



NWPI Summer 2024_2025

Round 1 - Week starting Sun 13 Oct 2024

Lambton Pool

Grade	Day	Time	Pool	White Cap	Blue Cap
Central Womens A have a BYE.					
Lake Macquarie Womens A have a BYE.					
NUWP Womens A have a BYE.					
Bar In Mens A Men's A have a BYE.					
Central Mens A have a BYE.					
Easts Mens A have a BYE.					
Lake Macquarie Mens A have a BYE.					
NUWP Mens A have a BYE.					
Womens B	Sat 19 Oct 2024	15:30		Central Blue	Easts
Mens B	Sat 19 Oct 2024	16:15		Central Blue	Easts
Womens C	Sat 19 Oct 2024	12:30		Central Grey	Central Orange
Womens C	Sat 19 Oct 2024	13:15		Central White	Easts Yellow
Womens C	Sat 19 Oct 2024	14:00		Central Blue	Easts Blue
Mens C	Sat 19 Oct 2024	14:45		Central	Easts

u17 Boys	Sat 19 Oct 2024	11:00	Central Blue	East
u17 Girls	Sat 19 Oct 2024	11:45	Central Blue	East

Round 1 - Week starting Sun 13 Oct 2024

Charlestown Swim Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
u12 Mixed	Sat 19 Oct 2024	10:15		East Yellow	Central Orange
u12 Mixed	Sat 19 Oct 2024	10:50		East Blue	Central Blue
u14 Girls	Sat 19 Oct 2024	11:25		East	Central Blue
u14 Boys	Sat 19 Oct 2024	12:05		East	Central Blue

Round 1 - Week starting Sun 13 Oct 2024

Lakeside Leisure Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 19 Oct 2024	13:25		Bar In	Central Orange
Mens B	Sat 19 Oct 2024	14:10		Bar In	Central Orange
u12 Mixed	Sat 19 Oct 2024	10:00		Bar In	Central White
u14 Girls	Sat 19 Oct 2024	10:35		Bar In	Central Orange
u14 Boys	Sat 19 Oct 2024	11:15		Bar In	Central Orange
u17 Boys	Sat 19 Oct 2024	12:40		Bar In	Central Orange
u17 Girls	Sat 19 Oct 2024	11:55		Bar In	Central White

Round 1 - Week starting Sun 13 Oct 2024

Swansea Swim Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 19 Oct 2024	13:05		Lake Macquarie	NUWP
Mens B	Sat 19 Oct 2024	13:50		Lake Macquarie	NUWP
Womens C	Sat 19 Oct 2024	10:50		Lake Macquarie Sky	Lake Macquarie Navy
Womens C	Sat 19 Oct 2024	12:20		Bar In	NUWP
Mens C	Sat 19 Oct 2024	11:35		Lake Macquarie	Bar In
u12 Mixed	Sat 19 Oct 2024	09:30		Lake Macquarie Navy	Lake Macquarie Sky
Lake Macquarie u14 Girls have a BYE.					
Lake Macquarie u14 Boys have a BYE.					
Lake Macquarie u17 Boys have a BYE.					
Central u17 Girls Orange have a BYE.					
u17 Girls	Sat 19 Oct 2024	10:05		Lake Macquarie	Central Grey

Round 2 · Week starting Sun 20 Oct 2024

Lambton Pool

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens A	Tue 22 Oct 2024	19:30		Central	NUWP
Womens A	Tue 22 Oct 2024	20:15		Lake Macquarie	Central
Easts Mens A have a BYE.					
Mens A	Tue 22 Oct 2024	18:00		Central	NUWP
Mens A	Tue 22 Oct 2024	18:45		Bar In Men's A	Lake Macquarie
Womens B	Sat 26 Oct 2024	13:50		Central Orange	NUWP
Mens B	Sat 26 Oct 2024	14:35		Central Orange	NUWP
Womens C	Sat 26 Oct 2024	12:20		Central White	Central Grey

Womens C	Sat 26 Oct 2024	13:05	Central Orange	Lake Macquarie Navy
Womens C	Sat 26 Oct 2024	15:20	East's Yellow	NUWP
Womens C	Sat 26 Oct 2024	16:05	East's Blue	Bar In
Mens C	Sat 26 Oct 2024	16:50	East's	Bar In
u12 Mixed	Sat 26 Oct 2024	11:00	Central Orange	Lake Macquarie Navy
Central u14 Girls Orange have a BYE.				
Central u14 Boys Orange have a BYE.				
Central u17 Boys Orange have a BYE.				
Central u17 Girls White have a BYE.				
u17 Girls	Sat 26 Oct 2024	11:35	Central Orange	Central Grey

Round 2 - Week starting Sun 20 Oct 2024

Lakeside Leisure Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 26 Oct 2024	14:00		Bar In	East's
Mens B	Sat 26 Oct 2024	14:45		Bar In	East's
u12 Mixed	Sat 26 Oct 2024	10:00		Bar In	East's Blue
u12 Mixed	Sat 26 Oct 2024	10:35		Central White	East's Yellow
u14 Girls	Sat 26 Oct 2024	11:10		Bar In	East's
u14 Boys	Sat 26 Oct 2024	11:50		Bar In	East's
u17 Boys	Sat 26 Oct 2024	13:15		Bar In	East's
u17 Girls	Sat 26 Oct 2024	12:30		Bar In	East's

