

# NORTH RAMSGATE AMATEUR SWIMMING CLUB

## Program 2024 / 2025

### Swimming at Sans Souci Leisure Centre

Week 1	13 October	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Backstroke Handicap ;
Week 2	20 October	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Breaststroke Handicap ;
Week 3	27 October	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 25m, 50m Butterfly Handicap ; 50 Relay <b>Movember coming up --</b>
Week 4	3 November <b>Movember</b>	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Backstroke Handicap ; Junior Relay
Week 5	10 November <b>Movember</b>	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Breaststroke Handicap
<b><u>COMMITTEE</u></b>		
Week 6	17 November <b>Movember</b>	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 25m, 50m Butterfly Handicap ; 120 / 200 Medley 50m team Relay; <b><u>SAUSAGE SIZZLE?</u></b>
Week 7	24 November	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Backstroke Handicap ; Junior Relay <b>Movember team marathon</b>
Week 8	1 December	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Breaststroke Handicap;
Week 9	8 December	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 25m, 50m Butterfly Handicap; 50m team Relay
Week 10	15 December <b><u>COMMITTEE</u></b>	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Backstroke Handicap ; Junior Relay
Week 11	22 December	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Breaststroke Handicap; Junior & 50m team Relay
<b>CHRISTMAS SAUSAGE SIZZLE? Junior and 50m Relay Races</b> <b><u>Xmas Raffle</u></b>		
***** <b>29<sup>th</sup> December and the 5<sup>th</sup> January</b> <b>NO SWIMMING – Christmas Break</b> *****		
Week 12	12 January	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 25m, 50m Butterfly Handicap; 120 / 200 Medley 50m team Relay <b>Crazy shirt day</b>
Week 13	19 January	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Backstroke Handicap ; Junior Relay

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Week 14      26 January      25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick;  
20m, 30m, 50m Breaststroke Handicap

### COMMITTEE

Week 15      2 February      20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick;  
25m, 50m Butterfly Handicap; 50m team Relay

### SAUSAGE SIZZLE?

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### AGE CHAMPIONSHIPS

Age as 1<sup>st</sup> October 2023

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Week 16      9 February      **BACKSTROKE CHAMPIONSHIPS**  
20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick

Week 17      16 February      **BREASTSTROKE CHAMPIONSHIPS**  
20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; Junior Relay

Week 18      23 February      **BUTTERFLY CHAMPIONSHIPS**  
20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick;  
120 / 200 Medley 50m team Relay

Week 19      2 March      **FREESTYLE CHAMPIONSHIPS (not 200);**  
20m Kick; 20m, 30m, 50m Backstroke Handicap ;

Week 20      9 March      **200m FREESTYLE CHAMPIONSHIPS**  
**NO FINAL – Winner on Corrected Times**  
25 Scratch, 20m, 30m, 50m, 100m, Freestyle Handicap;  
20m Kick; 20m, 30m, 50m Breaststroke Handicap;

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**ALL POINT SCORES END ON WEEK 20**

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### 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      16 March      **200m MEDLEY CHAMPIONSHIPS**  
COMMITTEE      **FREESTYLE HANDICAP TROPHY RACES**  
for 20m, 30m, 50m, 100m, 20m Kickboard Swimmers  
Junior Relay

Week 22      23 March      **FREESTYLE HANDICAP TROPHY RACES**  
“End of Season”      for 20m, 30m, 50m, 100m, 200m, 20m Kickboard Swimmers, 50m Relay  
**SAUSAGE SIZZLE? Raffle?**

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 20<sup>th</sup> April 2025.