

NARRABEEN LAKES SWIM CLUB HANDICAP PROGRAM 2024 / 2025

REGISTRATION: 12:30pm - 1.15pm @ Clubhouse

RACE START: 1:30pm

26-Oct-24	15M and 50M FREESTYLE (SPECIAL)	
	BREASTSTROKE	15, 25, 50, 100M
	BACKSTROKE	15, 25, 50, 100M
	100M / 200M FREE	Open, U12
2-Nov-24	15M and 50M FREESTYLE (SPECIAL)	
	BUTTERFLY	15, 25, 50, 100M
	FREESTYLE	15, 25, 50, 100M
	100M / 200M BBB or 100M MEDLEY	Open, U12
9-Nov-24	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15, 25, 50, 100M
	BUTTERFLY	15, 25, 50, 100M
	100M / 200M FREE	Open, U12
16-Nov-24	15M and 50M FREESTYLE (SPECIAL)	
	FREESTYLE	15, 25, 50, 100M
	BREASTSTROKE	15, 25, 50, 100M
	100M/200M BBB or 200M MEDLEY	Open, U12
23-Nov-24	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15, 25, 50, 100M
	FREESTYLE	15, 25, 50, 100M
	100M / 200M BBB	Open, U12
30-Nov-24	90 YEARS CELEBRATION BBQ	
	<i>Social Swim</i>	
SUNDAY 1-Dec-24	60th ANNIVERSARY LONG COURSE SPRINT MEET	1pm Warringah Aquatic Centre
	Party	4.30pm The Forest Hotel
7-Dec-24	15M and 50M FREESTYLE (SPECIAL)	
	BREASTSTROKE	15, 25, 50, 100M
	BUTTERFLY	15, 25, 50, 100M
	100M / 200M FREE or 400M FREE	Open, U12
14-Dec-24	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15, 25, 50, 100M
	BREASTSTROKE	15, 25, 50, 100M
	100M / 200M FREE or 100M MEDLEY	Open, U12
21-Dec-24	15M and 50M FREESTYLE (SPECIAL)	
	FREESTYLE	15, 25, 50, 100M
	BUTTERFLY	15, 25, 50, 100M
	800M FREE	Open, U12

28-Dec-24	Social Swim	
4-Jan-25	15M and 50M FREESTYLE (SPECIAL)	
	BREASTSTROKE	15, 25, 50, 100M
	FREESTYLE	15, 25, 50, 100M
	100M / 200M BBB	Open, U12
11-Jan-25	FREESTYLE CHAMPIONSHIP 200M	Arrive @ 12.00pm for 1pm start
	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15, 25, 50, 100M
	FREESTYLE	15, 25, 50, 100M
	100M / 200M BBB or 200M MEDLEY	Open, U12
18-Jan-25	BREASTSTROKE CHAMPIONSHIP 200M	Arrive @ 12.00pm for 1pm start
	15M and 50M FREESTYLE (SPECIAL)	
	FREESTYLE	15, 25, 50, 100M
	BUTTERFLY	15, 25, 50, 100M
	100M / 200M BBB	Open, U12
25-Jan-25	MEDLEY CHAMPIONSHIP 200M	Arrive @ 12.00pm for 1pm start
	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15, 25, 50, 100M
	BREASTSTROKE	15, 25, 50, 100M
	100M / 200M FREE or 400M FREE	Open, U12
31-Jan-25	WASA HANDICAP MEET - Manly Aquatic Centre	6pm for a 6:30pm
1-Feb-25	15M and 50M FREESTYLE (SPECIAL)	
	BUTTERFLY	15, 25, 50, 100M
	BACKSTROKE	15, 25, 50, 100M
	100M / 200M FREE or 400M FREE	Open, U12
8-Feb-25	BACKSTROKE CHAMPIONSHIP 200M	Arrive @ 12.00pm for 1pm start
	15M and 50M FREESTYLE (SPECIAL)	
	FREESTYLE	15, 25, 50, 100M
	BREASTSTROKE	15, 25, 50, 100M
	100M / 200M BBB or 100M MEDLEY	Open, U12
15-Feb-25	FREESTYLE CHAMPIONSHIP 400M	Arrive @ 12.00pm for 1pm start
	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15, 25, 50, 100M
	BUTTERFLY	15, 25, 50, 100M
	100M / 200M FREE	Open, U12
	JENNY OATES CHAMPIONSHIP MEET (WAC)	4pm for 4:30pm start
22-Feb-25	CHAMPIONSHIP DAY	Arrive @ 12.00pm for 1pm start
1-Mar-25	15M and 50M FREESTYLE (SPECIAL)	
	BREASTSTROKE	15, 25, 50, 100M

	BUTTERFLY	15, 25, 50, 100M
	100M / 200M FREE	Open, U12
8-Mar-25	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15, 25, 50, 100M
	BREASTSTROKE	15, 25, 50, 100M
	100M / 200M BBB or 200M MEDLEY	Open, U12
	PENINSULAR CHALLENGE 2 (WAC)	4pm for 4:30pm start
15-Mar-25	15M and 50M FREESTYLE (SPECIAL)	
	FREESTYLE	15, 25, 50, 100M
	BUTTERFLY	15, 25, 50, 100M
	100M / 200M FREE	Open, U12
22-Mar-25	15M and 50M FREESTYLE (SPECIAL)	
	FREESTYLE	15, 25, 50, 100M
	BREASTSTROKE	15, 25, 50, 100M
	100M / 200M BBB	Open, U12
29-Mar-25	15M and 50M FREESTYLE (SPECIAL)	
	BUTTERFLY	15, 25, 50, 100M
	BACKSTROKE	15, 25, 50, 100M
	800M FREE	Open, U12
5-Apr-25	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15, 25, 50, 100M
	FREESTYLE	15, 25, 50, 100M
	400M FREE or 100 MEDLEY	Open, U12
12-Apr-25	15M and 50M FREESTYLE (SPECIAL)	
	SWIM THE MILE	
	EASTER - FAREWELL PARTY	