Round 2 - Week starting Sun 20 Oct 2024

Swansea Swim Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 26 Oct 2024	14:25		Lake Macquarie	Central Blue
Mens B	Sat 26 Oct 2024	15:10		Lake Macquarie	Central Blue
Womens C	Sat 26 Oct 2024	12:55		Lake Macquarie Sky	Central Blue
Mens C	Sat 26 Oct 2024	13:40		Lake Macquarie	Central
u12 Mixed	Sat 26 Oct 2024	09:30		Lake Macquarie Sky	Central Blue
u14 Girls	Sat 26 Oct 2024	10:05		Lake Macquarie	Central Blue
u14 Boys	Sat 26 Oct 2024	10:45		Lake Macquarie	Central Blue
u17 Boys	Sat 26 Oct 2024	12:10		Lake Macquarie	Central Blue
u17 Girls	Sat 26 Oct 2024	11:25		Lake Macquarie	Central Blue

Round 3 - Week starting Sun 27 Oct 2024

Lambton Pool						
Grade	Day	Time	Pool	White Cap	Blue Cap	
Womens A	Tue 29 Oct 2024	18:00		NUWP	Central	
Womens A	Tue 29 Oct 2024	18:45		NUWP	Lake Macquarie	
NUWP Mens A have a BYE.						
Mens A	Tue 29 Oct 2024	19:30		Lake Macquarie	Central	
Mens A	Tue 29 Oct 2024	20:15		Easts	Bar In Men's A	
Womens B	Sat 02 Nov 2024	16:40		Central Orange	Central Blue	
Mens B	Sat 02 Nov 2024	17:25		Central Orange	Central Blue	
Womens C	Sat 02 Nov 2024	14:25		Central Orange	Central Blue	
Womens C	Sat 02 Nov 2024	15:55		Central Grey	Easts Blue	
Mens C	Sat 02 Nov 2024	15:10		Central	Easts	
u12 Mixed	Sat 02 Nov 2024	11:00		Central Orange	Central White	
u14 Girls	Sat 02 Nov 2024	11:35		Central Orange	Central Blue	
u14 Boys	Sat 02 Nov 2024	12:15		Central Orange	Central Blue	
u17 Boys	Sat 02 Nov 2024	13:40		Central Orange	Central Blue	
u17 Girls	Sat 02 Nov 2024	12:55		Central Orange	Central Blue	

Round 3 - Week starting Sun 27 Oct 2024

Charlestown Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
u12 Mixed	Sat 02 Nov 2024	10:15		East's Yellow	Central Blue
u12 Mixed	Sat 02 Nov 2024	10:50		East's Blue	Lake Macquarie Sky
u14 Girls	Sat 02 Nov 2024	11:25		East's	Lake Macquarie
u14 Boys	Sat 02 Nov 2024	12:05		East's	Lake Macquarie

Round 3 - Week starting Sun 27 Oct 2024

Lakeside Leisure Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 02 Nov 2024	12:50		Bar In	NUWP
Mens B	Sat 02 Nov 2024	13:35		Bar In	NUWP
Womens C	Sat 02 Nov 2024	11:20		Bar In	East's Yellow
Womens C	Sat 02 Nov 2024	12:05		Lake Macquarie Navy	NUWP
Mens C	Sat 02 Nov 2024	10:35		Bar In	Lake Macquarie
u12 Mixed	Sat 02 Nov 2024	10:00		Bar In	Lake Macquarie Navy

Bar In u14 Girls have a BYE.

Bar In u14 Boys have a BYE.

Bar In u17 Boys have a BYE.

Bar In u17 Girls have a BYE.

Round 3 - Week starting Sun 27 Oct 2024

Swansea Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 02 Nov 2024	12:30		Lake Macquarie	Easts
Mens B	Sat 02 Nov 2024	13:15		Lake Macquarie	Easts
Womens C	Sat 02 Nov 2024	11:45		Lake Macquarie Sky	Central White
u17 Boys	Sat 02 Nov 2024	11:00		Lake Macquarie	Easts
u17 Girls	Sat 02 Nov 2024	09:30		Lake Macquarie	Central White
u17 Girls	Sat 02 Nov 2024	10:15		Easts	Central Grey

Round 4 · Week starting Sun 03 Nov 2024

Lambton Pool

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens A	Tue 05 Nov 2024	19:30		Central	Lake Macquarie
Womens A	Tue 05 Nov 2024	20:15		Lake Macquarie	NUWP
Central Mens A have a BYE.					
Mens A	Tue 05 Nov 2024	18:00		NUWP	Bar In Men's A
Mens A	Tue 05 Nov 2024	18:45		Lake Macquarie	Easts
Womens B	Sat 09 Nov 2024	14:25		Central Blue	NUWP
Womens B	Sat 09 Nov 2024	16:40		Central Orange	Easts

