

# CASTLE HILL RSL 2022 SWIM SCHEDULE

JANUARY		FEBRUARY		MARCH		APRIL		MAY		JUNE	
5	100 FS 100 BK 50 FS 50 BRS 25 FS	2	Captains Trophy All Off Go	2	100 FS 100 MED 50 BK/FS 25 BRS 25 FLY	6	100 FS 100 BK 50 BRS/FS 25 FLY 25 FS	4	100 MED 100 BRS 50 BK/FS 25 FLY 25 FS	1	100 FS 100 BK 50 FS 50 BRS 25 FS
12	200 FS 100 BRS 25 BK 25 FS Relay	9	200 FS 50 BRS 50 FS 25 BK 25 FS Relay	9	200 FS 50 BRS/FS 50 FS 25 BRS 25 FS Relay	13	200 FS 50 BK 50 FS 25 BK 25 FS Relay	11	200 FS 100 BRS 25 BK 25 FS	8	200 FS 50 BRS/FS 50 BK/FS 25 BRS
19	ENDUR 300 FS or 200 Form 50 BK/FS 50 FS 25 BRS 25 FS	16	ENDUR 300 FS or 200 Form 50 BRS/FS 50 FS 25 BK 25 FS	16	ENDUR 300 FS or 200 Form 50 FS 50 BK/FS 25 BRS 25 FS	20	ENDUR 300 FS or 200 Form 50 BK 50 BRS/FS 25 BRS 25 BK	18	ENDUR 300 FS or 200 Form 50 BRS 50 BK/FS 25 FS 25 BK	15	MEMORIAL TROPHY 300 FS 50 BK 50 BRS 25 FS
26	Australia Day Holiday  No Swim	23	400 FS 50 BK 25 BRS 25 FS	23	CLUB CHAMPIONSHIPS 100 FS (Open and H/cap) 50 BK NNT TIME 50 BRS OVER BEST 3 50 FS EVENTS 25 FS	27	400 FS 50 BK 25 BRS 25 BK	25	400 FS 50 BRS 25 BK 25 FS Relay	22	ENDUR 400 FS 25 BRS 25 FLY 25 FS Relay
	300 & 400 m Events 4 sec break Trophy Race		1st = 4 points 2nd = 3 points 3rd = 2 points 4th & 5th = 1 point Break forward = 3 points Poolside help = 4 points	30	SPRINT 50 FS 50 BK 50 BRS 25 FLY 25 FS 25 BK		If you want to do a 50 Form then YOU MUST advise the handicapper when lodging your entry		200 Form - your choice of 200 BK or 200 BRS or 200 FLY or 200 IM ADVISE HANDICAPPER	29	SPRINT 50 FS 50 BRS 50 BK 25 FLY 25 FS 25 BK