

# 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
<b>Movember coming up --</b>		
Week 4	2 November <b>Movember</b>	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Backstroke Handicap; Junior Relay
Week 5	9 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	16 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	23 November <b>Rained out !</b>	<del>20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick;</del> <del>20m, 30m, 50m Backstroke Handicap; Junior Relay</del>
Week 8	30 November	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 20m, 30m, 50m Breaststroke Handicap; <b>Movember Marathon</b>
Week 9	7 December <b>Pool Closed !!</b>	<del>20m, 30m, 50m, 100m, 200m Freestyle Handicap;</del> <del>20m Kick; 25m, 50m Butterfly Handicap; 50m team Relay</del>
Week 10	14 December <b><u>COMMITTEE</u></b>	20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 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 <b>CHRISTMAS SAUSAGE SIZZLE? <u>Xmas Raffle</u></b>
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<b>28<sup>th</sup> December and the 4<sup>th</sup> January</b>		
<b>NO CLUB SWIMMING – Christmas Break</b>		
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Week 12	11 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	18 January <b>Rained out !</b>	<del>20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick;</del> <del>20m, 30m, 50m Backstroke Handicap; Junior Relay</del>
Week 14	25 January <b><u>COMMITTEE</u></b>	25 Scratch, 20m, 30m, 50m, 100m, 200m Freestyle Handicap; 20m Kick; 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 1<sup>st</sup> October 2025

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

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

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### 1st March – Pool Closed – No NRSC Club Swimming

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

Rev V1.30