

NARRABEEN LAKES SWIM CLUB HANDICAP PROGRAM 2019/2020

2PM Race Start time

19-Oct-19	REGISTRATION 15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M FREE	1.15pm - 1.45pm @ Clubhouse 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
26-Oct-19	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB	 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
27-Oct-19	BUNNINGS BBQ	
2-Nov-19	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE or 200M MEDLEY	 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
9-Nov-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
16-Nov-19	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB	 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
23-Nov-19	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE PENINSULA CHALLENGE 1 (WAC)	 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 <i>4:00pm for 4:30PM</i>
30-Nov-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
7-Dec-19	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE or 25M MEDLEY	 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12

14-Dec-19	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
21-Dec-19	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB RELAY and CHRISTMAS PARTY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
28-Dec-19	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
4-Jan-20	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 25M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
11-Jan-20	BACKSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 800M FREE	Arrive 1.30pm 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
18-Jan-20	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
25-Jan-20	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
1-Feb-20	CHAMPIONSHIP DAY	Arrive @ 12.30PM for 1pm start
8-Feb-20	MEDLEY CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M BBB or 25M MEDLEY	Arrive @ 12.30PM for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
15-Feb-20	FREESTYLE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE	Arrive @ 12.30PM for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12

22-Feb-20	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB JENNY OATES CHAMPIONSHIP MEET (WAC)	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 <i>4:00pm for 4:30PM</i>
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29-Feb-20	FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE	Arrive @ 12.30PM for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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7-Mar-20	BREASTSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 200M MEDLEY	Arrive @ 12.30PM for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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14-Mar-20	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 800M FREESTYLE PENINSULAR CHALLENGE 2 (WAC)	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 <i>4:00pm for 4:30PM</i>
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21-Mar-20	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB RELAY MEET NORTH NARRABEEN TBC	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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28-Mar-20	15M and 50M FREESTYLE (SPECIAL) SWIM THE MILE!	
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4-Apr-20	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M FREE END OF SEASON PARTY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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11-Apr-20	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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18-Apr-20