

## NARRABEEN LAKES SWIM CLUB HANDICAP PROGRAM 2025 / 2026

REGISTRATION: 12:30pm - 1.15pm @ Clubhouse

RACE START: 1:30pm

1-Nov-25	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M FREE <b>SPRING CARNIVAL (WAC)</b>	15, 25, 50, 100M 15, 25, 50, 100M Open, U12 <b>4pm for 4:30pm start</b>
8-Nov-25	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M / 200M BBB or 100M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
15-Nov-25	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE or 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
22-Nov-25	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M/200M BBB or 200M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
29-Nov-25	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
6-Dec-25	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
13-Dec-25	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M / 200M FREE or 400M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
20-Dec-25	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M FREE or 100M MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
27-Dec-25	<b><i>Social Swim</i></b>	

3-Jan-26	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 800M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
10-Jan-26	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE FREESTYLE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
17-Jan-26	<b>FREESTYLE CHAMPIONSHIP 200M</b> 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M / 200M BBB or 200M MEDLEY	<b>Arrive @ 12.00pm for 1pm start</b>  15, 25, 50, 100M 15, 25, 50, 100M Open, U12
24-Jan-26	<b>WASA Handicap Meet - Bilgola Rock Pool</b>  15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M BBB	<b>9am - 11am</b>  <b>1:30pm start (as per usual)</b> 15, 25, 50, 100M 15, 25, 50, 100M Open, U12
31-Jan-26	<b>MEDLEY CHAMPIONSHIP 200M</b> 15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BREASTSTROKE 100M / 200M FREE or 400M FREE	<b>Arrive @ 12.00pm for 1pm start</b>  15, 25, 50, 100M 15, 25, 50, 100M Open, U12
7-Feb-26	<b>CHAMPIONSHIP DAY</b>	<b>Arrive @ 12.00pm for 1pm start</b>
14-Feb-26	<b>BREASTSTROKE CHAMPIONSHIP 200M</b> 15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BACKSTROKE 100M / 200M FREE or 400M FREE <b>JENNY OATES CHAMPIONSHIP MEET (WAC)</b>	<b>Arrive @ 12.00pm for 1pm start</b>  15, 25, 50, 100M 15, 25, 50, 100M Open, U12 <b>4pm for 4:30pm start</b>
21-Feb-26	<b>FREESTYLE CHAMPIONSHIP 400M</b> 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE 100M / 200M BBB	<b>Arrive @ 12.00pm for 1pm start</b>  15, 25, 50, 100M 15, 25, 50, 100M Open, U12
28-Feb-26	<b>BACKSTROKE CHAMPIONSHIP 200M</b> 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY	<b>Arrive @ 12.00pm for 1pm start</b>  15, 25, 50, 100M 15, 25, 50, 100M Open, U12

7-Mar-26	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY 100M / 200M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
14-Mar-26	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M / 200M BBB or 200M MEDLEY <b>PENINSULAR CHALLENGE 2 (WAC)</b>	15, 25, 50, 100M 15, 25, 50, 100M Open, U12 <b>4pm for 4:30pm start</b>
21-Mar-26	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 800M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
28-Mar-26	15M and 50M FREESTYLE (SPECIAL) <b>SWIM THE MILE</b> <b>END OF SEASON</b>	

#### **ADDITIONAL SWIMS IF WE DECIDE TO KEEP GOING**

4-Apr-26	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BREASTSTROKE 100M / 200M BBB	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
11-Apr-26	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BACKSTROKE 800M FREE	15, 25, 50, 100M 15, 25, 50, 100M Open, U12
18-Apr-26	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 400M FREE or 100 MEDLEY	15, 25, 50, 100M 15, 25, 50, 100M Open, U12