

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 Movember coming up --
Week 4	3 November Movember	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Backstroke Handicap ; Junior Relay
Week 5	10 November Movember	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Breaststroke Handicap
<u>COMMITTEE</u>		
Week 6	17 November Movember	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 25m, 50m Butterfly Handicap ; 120 / 200 Medley 50m team Relay; <u>SAUSAGE SIZZLE?</u>
Week 7	24 November	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Backstroke Handicap ; Junior Relay Movember team marathon
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 <u>COMMITTEE</u>	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
CHRISTMAS SAUSAGE SIZZLE? Junior and 50m Relay Races <u>Xmas Raffle</u>		
***** 29th December and the 5th January NO SWIMMING – Christmas Break *****		
Week 12	12 January	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 25m, 50m Butterfly Handicap; 120 / 200 Medley 50m team Relay Crazy shirt day
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;
Australia Day 20m, 30m, 50m Breaststroke Handicap, 50m Australia Day team Relay
COMMITTEE **Normal pool hours Pool opens 7:00 am**

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

SAUSAGE SIZZLE?

AGE CHAMPIONSHIPS

Age as 1st October 2024

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;
200m Freestyle 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;

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 16 March **200m MEDLEY CHAMPIONSHIPS**
COMMITTEE **FREESTYLE HANDICAP TROPHY RACES**
for 20m, 30m, 50m, 100m, 200m Freestyle Handicap
20m Kickboard, 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 20th April 2025.