 200M</b> 15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M FREE	<b>Arrive 1.30pm</b> 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
19-Jan-19	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
26-Jan-19	<b>HANDICAP MEET</b> BILGOLA ROCKPOOL	<b>9am start</b>
2-Feb-19	<b>CHAMPIONSHIP DAY</b>	<b>Arrive @ 1.30PM</b>
9-Feb-19	<b>MEDLEY CHAMPIONSHIP 200M</b> 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB <b>RELAY MEET FRESHWATER</b>	<b>Arrive @ 1.30PM</b> 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 TBA
16-Feb-19	<b>BREASTROKE CHAMPIONSHIP 200M</b> 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE or 25M MEDLEY <b>JENNY OATES CHAMPIONSHIP MEET (WAC)</b>	<b>Arrive @ 1.30PM</b> 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 <i>4:00pm for 4:30PM</i>

23-Feb-19	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
2-Mar-19	<b>FREESTYLE CHAMPIONSHIP 200M</b> 15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB	<b>Arrive @ 1.30PM</b> 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
9-Mar-19	<b>FREESTYLE CHAMPIONSHIP 400M</b> 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE	<b>Arrive @ 1.30PM</b> 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
16-Mar-19	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
23-Mar-19	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 800M FREESTYLE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
30-Mar-19	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB <b>PENINSULAR CHALLENGE 2 (WAC)</b>	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 <i>4:00pm for 4:30PM</i>
6-Apr-19	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
13-Apr-19	15M and 50M FREESTYLE (SPECIAL) <b>SWIM THE MILE!</b> <b>END OF SEASON PARTY</b>	
20-Apr-19	EASTER	