Mens B	Sat 09 Nov 2024	15:10	Central Blue	NUWP
Mens B	Sat 09 Nov 2024	17:25	Central Orange	Easts
Womens C	Sat 09 Nov 2024	12:10	Central Orange	Central White
Womens C	Sat 09 Nov 2024	12:55	NUWP	Lake Macquarie Sky
Womens C	Sat 09 Nov 2024	15:55	Central Blue	Easts Yellow
Mens C	Sat 09 Nov 2024	13:40	Central	Lake Macquarie
u12 Mixed	Sat 09 Nov 2024	11:00	Central Orange	Central Blue
u12 Mixed	Sat 09 Nov 2024	11:35	Lake Macquarie Sky	Central White

Round 4 - Week starting Sun 03 Nov 2024

Swansea Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 09 Nov 2024	12:55		Lake Macquarie	Bar In
Mens B	Sat 09 Nov 2024	13:40		Lake Macquarie	Bar In
Womens C	Sat 09 Nov 2024	10:40		Central Grey	Bar In
Womens C	Sat 09 Nov 2024	12:10		Lake Macquarie Navy	Easts Blue
Mens C	Sat 09 Nov 2024	11:25		Easts	Bar In
u12 Mixed	Sat 09 Nov 2024	09:30		Lake Macquarie Navy	Easts Blue
u12 Mixed	Sat 09 Nov 2024	10:05		Easts Yellow	Bar In

Round 5 - Week starting Sun 10 Nov 2024

Lambton Pool					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens A	Tue 12 Nov 2024	18:00		Central	NUWP
Womens A	Tue 12 Nov 2024	18:45		Lake Macquarie	Central
Bar In Mens A Men's A have a BYE.					
Mens A	Tue 12 Nov 2024	19:30		Easts	Central
Mens A	Tue 12 Nov 2024	20:15		NUWP	Lake Macquarie

Round 5 - Week starting Sun 10 Nov 2024

Charlestown Swim Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
u12 Mixed	Sat 16 Nov 2024	10:15		Easts Blue	Easts Yellow

Round 5 - Week starting Sun 10 Nov 2024

Lakeside Leisure Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 16 Nov 2024	12:05		Bar In	Central Blue
Womens B	Sat 16 Nov 2024	14:20		NUWP	Easts
Mens B	Sat 16 Nov 2024	12:50		Bar In	Central Blue

Mens B	Sat 16 Nov 2024	15:05	NUWP	East
Womens C	Sat 16 Nov 2024	10:35	Bar In	Central Blue
Womens C	Sat 16 Nov 2024	13:35	NUWP	Central Grey
Mens C	Sat 16 Nov 2024	11:20	Bar In	Central
u12 Mixed	Sat 16 Nov 2024	10:00	Bar In	Central Blue

Round 5 - Week starting Sun 10 Nov 2024

Swansea Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 16 Nov 2024	12:10		Lake Macquarie	Central Orange
Mens B	Sat 16 Nov 2024	12:55		Lake Macquarie	Central Orange
Womens C	Sat 16 Nov 2024	10:40		Lake Macquarie Sky	Central Orange
Womens C	Sat 16 Nov 2024	11:25		Lake Macquarie Navy	Central White
Womens C	Sat 16 Nov 2024	13:40		East Blue	East Yellow
Mens C	Sat 16 Nov 2024	14:25		Lake Macquarie	East
u12 Mixed	Sat 16 Nov 2024	09:30		Lake Macquarie Sky	Central Orange
u12 Mixed	Sat 16 Nov 2024	10:05		Lake Macquarie Navy	Central White

Round 6 - Week starting Sun 17 Nov 2024

Lambton Pool						
Grade	Day	Time	Pool	White Cap	Blue Cap	
Womens A	Tue 19 Nov 2024	19:30		NUWP	Central	
Womens A	Tue 19 Nov 2024	20:15		NUWP	Lake Macquarie	
Lake Macquarie Mens A have a BYE.						
Mens A	Tue 19 Nov 2024	18:00		Central	Bar In Men's A	
Mens A	Tue 19 Nov 2024	18:45		Easts	NUWP	
Womens C	Sat 23 Nov 2024	13:15		Central Grey	Easts Yellow	
Womens C	Sat 23 Nov 2024	14:00		Central White	Central Blue	
u17 Boys	Sat 23 Nov 2024	12:30		Central Blue	Easts	
Central u17 Girls Grey have a BYE.						
u17 Girls	Sat 23 Nov 2024	11:00		Central White	Central Blue	
u17 Girls	Sat 23 Nov 2024	11:45		Central Orange	Easts	

Round 6 - Week starting Sun 17 Nov 2024

Charlestown Swim Centre						
Grade	Day	Time	Pool	White Cap	Blue Cap	
u12 Mixed	Sat 23 Nov 2024	10:15		Easts Blue	Central Orange	
u12 Mixed	Sat 23 Nov 2024	10:50		Easts Yellow	Lake Macquarie Navy	
u14 Girls	Sat 23 Nov 2024	11:25		Easts	Central Blue	

u14 Boys	Sat 23 Nov 2024	12:05		East	Central Blue
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Round 6 · Week starting Sun 17 Nov 2024

