

# CASTLE HILL RSL 2025 SWIM SCHEDULE

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
<p>1</p> <p><b>NO SWIM</b> Public Holiday</p>	<p>5</p> <p><b>Captains Trophy</b> All at Go, NNT best 3 OF 4 (Note: Captain to advise handicapper of the race program)</p>	<p>5</p> <p>100 FS 100 MED 50 BK/FS 25 BRS 25 FS Relay</p>	<p>2</p> <p><b>ENDUR</b> 300 FS or 200 Form 50 BK 50 BRS/FS 25 BRS 25 BK</p>	<p>7</p> <p>100 FS 100 BRS 50 BK/FS 25 FLY 25 FS</p>	<p>4</p> <p>100 FS 100 BK 50 FS 50 BRS 25 FS Relay</p>
<p>8</p> <p>200 FS 100 MED 25 BRS 25 FS Relay</p>	<p>12</p> <p>200 FS 50 BRS 50 FS 25 BK 25 FS Relay</p>	<p>12</p> <p><b>CLUB CHAMPIONSHIPS</b> 100 FS (Open and H/cap) 50 BK NNT TIME 50 BRS OVER BEST 3 50 FS EVENTS</p>	<p>9</p> <p>200 FS 50 BRS 50 FS 25 BK 25 FS Relay</p>	<p>14</p> <p>200 FS 100 BRS 25 BK 25 FS Relay</p>	<p>11</p> <p>200 FS 50 BRS/FS 50 BK/FS 25 BRS</p>
<p>15</p> <p><b>ENDUR</b> 300 FS or 200 Form 50 BK/FS 50 FS 25 BRS 25 FS</p>	<p>18</p> <p><b>ENDUR</b> 300 FS or 200 Form 50 BRS/FS 50 FS 25 BK 25 FS</p>	<p>19</p> <p><b>ENDUR</b> 300 FS or 200 Form 50 FS 50 BK/FS 25 BRS 25 FS</p>	<p>16</p> <p>100 FS 50 BRS/FS 25 BK <b>EASTER DRINKS</b></p>	<p>21</p> <p><b>ENDUR</b> 300 FS or 200 Form 50 BRS 50 BK/FS 25 FS 25 BK</p>	<p>18</p> <p><b>ENDUR</b> <b>MEMORIAL TROPHY</b> 300 FS 50 BK 50 BRS 25 FS</p>
<p>22</p> <p>400 FS 25 FLY 25 BK 25 FS</p>	<p>26</p> <p>400 FS 50 BK 25 BRS 25 FS</p>	<p>26</p> <p>400 FS 50 BRS/FS 25 FLY 25 FS</p>	<p>23</p> <p>400 FS 50 BK 25 BRS 25 FS</p>	<p>28</p> <p>400 FS 50 BRS 25 BK 25 FS</p>	<p>25</p> <p>400 FS 25 BRS 25 FLY 25 FS</p>
<p>29</p> <p><b>SPRINT</b> 50 FS 50 BK 50 BRS 25 BRS 25 FS 25 BK</p>	<p>1st = 4 points 2nd = 3 points 3rd = 2 points 4th &amp; 5th = 1 point Break forward = 3 points Poolside help = 4 points</p>	<p>300 &amp; 400 m Events 4 sec break  <b>Trophy Race</b></p>	<p>30</p> <p><b>SPRINT</b> 50 FS 50 BRS 50 BK 25 BRS 25 FS 25 BK</p>	<p>If you want to do a 50 Form then YOU MUST advise the handicapper when lodging your entry</p>	<p>200 Form - your choice of 200 BK or 200 BRS or 200 FLY or 200 IM <b>ADVISE HANDICAPPER</b></p>

