



NLASC HANDICAP PROGRAM - 2016/2017 SEASON

22-Oct-16	REGISTRATION	12:30 pm at Clubhouse
	15M and 50M FREESTYLE (SPECIAL)	
	BREASTSTROKE	15,25,50,100M
	BACKSTROKE	15,25,50,100M
	100M OR 200M FREE	Open, U/12
29-Oct-16	15M and 50M FREESTYLE (SPECIAL)	
	BREASTSTROKE	15,25,50,100M
	FREESTYLE	15,25,50,100M
	100M OR 200M BBB	Open, U/12
05-Nov-16	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15,25,50,100M
	FREESTYLE	15,25,50,100M
	100M OR 200M BBB	Open, U/12
12-Nov-16	15M and 50M FREESTYLE (SPECIAL)	
	BUTTERFLY	15,25,50,100M
	BACKSTROKE	15,25,50,100M
	100M OR 200M BBB OR 200 MEDLEY	Open, U/12
19-Nov-16	15M and 50M FREESTYLE (SPECIAL)	
	BREASTSTROKE	15,25,50,100M
	BUTTERFLY	15,25,50,100M
	25 MEDLEY OR 100M OR 200M FREE	Open, U/12
26-Nov-16	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15,25,50,100M
	FREESTYLE	15,25,50,100M
	100M OR 200M BBB	Open, U/12
	14 & UNDER PENINSULA CHALLENGE (WAC)	5:00 PM
03-Dec-16	15M and 50M FREESTYLE (SPECIAL)	
	BREASTSTROKE	15,25,50,100M
	BUTTERFLY	15,25,50,100M
	100M OR 200M OR 400M FREESTYLE	Open, U/12
10-Dec-16	15M and 50M FREESTYLE (SPECIAL)	
	BACKSTROKE	15,25,50,100M
	FREESTYLE	15,25,50,100M
	25 MEDLEY OR 100M OR 200M FREE	Open, U/12
17-Dec-16	15M and 50M FREESTYLE (SPECIAL)	
	BREASTSTROKE	15,25,50,100M
	BUTTERFLY	15,25,50,100M
	100M OR 200M BBB OR 200 MEDLEY	Open, U/12
24-Dec-16	15M and 50M FREESTYLE (SPECIAL)	
	FREESTYLE	15,25,50,100M
	BUTTERFLY	15,25,50,100M
	100M OR 200M BBB	Open, U/12
	RELAYS and XMAS PARTY	
31-Dec-16	15M and 50M FREESTYLE (SPECIAL)	
	FREESTYLE	15,25,50,100M
	BREASTSTROKE	15,25,50,100M
	100M OR 200M BBB	Open, U/12