

NARRABEEN LAKES SWIM CLUB HANDICAP PROGRAM 2021 / 2022

REGISTRATION: 12:30pm - 1.15pm @ Clubhouse

RACE START: 1:30pm

6-Nov-21	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
13-Nov-21	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB or 100M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
20-Nov-21	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
27-Nov-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
4-Dec-21	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
11-Dec-21	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 100M / 200M / 400M FREE PENINSULA CHALLENGE 1 (WAC)	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 4:00pm
18-Dec-21	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY RELAY / CHRISTMAS PARTY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
25-Dec-21	<i>Merry Christmas - no swimming this week</i>	
1-Jan-22	<i>Happy New Year - no swimming this week</i>	
8-Jan-22	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
15-Jan-22	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12

22-Jan-22	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
29-Jan-22	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE FREESTYLE 100M / 200M BBB or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
30-Jan-22	WASA HANDICAP MEET	2.30 for 3pm start
5-Feb-22	BREASTSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE or 100M MEDLEY	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
12-Feb-22	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BREASTSTROKE 800M FREE JENNY OATES CHAMPIONSHIP MEET (WAC) 4pm	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
19-Feb-22	MEDLEY CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BACKSTROKE 100M / 200M BBB	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
26-Feb-22	CHAMPIONSHIP DAY	Arrive @ 12.00pm for 1pm start
5-Mar-22	BACKSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY 100M / 200M BBB or 100M MEDLEY	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
12-Mar-22	FREESTYLE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M / 400M FREE	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
19-Mar-22	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB PENINSULAR CHALLENGE 2 (WAC)	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 4:30pm
26-Mar-22	FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE 100M / 200M FREE	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12

2-Apr-22 15M and 50M FREESTYLE (SPECIAL)
SWIM THE MILE!

9-Apr-22 15M and 50M FREESTYLE (SPECIAL)
FREESTYLE 15, 25, 50, 100M
BACKSTROKE 15, 25, 50, 100M
100M / 200M BBB or 200M MEDLEY Open, U/12
EASTER PARTY

16-Apr-22 *Happy Easter - no swimming*

23-Apr-22 15M and 50M FREESTYLE (SPECIAL)
BUTTERFLY 15, 25, 50, 100M
BREASTSTROKE 15, 25, 50, 100M
800M FREE Open, U/12

30-Apr-22 15M and 50M FREESTYLE (SPECIAL)
BACKSTROKE 15, 25, 50, 100M
BREASTSTROKE 15, 25, 50, 100M
100M / 200M FREE Open, U/12
END OF SEASON PARTY