

NORTH RAMSGATE AMATEUR SWIMMING CLUB

PROGRAM 2023 / 2024

Swimming at Sans Souci Leisure Centre

Week 1	8 th October	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races, 20m Kickboard, 20m, 30m, 50m Backstroke Handicap Races
Week 2	15 th October	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races, 25m 'Scratch' 20m Kickboard, 20m, 30m, 50m Breaststroke Handicap Races
Week 3	22 nd October	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races 20m Kickboard, 25m, 50m Butterfly Handicap Races, 50m Relay
Week 4	29 th October	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races, Junior Relay 20m Kickboard, 20m, 30m, 50m Backstroke Handicap Races
COMMITTEE (held on 5 th Nov offsite)		
Week 5	12 th November	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races, 25m 'Scratch'
<u>SAUSAGE SIZZLE?</u>		20m Kickboard, 20m, 30m, 50m Breaststroke Handicap Races
Week 6	19 th November	20m, 30m, 50m, 100m, 200m Freestyle (OR 120m / 200m MEDLEY) Handicap Races, 20m Kickboard, 25m, 50m Butterfly Handicap Races 50m Relay
Week 7	26 th November	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races, Junior Relay 20m Kickboard, 20m, 30m, 50m Backstroke Handicap Races
Week 8	3 rd December	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races, 25m "Scratch" 20m Kickboard, 20m, 30m, 50m Breaststroke Handicap Races
Week 9	10 th December	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races
<u>COMMITTEE</u>		20m Kickboard, 25m, 50m Butterfly Handicap Races, 50m Relay
Week 10	17 th December	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races
<u>CHRISTMAS SAUSAGE SIZZLE?</u>		20m Kickboard, 20m, 30m, 50m Backstroke Handicap Races
<u>Xmas Raffle</u>		Junior and 50m Relay Races

24th December and the 31st December – NO SWIMMING – Christmas Break		

Week 11	7 th January	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races, 25m "Scratch" 20m Kickboard, 20m, 30m, 50m Breaststroke Handicap Races
Week 12	14 th January	20m, 30m, 50m, 100m, 200m Freestyle (OR 120m / 200m MEDLEY) Handicap Races, 20m Kickboard, 25m, 50m Butterfly Handicap Races 50m Relay
Week 13	21 st January	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races, Junior Relay 20m Kickboard, 20m, 30m, 50m Backstroke Handicap Races
Week 14	28 th January	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races, 25m "Scratch"
<u>COMMITTEE</u>		20m Kickboard, 20m, 30m, 50m Breaststroke Handicap Races
Week 15	4 th February	20m, 30m, 50m, 100m, 200m Freestyle Handicap Races
<u>SAUSAGE SIZZLE?</u>		20m Kickboard, 25m, 50m Butterfly Handicap Races, 50m Relay

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AGE CHAMPIONSHIPS

Age as 1st October 2023

Week 16	11 th February	BACKSTROKE CHAMPIONSHIPS – 20m Kickboard 20m, 30m, 50m, 100m, 200m, Freestyle Handicap Races
Week 17	18 th February	BREASTSTROKE CHAMPIONSHIPS – 20m Kickboard Junior Relay, 20m, 30m, 50m, 100m, 200m, Freestyle Handicap Races
Week 18	25 th February	BUTTERFLY CHAMPIONSHIPS – 20m Kickboard 20m, 30m, 50m, 100m, 200m, Freestyle Handicap Races (OR 120m / 200m Medley), 50m Relay
Week 19	3 rd March	20m, 30m, 50m, 100m, FREESTYLE CHAMPIONSHIPS 20m Kickboard – 200m Freestyle Handicap Races 20m, 30m, 50m Backstroke Handicap Races
Week 20	10 th March	200m FREESTYLE CHAMPIONSHIPS NO FINAL – Winner on Corrected Times 20m, 30m, 50m, 100m Freestyle Handicap Races, 25m ‘Scratch’ 20m Kickboard – 20m 30m, 50m Breaststroke Handicap Races

ALL POINT SCORES END ON WEEK 20

TROPHY RACES (Weeks 21 and 22)

So that “Handicap Times” can be allocated fairly to all swimmers in these Trophy Races, swimmers must have a “current” handicap i.e. they MUST have a recorded (and valid) time in at least THREE (3) of the last FIVE (5) “Freestyle Handicap Swims”.

Week 21 17th March COMMITTEE

200m MEDLEY CHAMPIONSHIPS
FREESTYLE HANDICAP TROPHY RACES
for 20m, 30m, 50m, 100m, 20m Kickboard Swimmers
Junior Relay

Week 22 24th March “End of Season” SAUSAGE SIZZLE? Raffle?

FREESTYLE HANDICAP TROPHY RACES
for 20m, 30m, 50m, 100m, 200m, 20m Kickboard Swimmers
50m Relay

PRESENTATION NIGHT:

Date to be decided (Following completion of Season)

COMMITTEE MEETINGS: Four Committee meetings to be held at the Pool following the completion of the mornings Race Program. (Weeks 5, 10, 14 & 21)

Note: - Easter Sunday is on the 31st March 2024.

No spare Sundays are available for re-scheduling meetings following Rain on 5th Nov.