Lakeside Leisure Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 23 Nov 2024	12:50		Bar In	Central Orange
Womens B	Sat 23 Nov 2024	14:20		East	Central Blue
Mens B	Sat 23 Nov 2024	13:35		Bar In	Central Orange
Mens B	Sat 23 Nov 2024	15:05		East	Central Blue
Mens C	Sat 23 Nov 2024	12:05		Bar In	Central
u14 Girls	Sat 23 Nov 2024	10:00		Bar In	Central Orange
u14 Boys	Sat 23 Nov 2024	10:40		Bar In	Central Orange
u17 Boys	Sat 23 Nov 2024	11:20		Bar In	Central Orange

Round 6 · Week starting Sun 17 Nov 2024

Swansea Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 23 Nov 2024	14:25		Lake Macquarie	NUWP
Mens B	Sat 23 Nov 2024	15:10		Lake Macquarie	NUWP
Womens C	Sat 23 Nov 2024	10:40		Lake Macquarie Sky	East Blue
Womens C	Sat 23 Nov 2024	12:55		Lake Macquarie Navy	Bar In
Womens C	Sat 23 Nov 2024	13:40		NUWP	Central Orange

Mens C	Sat 23 Nov 2024	12:10		Lake Macquarie	Easts
u12 Mixed	Sat 23 Nov 2024	09:30		Lake Macquarie Sky	Bar In
u12 Mixed	Sat 23 Nov 2024	10:05		Central White	Central Blue
Lake Macquarie u14 Girls have a BYE.					
Lake Macquarie u14 Boys have a BYE.					
Lake Macquarie u17 Boys have a BYE.					
u17 Girls	Sat 23 Nov 2024	11:25	Pool	Lake Macquarie	Bar In

Round 7 - Week starting Sun 24 Nov 2024

Lambton Pool						
Grade	Day	Time	Pool	White Cap	Blue Cap	
Womens A	Tue 26 Nov 2024	18:00		Central	Lake Macquarie	
Womens A	Tue 26 Nov 2024	18:45		Lake Macquarie	NUWP	
Easts Mens A have a BYE.						
Mens A	Tue 26 Nov 2024	19:30		NUWP	Central	
Mens A	Tue 26 Nov 2024	20:15		Lake Macquarie	Bar In Men's A	
Womens B	Sat 30 Nov 2024	16:50		Central Orange	Easts	
Mens B	Sat 30 Nov 2024	17:35		Central Orange	Easts	
Womens C	Sat 30 Nov 2024	13:50		Central Orange	Central Grey	
Womens C	Sat 30 Nov 2024	14:35		Central Blue	Easts Blue	
Womens C	Sat 30 Nov 2024	15:20		Central White	Easts Yellow	
Mens C	Sat 30 Nov 2024	16:05		Central	Easts	
u12 Mixed	Sat 30 Nov 2024	11:00		Central White	Lake Macquarie Navy	
Central u14 Girls Blue have a BYE.						
Central u14 Boys Blue have a BYE.						
Central u17 Boys Blue have a BYE.						
u17 Boys	Sat 30 Nov 2024	13:05		Central Orange	Easts	
u17 Girls	Sat 30 Nov 2024	11:35		Central White	Central Grey	
u17 Girls	Sat 30 Nov 2024	12:20		Central Orange	Lake Macquarie	

Round 7 - Week starting Sun 24 Nov 2024

Charlestown Swim Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
u12 Mixed	Sat 30 Nov 2024	10:15		East's Yellow	East's Blue
u12 Mixed	Sat 30 Nov 2024	10:50		Central Orange	Lake Macquarie Sky
u14 Girls	Sat 30 Nov 2024	11:25		East's	Central Orange
u14 Boys	Sat 30 Nov 2024	12:05		East's	Central Orange
East's u17 Girls have a BYE.					

Round 7 - Week starting Sun 24 Nov 2024

Lakeside Leisure Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 30 Nov 2024	14:10		Bar In	Lake Macquarie
Mens B	Sat 30 Nov 2024	14:55		Bar In	Lake Macquarie
Mens C	Sat 30 Nov 2024	13:25		Bar In	Lake Macquarie
u12 Mixed	Sat 30 Nov 2024	10:00		Bar In	Central Blue
u14 Girls	Sat 30 Nov 2024	10:35		Bar In	Lake Macquarie
u14 Boys	Sat 30 Nov 2024	11:15		Bar In	Lake Macquarie
u17 Boys	Sat 30 Nov 2024	12:40		Bar In	Lake Macquarie
u17 Girls	Sat 30 Nov 2024	11:55	Pool	Bar In	Central Blue

Round 7 - Week starting Sun 24 Nov 2024

Swansea Swim Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 30 Nov 2024	13:30		NUWP	Central Blue
Mens B	Sat 30 Nov 2024	14:15		NUWP	Central Blue
Womens C	Sat 30 Nov 2024	12:00		Lake Macquarie Sky	Lake Macquarie Navy
Womens C	Sat 30 Nov 2024	12:45		NUWP	Bar In

Round 8 · Week starting Sun 01 Dec 2024

Lambton Pool

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens A	Tue 03 Dec 2024	19:30		Central	NUWP

