



YASC 2023-2024 Friday Night Program

Each night there are 5 strokes offered. Choose up to 4 different strokes.

NSW & SISA Carnivals

Week	Date	Freestyle					IM				Breaststroke				Butterfly				Backstroke				
		A	B	C	D	Beg	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	
1	Friday, 20 October 2023	50	50	50	25	12	200	200	100	100	50	50	50	25	100	50	50	25	50	50	50	25	
2	Friday, 27 October 2023	100	50	50	25	12	200	200	100	100	100	50	50	50	25	50	50	50	25	50	50	50	25
3	Friday, 3 November 2023	100	100	50	25	12	200	200	100	100	50	50	50	25	50	50	50	25	100	50	50	25	
4	Friday, 10 November 2023	Night off																					
5	Friday, 17 November 2023	200	200	50	25	12	200	200	100	100	100	50	50	50	25	50	50	50	25	100	50	50	25
6	Friday, 24 November 2023	50	50	50	25	12	200	200	200	100	100	50	50	50	25	100	100	50	25	50	50	50	25
7	Friday, 1 December 2023	100	100	50	25	12	200	200	100	100	100	50	100	50	25	100	50	50	25	50	50	50	25
8	Friday, 8 December 2023	Night off																					
9	Friday, 15 December 2023	200	100	50	25	12	200	200	100	100	100	50	50	50	25	50	50	50	25	50	50	50	25
10	Friday, 12 January 2024	400	200	50	25	12	200	200	100	100	100	50	50	50	25	50	50	50	25	100	50	50	25
11	Friday, 19 January 2024	50	50	50	25	12	200	200	200	100	100	50	50	50	25	100	50	50	25	100	100	50	25
12	Friday, 26 January 2024	Australia Day																					
13	Friday, 2 February 2024	100	100	50	25	12	200	200	100	100	100	50	50	50	25	100	100	50	25	50	50	50	25
14	Friday, 9 February 2024 Club Championships	8 yr and under; 25 Back, 25 Breast				12	9 yr; 50 Back, 50 Breast				10 yr; 50 Back, 50 Breast				11 yr; 50 Back, 100 Fly, 50 Breast				12yr and over; 400 Free, 50 Back, 100 Fly, 50 Breast				
15	Friday, 16 February 2024	200	100	50	25	12	200	200	100	100	100	50	100	50	25	50	50	50	25	50	50	50	25
16	Friday, 23 February 2024 Club Championships	8yr and under; 25 Fly, 25 Free				12	9yr; 50 Fly, 50 Free				10 yr; 50 Fly, 50 Free				11yr; 100 Back, 100 Breast, 50 Free				12 yr; 100 Back, 100 Breast, 50 Free				
17	Friday, 1 March 2024	400	200	50	25	12	200	200	100	100	100	50	50	50	25	50	50	50	25	100	100	50	25
18	Friday, 8 March 2024 Club Championships	8yr and under; 100 IM				12	9yr; 100 IM				10 yr; 200 IM, 100 Free				11yr; 200 IM, 50 Fly, 100 Free				12 yr and over; 200 IM, 50 Fly, 100 Free				
19	Friday, 15 March 2024	Reserved in case of Championship washout																					

Wagga - 4/11/23

SISA SWZ Young - 26/11/23
SISA SWZ Cootamundra - 3/12/23

SISA SWZ Junee - 17/12/23

Country Regionals - 20-21/1/24

SISA Champs & Speedo Finals Temora - 3-4/2/24
SISA SWZ W/Wyalong - 11/2/24

NSW Country Champs 16-18/2/24
SISA SWZ Yass - 25/2/24

Speedo Finals - 2/3/24

Friday Club Night Grade Times

Stroke	A Grade	B Grade	C Grade	D Grade
Freestyle	< 36.00 (50m) < 1:22.00 (100m)	< 51.00 (50m) < 1:52.00 (100m)	> 51.01 (50m)	> 30.99 (25m)
Backstroke				
Breaststroke	< 48.00 (50m)	< 1:03.80 (50m)		
Butterfly	< 1:47.00 (100m)	< 2:17.40 (100m)	> 1:03.81 (50m)	> 34.99 (25m)
Individual Medley	< 3:40.00 (200m)	< 4:15.00 (200m)	> 1:55.01 (100m)	> 2:15.01 (100m)