

NORTH RAMSGATE SWIMMING CLUB

Program 2025 / 2026

Swimming at Sans Souci Leisure Centre

Week 1	12 October	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Backstroke Handicap;
Week 2	19 October	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Breaststroke Handicap;
Week 3	26 October	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 25m, 50m Butterfly Handicap; 50 Relay
Movember coming up --		
Week 4	2 November	20m, 30m, 50m, 100m, 200m Freestyle Handicap; Movember 20m Kick; 20m, 30m, 50m Backstroke Handicap; Junior Relay
Week 5	9 November	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; Movember 20m Kick; 20m, 30m, 50m Breaststroke Handicap
<u>COMMITTEE</u>		
Week 6	16 November	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; Movember 25m, 50m Butterfly Handicap; 120 / 200 Medley 50m team Relay; <u>SAUSAGE SIZZLE?</u>
Week 7	23 November	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Backstroke Handicap; Junior Relay
Movember Marathon		
Week 8	30 November	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; Movember 20m Kick; 20m, 30m, 50m Breaststroke Handicap;
Week 9	7 December	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 25m, 50m Butterfly Handicap; 50m team Relay
Week 10	14 December	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; <u>COMMITTEE</u> 20m, 30m, 50m Backstroke Handicap; Junior Relay
Week 11	21 December	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Breaststroke Handicap; Junior & 50m team Relay CHRISTMAS SAUSAGE SIZZLE? <u>Xmas Raffle</u>

28th December and the 4th January NO CLUB SWIMMING – Christmas Break

Week 12	11 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	18 January	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Backstroke Handicap; Junior Relay
Week 14	25 January	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; <u>COMMITTEE</u> 20m, 30m, 50m Breaststroke Handicap

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Week 15 1 February 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick;
25m, 50m Butterfly Handicap; 50m team Relay

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AGE CHAMPIONSHIPS

Age as 1st October 2025

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Week 16 8 February **BACKSTROKE CHAMPIONSHIPS**
20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick
SAUSAGE SIZZLE?

Week 17 15 February **BREASTSTROKE CHAMPIONSHIPS**
20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; Junior Relay

Week 18 22 February **BUTTERFLY CHAMPIONSHIPS**
20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick;
120 / 200 Medley; 50m team Relay

1st March – Pool Closed – No NRSC Club Swimming

Week 19 8 March **FREESTYLE CHAMPIONSHIPS (except 200m);**
20m Kick; 20m, 30m, 50m Backstroke Handicap;
200m Freestyle Handicap;

Week 20 15 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 22 March **200m MEDLEY CHAMPIONSHIPS**
COMMITTEE FREESTYLE HANDICAP TROPHY RACES
for 20m, 30m, 50m, 100m, 200m Freestyle Handicap
20m Kickboard, Junior Relay

Week 22 29 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)

Notes: No Spare Weeks

Easter Sunday is on the 5th April 2025.

Rev V1.10