Womens A	Tue 03 Dec 2024	20:15	Lake Macquarie	Central
NUWP Mens A have a BYE.				
Mens A	Tue 03 Dec 2024	18:00	Bar In Men's A	Easts
Mens A	Tue 03 Dec 2024	18:45	Central	Lake Macquarie
Womens B	Sat 07 Dec 2024	15:00	Central Orange	Lake Macquarie
Womens B	Sat 07 Dec 2024	17:15	Easts	NUWP
Mens B	Sat 07 Dec 2024	15:45	Central Orange	Lake Macquarie
Mens B	Sat 07 Dec 2024	18:00	Easts	NUWP
Womens C	Sat 07 Dec 2024	13:30	Central White	Easts Blue
Womens C	Sat 07 Dec 2024	16:30	Central Blue	NUWP
u12 Mixed	Sat 07 Dec 2024	11:00	Central Orange	Easts Yellow
u12 Mixed	Sat 07 Dec 2024	11:35	Central Blue	Easts Blue
u12 Mixed	Sat 07 Dec 2024	12:10	Central White	Bar In
Central u17 Girls Orange have a BYE.				
u17 Girls	Sat 07 Dec 2024	12:45	Central Blue	Easts
u17 Girls	Sat 07 Dec 2024	14:15	Central Grey	Lake Macquarie

Round 8 - Week starting Sun 01 Dec 2024

Charlestown Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Easts u14 Girls have a BYE.					
Easts u14 Boys have a BYE.					
Easts u17 Boys have a BYE.					

Round 8 - Week starting Sun 01 Dec 2024

Lakeside Leisure Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 07 Dec 2024	14:20		Bar In	Central Blue
Mens B	Sat 07 Dec 2024	15:05		Bar In	Central Blue
Womens C	Sat 07 Dec 2024	12:50		Bar In	Central Orange
Mens C	Sat 07 Dec 2024	13:35		Bar In	East's
u14 Girls	Sat 07 Dec 2024	10:00		Bar In	Central Blue
u14 Boys	Sat 07 Dec 2024	10:40		Bar In	Central Blue
u17 Boys	Sat 07 Dec 2024	12:05		Bar In	Central Blue
u17 Girls	Sat 07 Dec 2024	11:20	Pool	Bar In	Central White

Round 8 - Week starting Sun 01 Dec 2024

Swansea Swim Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens C	Sat 07 Dec 2024	12:10		Lake Macquarie Sky	East's Yellow
Womens C	Sat 07 Dec 2024	12:55		Lake Macquarie Navy	Central Grey
Mens C	Sat 07 Dec 2024	13:40		Lake Macquarie	Central
u12 Mixed	Sat 07 Dec 2024	09:30		Lake Macquarie Sky	Lake Macquarie Navy
u14 Girls	Sat 07 Dec 2024	10:05		Lake Macquarie	Central Orange
u14 Boys	Sat 07 Dec 2024	10:45		Lake Macquarie	Central Orange

u17 Boys	Sat 07 Dec 2024	11:25	Lake Macquarie	Central Orange
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Round 9 - Week starting Sun 08 Dec 2024

Lambton Pool

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens A	Tue 10 Dec 2024	18:00		NUWP	Central
Womens A	Tue 10 Dec 2024	18:45		NUWP	Lake Macquarie
Central Mens A have a BYE.					
Mens A	Tue 10 Dec 2024	19:30		Easts	Lake Macquarie
Mens A	Tue 10 Dec 2024	20:15		Bar In Men's A	NUWP

Womens B	Sat 14 Dec 2024	16:40	Central Blue	Central Orange
Mens B	Sat 14 Dec 2024	17:25	Central Blue	Central Orange
Womens C	Sat 14 Dec 2024	12:55	Central Grey	Lake Macquarie Sky
Womens C	Sat 14 Dec 2024	13:40	Central Blue	Lake Macquarie Navy
Womens C	Sat 14 Dec 2024	14:25	Central Orange	East's Yellow
Womens C	Sat 14 Dec 2024	15:10	Central White	Bar In
Mens C	Sat 14 Dec 2024	15:55	Central	Bar In
u12 Mixed	Sat 14 Dec 2024	11:00	Central Blue	Lake Macquarie Sky
u14 Girls	Sat 14 Dec 2024	11:35	Central Blue	Central Orange
u14 Boys	Sat 14 Dec 2024	12:15	Central Blue	Central Orange

Round 9 - Week starting Sun 08 Dec 2024

Charlestown Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
u12 Mixed	Sat 14 Dec 2024	10:15		East's Blue	Bar In
u12 Mixed	Sat 14 Dec 2024	10:50		East's Yellow	Central White
u14 Girls	Sat 14 Dec 2024	12:05		East's	Lake Macquarie
u14 Boys	Sat 14 Dec 2024	11:25		East's	Lake Macquarie

Round 9 - Week starting Sun 08 Dec 2024

Lakeside Leisure Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
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Bar In u14 Girls have a BYE.

Bar In u14 Boys have a BYE.

Round 9 · Week starting Sun 08 Dec 2024

Swansea Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 14 Dec 2024	11:35		NUWP	Bar In
Womens B	Sat 14 Dec 2024	13:05		Lake Macquarie	Easts
Mens B	Sat 14 Dec 2024	12:20		NUWP	Bar In
Mens B	Sat 14 Dec 2024	13:50		Lake Macquarie	Easts
Womens C	Sat 14 Dec 2024	10:50		NUWP	Easts Blue
Mens C	Sat 14 Dec 2024	10:05		Lake Macquarie	Easts
u12 Mixed	Sat 14 Dec 2024	09:30		Lake Macquarie Navy	Central Orange

Round 10 - Week starting Sun 12 Jan 2025

Lambton Pool

Grade	Day	Time	Pool	White Cap	Blue Cap
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Central Womens A have a BYE.

