

NARRABEEN LAKES SWIM CLUB HANDICAP PROGRAM 2023 / 2024

REGISTRATION: 12:30pm - 1.15pm @ Clubhouse

RACE START: 1:30pm

22-Oct-23	15M and 50M FREESTYLE (SPECIAL)	
	BREASTSTROKE	15, 25, 50, 100M
	BACKSTROKE	15, 25, 50, 100M
	100M / 200M FREE	Open, U/12

29-Oct-23	15M and 50M FREESTYLE (SPECIAL)	
	BUTTERFLY	15, 25, 50, 100M
	FREESTYLE	15, 25, 50, 100M
	100M / 200M BBB or 100M MEDLEY	Open, U/12

5-Nov-23	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15, 25, 50, 100M
	BUTTERFLY	15, 25, 50, 100M
	100M / 200M FREE	Open, U/12

18-Nov-23	15M and 50M FREESTYLE (SPECIAL)	
	FREESTYLE	15, 25, 50, 100M
	BREASTSTROKE	15, 25, 50, 100M
	100M/200M BBB or 200M MEDLEY	Open, U/12

25-Nov-23	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15, 25, 50, 100M
	FREESTYLE	15, 25, 50, 100M
	100M / 200M BBB	Open, U/12

2-Dec-23	15M and 50M FREESTYLE (SPECIAL)	
	BREASTSTROKE	15, 25, 50, 100M
	BUTTERFLY	15, 25, 50, 100M
	100M / 200M / 400M FREE	Open, U/12
	PENINSULA CHALLENGE 1 (WAC)	4pm for 4:30pm start

9-Dec-23	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15, 25, 50, 100M
	BREASTSTROKE	15, 25, 50, 100M
	100M / 200M FREE or 100M MEDLEY	Open, U/12

16-Dec-23	15M and 50M FREESTYLE (SPECIAL)	
	FREESTYLE	15, 25, 50, 100M
	BUTTERFLY	15, 25, 50, 100M
	100M / 200M FREE or 200M MEDLEY	Open, U/12
	RELAY / CHRISTMAS PARTY	

23-Dec-23 *Merry Christmas - no swimming this week*

30-Dec-23 *Happy New Year - no swimming this week*

6-Jan-24	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE FREESTYLE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
13-Jan-24	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BACKSTROKE 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
20-Jan-24	FREESTYLE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M / 200M BBB or 200M MEDLEY	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
27-Jan-24	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
3-Feb-24	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
10-Feb-24	WASA HANDICAP MEET - Freshwater Rock Pool 4pm for a 4:30pm	
17-Feb-24	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M / 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
24-Feb-24	CHAMPIONSHIP DAY	Arrive @ 12.00pm for 1pm start
2-Mar-24	BACKSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY JENNY OATES CHAMPIONSHIP MEET (WAC)	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 4pm for 4:30pm start
9-Mar-24	FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 100M / 200M FREE	Arrive @ 12.00pm for 1pm start 15, 25, 50, 100M 15, 25, 50, 100M Open, U/12

16-Mar-24	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE 100M / 200M BBB OR 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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23-Mar-24	15M and 50M FREESTYLE (SPECIAL) SWIM THE MILE EASTER / FAREWELL PARTY PENINSULAR CHALLENGE 2 (WAC)	4pm for 4:30pm start
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30-Mar-24 *Happy Easter - no swimming*

EXTRA SWIMS

6-Apr-24	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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13-Apr-24	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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20-Apr-24	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BACKSTROKE 800M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
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