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
	1001117 200111111111	open, orz
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	OO VEARS CELEBRATION PRO	
30-1107-24	90 YEARS CELEBRATION BBQ Social Swim	
	Social Swim	
SUNDAY 1-Dec-24	60th ANNIVERSARY LONG COURSE SPRINT MEET	1pm Warringah Aquatic Centre
	Party	4.30pm The Forest Hotel
7.0	AFAA I FOAA FREECTVI F (CRECIAL)	
7-Dec-24	15M and 50M FREESTYLE (SPECIAL)	15 25 50 10004
	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 EDEECTVI 5 (CD5CIAL)	
21-Dec-24	15M and 50M FREESTYLE (SPECIAL)	15 25 50 10084
	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 star
	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 star
	15M and 50M FREESTYLE (SPECIAL)	то стория по
	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 star
25-3611-25	15M and 50M FREESTYLE (SPECIAL)	Arrive @ 12.00pm for 1pm star
	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)	
1-160-23	BUTTERFLY	15, 25, 50, 100M
	BACKSTROKE	15, 25, 50, 100M
	100M / 200M FREE or 400M FREE	Open, U12
	1001VI / 2001VI FREE OI 4001VI FREE	Open, 012
	BACKSTROKE CHAMPIONSHIP 200M	Arrive @ 12.00pm for 1pm star
8-Feb-25		
8-Feb-25	15M and 50M FREESTYLE (SPECIAL)	
8-Feb-25	15M and 50M FREESTYLE (SPECIAL) FREESTYLE	15, 25, 50, 100M
8-Feb-25		15, 25, 50, 100M
8-Feb-25	FREESTYLE	
8-Feb-25 15-Feb-25	FREESTYLE BREASTSTROKE	15, 25, 50, 100M Open, U12
	FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY	15, 25, 50, 100M Open, U12
	FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY FREESTYLE CHAMPIONSHIP 400M	15, 25, 50, 100M
	FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL)	15, 25, 50, 100M Open, U12 Arrive @ 12.00pm for 1pm star
	FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE	15, 25, 50, 100M Open, U12 Arrive @ 12.00pm for 1pm star 15, 25, 50, 100M
	FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY	15, 25, 50, 100M Open, U12 Arrive @ 12.00pm for 1pm star 15, 25, 50, 100M 15, 25, 50, 100M
	FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE	15, 25, 50, 100M Open, U12 Arrive @ 12.00pm for 1pm star 15, 25, 50, 100M 15, 25, 50, 100M Open, U12 4pm for 4:30pm start
15-Feb-25	FREESTYLE BREASTSTROKE 100M / 200M BBB or 100M MEDLEY FREESTYLE CHAMPIONSHIP 400M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BUTTERFLY 100M / 200M FREE JENNY OATES CHAMPIONSHIP MEET (WAC)	15, 25, 50, 100M Open, U12 Arrive @ 12.00pm for 1pm star 15, 25, 50, 100M 15, 25, 50, 100M Open, U12

	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
E Mar 2E	15M and 50M FREESTYLE (SPECIAL)	
15-Mar-25	FREESTYLE	15 25 50 100M
		15, 25, 50, 100M
	BUTTERFLY 100M / 200M EREE	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
9-Mar-25	15M and 50M FREESTYLE (SPECIAL)	
23-iviai-23	BUTTERFLY	15, 25, 50, 100M
	BACKSTROKE	15, 25, 50, 100M
	800M FREE	Open, U12
F. A 25	45NA and 50NA SPESCTVI S (SPECIAL)	
5-Apr-25	15M and 50M FREESTYLE (SPECIAL)	45 35 50 4000
	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	