



NARRABEEN LAKES SWIM CLUB HANDICAP PROGRAM 2022 / 2023

REGISTRATION: 12:30pm - 1.15pm @ Clubhouse

RACE START: 1:30pm

22-Oct-22	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
29-Oct-22	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB or 100M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
5-Nov-22	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
12-Nov-22	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M/200M BBB or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
19-Nov-22	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
26-Nov-22	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
3-Dec-21	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY PENINSULA CHALLENGE 1 (WAC)	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 4pm for 4:30pm start
10-Dec-22	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY 100M / 200M FREE or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12

17-Dec-22	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE FREESTYLE 100M / 200M BBB RELAY / CHRISTMAS PARTY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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24-Dec-21 *Merry Christmas - no swimming this week*

31-Dec-22 *Happy New Year - no swimming this week*

7-Jan-23	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BACKSTROKE 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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14-Jan-23	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M / 200M BBB or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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21-Jan-23	BREASTSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY 100M / 200M BBB	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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28-Jan-23	WASA HANDICAP MEET - Bilgola Rock Pool	8:30am for 9am start
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4-Feb-23	MEDLEY CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE 800M FREE	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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11-Feb-23	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M / 400M FREE JENNY OATES CHAMPIONSHIP MEET (WAC)	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 4pm for 4:30pm start
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18-Feb-23	CHAMPIONSHIP DAY	Arrive @ 12.00pm for 1pm start
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25-Feb-23	BACKSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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4-Mar-23	FREESTYLE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 100M / 200M / 400M FREE	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
11-Mar-23	FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE 100M / 200M BBB OR 200M MEDLEY	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
18-Mar-23	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M / 200M BBB PENINSULAR CHALLENGE 2 (WAC)	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 4pm for 4:30pm start
25-Mar-23	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
1-Apr-23	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB EASTER PARTY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
8-Apr-23	<i>Happy Easter - no swimming</i>	
15-Apr-23	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BACKSTROKE 800M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
22-Apr-23	15M and 50M FREESTYLE (SPECIAL) SWIM THE MILE END OF SEASON PARTY	
29-Apr-23	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 100M / 200M FREE or 100M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12