Lake Macquarie Womens A have a BYE.

NUWP Womens A have a BYE.

Bar In Mens A Men's A have a BYE.

Central Mens A have a BYE.

East's Mens A have a BYE.

Lake Macquarie Mens A have a BYE.

NUWP Mens A have a BYE.

Womens C	Sat 18 Jan 2025	12:15	Central Grey	Central White
Womens C	Sat 18 Jan 2025	13:00	Central Blue	Lake Macquarie Sky
Womens C	Sat 18 Jan 2025	13:45	Central Orange	Lake Macquarie Navy
Womens C	Sat 18 Jan 2025	14:30	East's Blue	Bar In
Womens C	Sat 18 Jan 2025	15:15	East's Yellow	NUWP

Central u17 Boys Blue have a BYE.

u17 Boys	Sat 18 Jan 2025	10:45	Central Orange	East's
u17 Boys	Sat 18 Jan 2025	11:30	Lake Macquarie	Bar In

Round 11 - Week starting Sun 26 Jan 2025

Lambton Pool

Grade	Day	Time	Pool	White Cap	Blue Cap
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NUWP Womens A have a BYE.

Lake Macquarie Womens A have a BYE.

Central Womens A have a BYE.

NUWP Mens A have a BYE.

East's Mens A have a BYE.

Central Mens A have a BYE.

Bar In Mens A Men's A have a BYE.

Lake Macquarie Mens A have a BYE.

Womens C	Sat 01 Feb 2025	12:30	Central Blue	Central Grey
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Womens C	Sat 01 Feb 2025	13:15	Central Orange	East's Blue
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Mens C	Sat 01 Feb 2025	14:00	Central	East's
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Central u14 Girls Blue have a BYE.

Central u14 Boys Blue have a BYE.

Central u17 Boys Orange have a BYE.

u17 Girls	Sat 01 Feb 2025	11:00	Central White	East's
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u17 Girls	Sat 01 Feb 2025	11:45	Central Blue	Central Grey
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Round 11 - Week starting Sun 26 Jan 2025

Charlestown Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
u12 Mixed	Sat 01 Feb 2025	10:15		East's Blue	Central White
u12 Mixed	Sat 01 Feb 2025	10:50		East's Yellow	Lake Macquarie Sky
u14 Girls	Sat 01 Feb 2025	11:25	Pool	East's	Central Orange
u14 Boys	Sat 01 Feb 2025	12:05		East's	Central Orange

Round 11 - Week starting Sun 26 Jan 2025

Lakeside Leisure Centre						
Grade	Day	Time	Pool	White Cap	Blue Cap	
Womens B	Sat 01 Feb 2025	12:05		Bar In		East
Womens B	Sat 01 Feb 2025	14:20		NUWP		Central Orange
Mens B	Sat 01 Feb 2025	12:50		Bar In		East
Mens B	Sat 01 Feb 2025	15:05		NUWP		Central Orange
Womens C	Sat 01 Feb 2025	13:35		NUWP		Central White
u12 Mixed	Sat 01 Feb 2025	10:00		Bar In		Central Orange
u17 Boys	Sat 01 Feb 2025	11:20		Bar In		East
u17 Girls	Sat 01 Feb 2025	10:35		Bar In		Central Orange

Round 11 - Week starting Sun 26 Jan 2025

Swansea Swim Centre						
Grade	Day	Time	Pool	White Cap	Blue Cap	
Womens B	Sat 01 Feb 2025	14:25		Lake Macquarie		Central Blue
Mens B	Sat 01 Feb 2025	15:10		Lake Macquarie		Central Blue
Womens C	Sat 01 Feb 2025	12:10		Lake Macquarie Sky		Bar In
Womens C	Sat 01 Feb 2025	13:40		Lake Macquarie Navy		East Yellow
Mens C	Sat 01 Feb 2025	12:55		Lake Macquarie		Bar In
u12 Mixed	Sat 01 Feb 2025	09:30		Lake Macquarie Navy		Central Blue

u14 Girls	Sat 01 Feb 2025	10:05	Pool	Lake Macquarie	Bar In
u14 Boys	Sat 01 Feb 2025	10:45		Lake Macquarie	Bar In
u17 Boys	Sat 01 Feb 2025	11:25		Lake Macquarie	Central Blue
Lake Macquarie u17 Girls have a BYE.					

