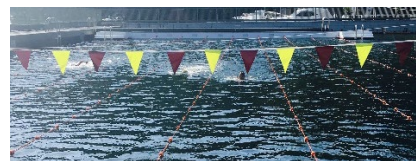


Northbridge Amateur Swimming Club

Season Program 2019-20

Location: **Northbridge Baths**, Widgiewa Rd, Northbridge.
 When: **Saturday morning, with races starting at 8.00am.**
 Registration: Online (closing Saturday at 7.30am) or
 Saturday morning (from 7.30-7.50am) at the Baths.
 Website: www.northbridgeswimming.com



Date	Freestyle <i>open 100 / jnr 50/30/15 / snr 50</i>	Backstroke <i>jnr 50/30/15 / snr 50</i> Breaststroke <i>jnr 50/30/15 / snr 50</i> Butterfly <i>jnr 50/30/15 / snr 30/50</i>	Long Distance <i>open any stroke 200 / open freestyle 400</i>	Club Championship	Tide
2019					
26 October	1st Day of Season				
	Freestyle	Backstroke	Breaststroke	200 Any Stroke	n/a High @ 0728
2 November	Freestyle	Breaststroke	Butterfly	200 Any Stroke	n/a Low @ 0618
9 November	Freestyle	Butterfly	Backstroke	200 Any Stroke	n/a High @ 0709
16 November	Freestyle	Backstroke	Breaststroke	400 Freestyle	n/a High @ 1125
23 November	Freestyle	Breaststroke	Butterfly	200 Any Stroke	n/a High @ 0616
30 November	Freestyle	Butterfly	Backstroke	200 Any Stroke	n/a High @ 1136
7 December	Freestyle	Backstroke	Breaststroke	400 Freestyle	n/a Low @ 1149
14 December	Freestyle	Breaststroke	Butterfly	200 Any Stroke	n/a High @ 1025
21 December	Freestyle	Butterfly	Backstroke	200 Any Stroke	n/a Low @ 1102
28 December	No Swimming				
2020					
4 January	Freestyle	Backstroke	Breaststroke	400 Freestyle	n/a Low @ 0951
11 January	Freestyle	Breaststroke	Butterfly	200 Any Stroke	n/a High @ 0925
18 January	Freestyle	Butterfly	Backstroke	200 Any Stroke	n/a Low @ 0934
25 January	Australia Day Races and BBQ				
	Freestyle	Backstroke	Breaststroke	400 Freestyle	n/a High @ 0933
1 February	Freestyle	Breaststroke	Butterfly	200 Any Stroke	n/a Low @ 0758
2 February	Bob Hayter Memorial Mile Swim (Sunday from 9am)				
	1 mile (32 laps) or 1/2 mile (16 laps)				Low @ 0901
8 February	Freestyle	Butterfly	Backstroke	200 Any Stroke	n/a High @ 0819
15 February	Long Distance Championships Starts				
	Freestyle	Backstroke	Breaststroke	200 Any Stroke	200 Freestyle Low @ 0811
22 February	Freestyle	Breaststroke	Butterfly	200 Any Stroke	200 Backstroke High @ 0836
29 February	Freestyle	Butterfly	Backstroke	200 Any Stroke	200 Breaststroke Low @ 0636
1 March	Tidal Pools Carnival (Sunday) at Northbridge Swimming Club				
	to be advised				High @ 1323
7 March	Freestyle	Backstroke	Breaststroke	200 Any Stroke	100 Butterfly High @ 0707
14 March	Freestyle	Breaststroke	Butterfly	200 Any Stroke	400 Freestyle High @ 0657
21 March	Freestyle	Butterfly	Backstroke	200 Any Stroke	200 Indiv Medley Low @ 0731
28 March	Freestyle	Backstroke	Breaststroke	200 Any Stroke	Backup day High @ 1138
Point Score Swims Conclude					
29 March	Championship Carnival (Sunday afternoon)				
	Full program				High @ 1217
5 April	Championship Carnival (Sunday) – Backup day				Low @ 1217
26 May	Junior Trophy Presentation (at The Baths)				
Late July / early August	Annual Dinner and Senior Trophy Presentations (at Northbridge Golf Club)				
August	Annual General Meeting and Election of 2019-20 Office Bearers				

Schedules may be altered in the event of broad changes to sporting body timetables or in the event of wet weather. The schedule allows spare days to give a good chance of completing the championships.

