

CASTLE HILL RSL 2023 SWIM SCHEDULE

<i>JANUARY</i>	<i>FEBRUARY</i>	<i>MARCH</i>	<i>APRIL</i>	<i>MAY</i>	<i>JUNE</i>
<p>4</p> <p style="text-align: center;">100 FS 100 BRS 50 FS 50 BK 25 FS</p>	<p>1</p> <p style="text-align: center;">Captains Trophy All at Go, NNT best 3 OF 4 (Note: Captain to advise handicapper of the race program)</p>	<p>1</p> <p style="text-align: center;">100 FS 100 MED 50 BK/FS 25 BRS 25 FLY</p>	<p>5</p> <p style="text-align: center;">100 FS 50 BRS/FS 25 FLY 25 FS</p>	<p>3</p> <p style="text-align: center;">100 MED 100 FS 50 BK/FS 25 FLY 25 FS</p>	<p>7</p> <p style="text-align: center;">100 FS 100 BK 50 FS 50 BRS 25 FS</p>
<p>11</p> <p style="text-align: center;">200 FS 100 BK 25 BRS 25 FS Relay</p>	<p>8</p> <p style="text-align: center;">200 FS 50 BRS 50 FS 25 BK 25 FS Relay</p>	<p>8</p> <p style="text-align: center;">200 FS 50 BRS/FS 50 FS 25 BK 25 FS Relay</p>	<p>12</p> <p style="text-align: center;">200 FS 50 BRS 50 FS 25 BK 25 FS Relay</p>	<p>10</p> <p style="text-align: center;">200 FS 100 BRS 25 BK 25 FS</p>	<p>14</p> <p style="text-align: center;">200 FS 50 BRS/FS 50 BK/FS 25 BRS</p>
<p>18</p> <p style="text-align: center;">ENDUR 300 FS or 200 Form 50 BK/FS 50 FS 25 BRS 25 FS</p>	<p>15</p> <p style="text-align: center;">ENDUR 300 FS or 200 Form 50 BRS/FS 50 FS 25 BK 25 FS</p>	<p>15</p> <p style="text-align: center;">ENDUR 300 FS or 200 Form 50 FS 50 BK/FS 25 BRS 25 FS</p>	<p>19</p> <p style="text-align: center;">ENDUR 300 FS or 200 Form 50 BK 50 BRS/FS 25 BRS 25 BK</p>	<p>17</p> <p style="text-align: center;">ENDUR 300 FS or 200 Form 50 BRS 50 BK/FS 25 FS 25 BK</p>	<p>21</p> <p style="text-align: center;">MEMORIAL TROPHY 300 FS 50 BK 50 BRS 25 FS</p>
<p>25</p> <p style="text-align: center;">400 FS 25 FLY 25 BK 25 FS</p>	<p>22</p> <p style="text-align: center;">400 FS 50 BK 25 BRS 25 FS</p>	<p>22</p> <p style="text-align: center;">CLUB CHAMPIONSHIPS 100 FS (Open and H/cap) 50 BK NNT TIME 50 BRS OVER BEST 3 50 FS EVENTS 25 FS</p>	<p>26</p> <p style="text-align: center;">400 FS 50 BK 25 BRS 25 BK</p>	<p>24</p> <p style="text-align: center;">400 FS 50 BRS 25 BK 25 FS Relay</p>	<p>28</p> <p style="text-align: center;">ENDUR 400 FS 25 BRS 25 FLY 25 FS Relay</p>
<p style="text-align: center;">300 & 400 m Events 4 sec break Trophy Race</p>	<p style="text-align: center;">1st = 4 points 2nd = 3 points 3rd = 2 points 4th & 5th = 1 point Break forward = 3 points Poolside help = 4 points</p>	<p>29</p> <p style="text-align: center;">SPRINT 50 FS 50 BK 50 BRS 25 BRS 25 FS 25 BK</p>	<p style="text-align: center;">If you want to do a 50 Form then YOU MUST advise the handicapper when lodging your entry</p>	<p>31</p> <p style="text-align: center;">SPRINT 50 FS 50 BRS 50 BK 25 BRS 25 FS 25 BK</p>	<p style="text-align: center;">200 Form - your choice of 200 BK or 200 BRS or 200 FLY or 200 IM ADVISE HANDICAPPER</p>