Round 12 - Week starting Sun 02 Feb 2025

Lambton Pool					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens A	Tue 04 Feb 2025	19:30		Central	Lake Macquarie
Womens A	Tue 04 Feb 2025	20:15		Lake Macquarie	NUWP
Bar In Mens A Men's A have a BYE.					
Mens A	Tue 04 Feb 2025	18:00		Central	Easts
Mens A	Tue 04 Feb 2025	18:45		Lake Macquarie	NUWP
Womens B	Sat 08 Feb 2025	13:05		Central Blue	Easts

Mens B	Sat 08 Feb 2025	13:50	Central Blue	East
u12 Mixed	Sat 08 Feb 2025	11:00	Central Blue	Central Orange
u17 Boys	Sat 08 Feb 2025	12:20	Central Blue	East
u17 Girls	Sat 08 Feb 2025	11:35	Central Grey	East

Round 12 - Week starting Sun 02 Feb 2025

Charlestown Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
u12 Mixed	Sat 08 Feb 2025	10:15	Pool	East Yellow	Bar In
u12 Mixed	Sat 08 Feb 2025	10:50	Pool	East Blue	Lake Macquarie Navy
u14 Girls	Sat 08 Feb 2025	11:25		East	Central Blue
u14 Boys	Sat 08 Feb 2025	12:05		East	Central Blue

Round 12 - Week starting Sun 02 Feb 2025

Lakeside Leisure Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 08 Feb 2025	14:20		Bar In	Central Orange
Mens B	Sat 08 Feb 2025	15:05		Bar In	Central Orange
Womens C	Sat 08 Feb 2025	12:50		Bar In	Central Blue
Mens C	Sat 08 Feb 2025	13:35		Bar In	East
u14 Girls	Sat 08 Feb 2025	10:00		Bar In	Central Orange
u14 Boys	Sat 08 Feb 2025	10:40		Bar In	Central Orange

u17 Boys	Sat 08 Feb 2025	12:05		Bar In	Central Orange
Bar In u17 Girls have a BYE.					
u17 Girls	Sat 08 Feb 2025	11:20	Pool	Central Blue	Central Orange

Round 12 - Week starting Sun 02 Feb 2025

Swansea Swim Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 08 Feb 2025	14:35		Lake Macquarie	NUWP
Mens B	Sat 08 Feb 2025	15:20		Lake Macquarie	NUWP
Womens C	Sat 08 Feb 2025	10:05		Easts Yellow	Easts Blue
Womens C	Sat 08 Feb 2025	11:35		Lake Macquarie Sky	Central Orange
Womens C	Sat 08 Feb 2025	12:20		Lake Macquarie Navy	Central White
Womens C	Sat 08 Feb 2025	13:05		NUWP	Central Grey
Mens C	Sat 08 Feb 2025	13:50		Lake Macquarie	Central
u12 Mixed	Sat 08 Feb 2025	09:30	Pool	Lake Macquarie Sky	Central White
Lake Macquarie u14 Girls have a BYE.					
Lake Macquarie u14 Boys have a BYE.					
Lake Macquarie u17 Boys have a BYE.					
u17 Girls	Sat 08 Feb 2025	10:50	Pool	Lake Macquarie	Central White

Round 13 - Week starting Sun 09 Feb 2025

Lambton Pool					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens A	Tue 11 Feb 2025	18:00		Central	NUWP
Womens A	Tue 11 Feb 2025	18:45		Lake Macquarie	Central
Lake Macquarie Mens A have a BYE.					
Mens A	Tue 11 Feb 2025	19:30		Bar In Men's A	Central
Mens A	Tue 11 Feb 2025	20:15		NUWP	East's
Womens B	Sat 15 Feb 2025	13:15		Central Orange	NUWP
Mens B	Sat 15 Feb 2025	14:00		Central Orange	NUWP
Womens C	Sat 15 Feb 2025	11:45		Central White	East's Blue
Womens C	Sat 15 Feb 2025	12:30		Central Blue	NUWP
Central u14 Girls Orange have a BYE.					
Central u14 Boys Orange have a BYE.					
Central u17 Boys Orange have a BYE.					
Central u17 Girls Blue have a BYE.					
u17 Girls	Sat 15 Feb 2025	11:00		Central White	Central Orange

Round 13 - Week starting Sun 09 Feb 2025

Lakeside Leisure Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap

Womens B	Sat 15 Feb 2025	14:20		Bar In	Easts
Mens B	Sat 15 Feb 2025	15:05		Bar In	Easts
Womens C	Sat 15 Feb 2025	12:50		Bar In	Central Orange
Mens C	Sat 15 Feb 2025	13:35		Bar In	Central
u14 Girls	Sat 15 Feb 2025	10:00		Bar In	Easts
u14 Boys	Sat 15 Feb 2025	10:40		Bar In	Easts
u17 Boys	Sat 15 Feb 2025	12:05		Bar In	Easts
u17 Girls	Sat 15 Feb 2025	11:20	Pool	Bar In	Central Grey

Round 13 - Week starting Sun 09 Feb 2025

Swansea Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 15 Feb 2025	14:35		Lake Macquarie	Central Blue
Mens B	Sat 15 Feb 2025	15:20		Lake Macquarie	Central Blue
Womens C	Sat 15 Feb 2025	12:20		Lake Macquarie Navy	Central Grey
Womens C	Sat 15 Feb 2025	13:05		Lake Macquarie Sky	Easts Yellow
Mens C	Sat 15 Feb 2025	13:50		Lake Macquarie	Easts
u14 Girls	Sat 15 Feb 2025	09:30		Lake Macquarie	Central Blue
u14 Boys	Sat 15 Feb 2025	10:10		Lake Macquarie	Central Blue
u17 Boys	Sat 15 Feb 2025	11:35		Lake Macquarie	Central Blue
u17 Girls	Sat 15 Feb 2025	10:50	Pool	Lake Macquarie	Easts

