## 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 BACKSTROKE 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
29-Oct-23	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-23	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
18-Nov-23	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M/200M BBB or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
25-Nov-23	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
2-Dec-23	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 100M / 200M / 400M FREE <b>PENINSULA CHALLENGE 1 (WAC)</b>	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12 <b>4pm for 4:30pm start</b>
9-Dec-23	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE 100M / 200M FREE or 100M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
16-Dec-23	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY 100M / 200M FREE or 200M MEDLEY <b>RELAY / CHRISTMAS PARTY</b>	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
23-Dec-23	Merry Christmas - no swimming this week	
30-Dec-23	Happy New Year - no swimming this week	

13-Jan-2415M and 50M FREESTYLE (SPECIAL) BACKSTROKE 100M / 200M / 400M FREE15, 25, 50, 100M Dpen, U/1220-Jan-24FREESTYLE CHAMPIONSHIP 200M ISM and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLEArrive @ 12.00pm for 1pm start 15, 25, 50, 100M Open, U/1227-Jan-24BREASTSTROKE CHAMPIONSHIP 200M ISM and 50M FREESTYLE (SPECIAL) BREASTSTROKE CHAMPIONSHIP 200M ISM and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY ISM and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY BUTTERFLY IS, 25, 50, 100M IO0M / 200M BBBArrive @ 12.00pm for 1pm start IS, 25, 50, 100M Open, U/123-Feb-24MEDLEY CHAMPIONSHIP 200M ISM and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE BREASTSTROKE BREASTSTROKE BREASTSTROKE BOOM FREEArrive @ 12.00pm for 1pm start IS, 25, 50, 100M Open, U/1210-Feb-24MEDLEY CHAMPIONSHIP 200M ISM and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE BREASTSTROKE BOOM FREEArrive @ 12.00pm for 1pm start IS, 25, 50, 100M Open, U/1210-Feb-24WASA HANDICAP MEET - Freshwater Rock Pool 4pm for a 4:30pm17-Feb-24ISM and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY IDOM / 200M / 400M FREE2-Mar-24BACKSTROKE CHAMPIONSHIP 200M IS, 25, 50, 100M Open, U/122-Mar-24BACKSTROKE CHAMPIONSHIP 200M IS, 25, 50, 100M IDOM / 200M BBB or 100M MEDLEY JOM / 200M BBB or		6-Jan-24	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE FREESTYLE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
ISM and SOM FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE15, 25, 50, 100M Dpen, U/1227-Jan-24BREASTSTROKE CHAMPIONSHIP 200M FREESTYLE BUTTERFLY 100M / 200M BBB or 200M MEDLEYArrive @ 12.00pm for 1pm start 15, 25, 50, 100M Open, U/123-Feb-24MEDLEY CHAMPIONSHIP 200M REESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE BREASTSTROKE BOM FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE 		13-Jan-24	BUTTERFLY BACKSTROKE	15, 25, 50, 100M
15M and 50M FREESTYLE (SPECIAL) FREESTYLE15, 25, 50, 100M 15, 25, 50, 100M Open, U/123-Feb-24MEDLEY CHAMPIONSHIP 200M 		20-Jan-24	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE	15, 25, 50, 100M 15, 25, 50, 100M
15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE BOM FREE15, 25, 50, 100M Open, U/1210-Feb-24WASA HANDICAP MEET - Freshwater Rock Pool BACKSTROKE BACKSTROKE BACKSTROKE BACKSTROKE BUTTERFLY 		27-Jan-24	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY	15, 25, 50, 100M 15, 25, 50, 100M
17-Feb-2415M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M / 400M FREE15, 25, 50, 100M 15, 25, 50, 100M Open, U/1224-Feb-24CHAMPIONSHIP DAYArrive @ 12.00pm for 1pm start2-Mar-24BACKSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY 		3-Feb-24	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE	15, 25, 50, 100M 15, 25, 50, 100M
BACKSTROKE BUTTERFLY 100M / 200M / 400M FREE15, 25, 50, 100M 15, 25, 50, 100M Open, U/1224-Feb-24CHAMPIONSHIP DAYArrive @ 12.00pm for 1pm start2-Mar-24BACKSTROKE 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 start9-Mar-24FREESTYLE CHAMPIONSHIP 400M 		10-Feb-24	WASA HANDICAP MEET - Freshwater Rock Poo	ol 4pm for a 4:30pm
2-Mar-24BACKSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLEArrive @ 12.00pm for 1pm start15M and 50M FREESTYLE (SPECIAL) FREESTYLE15, 25, 50, 100M 15, 25, 50, 100M Open, U/129-Mar-24FREESTYLE CHAMPIONSHIP MEET (WAC)Open, U/12 4pm for 4:30pm start9-Mar-24FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLYArrive @ 12.00pm for 1pm start		17-Feb-24	BACKSTROKE BUTTERFLY	15, 25, 50, 100M
15M and 50M FREESTYLE (SPECIAL) FREESTYLE15, 25, 50, 100MFREESTYLE15, 25, 50, 100MBREASTSTROKE15, 25, 50, 100M100M / 200M BBB or 100M MEDLEY JENNY OATES CHAMPIONSHIP MEET (WAC)Open, U/12P-Mar-24FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL) 		24-Feb-24	CHAMPIONSHIP DAY	Arrive @ 12.00pm for 1pm start
15M and 50M FREESTYLE (SPECIAL)BREASTSTROKE15, 25, 50, 100MBUTTERFLY15, 25, 50, 100M		2-Mar-24	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
		9-Mar-24	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY	15, 25, 50, 100M 15, 25, 50, 100M

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
23-Mar-24	15M and 50M FREESTYLE (SPECIAL) SWIM THE MILE EASTER / FAREWELL PARTY PENINSULAR CHALLENGE 2 (WAC)	4pm for 4:30pm start
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
13-Apr-24	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12
20-Apr-24	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BACKSTROKE 800M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U/12