



NARRABEEN LAKES SWIM CLUB HANDICAP PROGRAM 2019/2020

2PM Race Start time

24-Oct-20	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
31-Oct-20	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
7-Nov-20	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
14-Nov-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
21-Nov-20	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB PENINSULA CHALLENGE 1 (WAC)	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 4:00pm for 4:30PM
28-Nov-20	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
5-Dec-20	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12

12-Dec-20	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE or 25M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
19-Dec-20	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE RELAY and CHRISTMAS PARTY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
2-Jan-21	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
9-Jan-21	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M / 200M FREE or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
16-Jan-21	BREASTSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 25M MEDLEY	Arrive @ 12.30PM for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
23-Jan-21	BACKSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BREASTSTROKE 800M FREE	Arrive 1.30pm 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
30-Jan-21	HANDICAP CARNIVAL - FRESHWATER	TIME TBC
6-Feb-21	MEDLEY CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB	Arrive @ 12.30PM for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
13-Feb-21	CHAMPIONSHIP DAY	Arrive @ 12.30PM for 1pm start
20-Feb-21	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M BBB or 25M MEDLEY JENNY OATES CHAMPIONSHIP MEET (WAC)	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 <i>4:00pm for 4:30PM</i>

27-Feb-21	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
6-Mar-21	FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB	Arrive @ 12.30PM for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
13-Mar-21	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE PENINSULAR CHALLENGE 2 (WAC)	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 <i>4:00pm for 4:30PM</i>
20-Mar-21	15M and 50M FREESTYLE (SPECIAL) SWIM THE MILE!	
27-Mar-21	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE 800M FREESTYLE EASTER PARTY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
10-Apr-21	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
17-Apr-21	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
24-Apr-21	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BACKSTROKE 100M / 200M / 400M FREE END OF SEASON PARTY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12