

NARRABEEN L.A.S.C. 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
	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

07-Jan-17	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M OR 200M OR 400M FREESTYLE	15,25,50,100M 15,25,50,100M Open, U/12	
14-Jan-17	15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY 25 MEDLEY OR 100M OR 200M FREE	15,25,50,100M 15,25,50,100M Open, U/12	
21-Jan-17	BACKSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 100M OR 200M OR 400M FREESTYLE	15,25,50,100M 15,25,50,100M Open, U/12	1:00 PM
28-Jan-16	WASA HANDICAP MEET - FRESHWATER		2:30 for 3pm
04-Feb-17	FREESTYLE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BUTTERFLY BACKSTROKE 100M OR 200M BBB	15,25,50,100M 15,25,50,100M Open, U/12	1:00 PM
11-Feb-17	CHAMPIONSHIP DAY ARRIVE 12:45		12.45 PM
18-Feb-17	BREASTSTROKE CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE 100M OR 200M BBB	15,25,50,100M 15,25,50,100M Open, U/12	1:00 PM
25-Feb-17	MEDLEY CHAMPIONSHIP 200M 15M and 50M FREESTYLE (SPECIAL) FREESTYLE BUTTERFLY 25 MEDLEY OR 100M OR 200M FREE JENNY OATES CHAMPIONSHIP MEET (WAC)	15,25,50,100M 15,25,50,100M Open, U/12	1:00 PM 5:00 PM
04-Mar-17	FREESTYLE CHAMPIONSHIP 400 15M and 50M FREESTYLE (SPECIAL) BACKSTROKE BREASTSTROKE 100M OR 200M BBB	15,25,50,100M 15,25,50,100M Open, U/12	
11-Mar-17	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 100M or 200M FREE OR 200M MEDLEY	15,25,50,100M 15,25,50,100M Open, U/12	
18-Mar-17	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M OR 200M BBB 14 & UNDER PENINSULA CHALLENGE (WAC)	15,25,50,100M 15,25,50,100M Open, U/12	5:00 PM

25-Mar-17	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BUTTERFLY 100M OR 200M OR 400M FREESTYLE	15,25,50,100M 15,25,50,100M Open, U/12
01-Apr-17	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M OR 200M BBB 800M Swim	15,25,50,100M 15,25,50,100M Open, U/12
08-Apr-17	15M and 50M FREESTYLE (SPECIAL) BREASTSTROKE BACKSTROKE 100M OR 200M FREE	15,25,50,100M 15,25,50,100M Open, U/12
15-Apr-17	EASTER - NO SWIMMING TODAY	
22-Apr-17	15M and 50M FREESTYLE (SPECIAL) BACKSTROKE FREESTYLE 100M OR 200M BBB	15,25,50,100M 15,25,50,100M Open, U/12
29-Apr-17	15M and 50M FREESTYLE (SPECIAL) BUTTERFLY FREESTYLE 100M or 200M FREE OR 200M MEDLEY END OF SEASON PARTY	15,25,50,100M 15,25,50,100M Open, U/12