Round 14 · Week starting Sun 16 Feb 2025

Lambton Pool					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens A	Tue 18 Feb 2025	19:30		NUWP	Central
Womens A	Tue 18 Feb 2025	20:15		NUWP	Lake Macquarie
Easts Mens A have a BYE.					
Mens A	Tue 18 Feb 2025	18:00		Central	NUWP
Mens A	Tue 18 Feb 2025	18:45		Bar In Men's A	Lake Macquarie
Womens B	Sat 22 Feb 2025	16:40		Central Orange	Lake Macquarie
Mens B	Sat 22 Feb 2025	17:25		Central Orange	Lake Macquarie
Womens C	Sat 22 Feb 2025	15:10		Central White	Central Orange
Mens C	Sat 22 Feb 2025	15:55		Central	Easts
u12 Mixed	Sat 22 Feb 2025	11:00		Central Blue	Central White
u14 Girls	Sat 22 Feb 2025	12:20		Central Orange	Lake Macquarie
u14 Boys	Sat 22 Feb 2025	13:00		Central Orange	Lake Macquarie

u17 Boys	Sat 22 Feb 2025	14:25	Central Orange	Lake Macquarie
Central u17 Girls Grey have a BYE.				
u17 Girls	Sat 22 Feb 2025	11:35	Central Blue	Central White
u17 Girls	Sat 22 Feb 2025	13:40	Central Orange	Easts

Round 14 - Week starting Sun 16 Feb 2025

Charlestown Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
u12 Mixed	Sat 22 Feb 2025	10:15		Easts Blue	Central Orange

Easts u14 Girls have a BYE.

Easts u14 Boys have a BYE.

Easts u17 Boys have a BYE.

Round 14 - Week starting Sun 16 Feb 2025

Lakeside Leisure Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 22 Feb 2025	14:20		Bar In	Central Blue
Mens B	Sat 22 Feb 2025	15:05		Bar In	Central Blue
Womens C	Sat 22 Feb 2025	12:50		Bar In	Central Grey
Mens C	Sat 22 Feb 2025	13:35		Bar In	Lake Macquarie
u14 Girls	Sat 22 Feb 2025	10:00		Bar In	Central Blue
u14 Boys	Sat 22 Feb 2025	10:40		Bar In	Central Blue

u17 Boys	Sat 22 Feb 2025	12:05		Bar In	Central Blue
u17 Girls	Sat 22 Feb 2025	11:20	Pool	Bar In	Lake Macquarie

Round 14 - Week starting Sun 16 Feb 2025

Swansea Swim Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 22 Feb 2025	12:55		Easts	NUWP
Mens B	Sat 22 Feb 2025	13:40		Easts	NUWP
Womens C	Sat 22 Feb 2025	10:40		Lake Macquarie Navy	Easts Blue
Womens C	Sat 22 Feb 2025	11:25		Easts Yellow	Central Blue
Womens C	Sat 22 Feb 2025	12:10		Lake Macquarie Sky	NUWP
u12 Mixed	Sat 22 Feb 2025	09:30		Lake Macquarie Sky	Bar In
u12 Mixed	Sat 22 Feb 2025	10:05		Lake Macquarie Navy	Easts Yellow

Round 15 - Week starting Sun 23 Feb 2025

Lambton Pool					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens A	Tue 25 Feb 2025	18:00		Central	Lake Macquarie
Womens A	Tue 25 Feb 2025	18:45		Lake Macquarie	NUWP
NUWP Mens A have a BYE.					
Mens A	Tue 25 Feb 2025	19:30		Lake Macquarie	Central

Mens A	Tue 25 Feb 2025	20:15	East	Bar In Men's A
Womens B	Sat 01 Mar 2025	16:50	Central Orange	Central Blue
Mens B	Sat 01 Mar 2025	17:35	Central Orange	Central Blue
Womens C	Sat 01 Mar 2025	15:20	Central Blue	Central White
Womens C	Sat 01 Mar 2025	16:05	Central Grey	East Yellow
u14 Girls	Sat 01 Mar 2025	11:00	Central Orange	Central Blue
u14 Boys	Sat 01 Mar 2025	11:40	Central Orange	Central Blue
u17 Boys	Sat 01 Mar 2025	14:35	Central Orange	Central Blue
u17 Girls	Sat 01 Mar 2025	12:20	Central Grey	Central Blue
u17 Girls	Sat 01 Mar 2025	13:05	Central Orange	Bar In
u17 Girls	Sat 01 Mar 2025	13:50	Central White	East

Round 15 - Week starting Sun 23 Feb 2025

Lakeside Leisure Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 01 Mar 2025	14:20		Bar In	NUWP
Mens B	Sat 01 Mar 2025	13:35		Bar In	NUWP
Womens C	Sat 01 Mar 2025	10:35		Bar In	Lake Macquarie Navy
Womens C	Sat 01 Mar 2025	12:50		NUWP	Central Orange
Mens C	Sat 01 Mar 2025	11:20		Bar In	East
Mens C	Sat 01 Mar 2025	12:05		Lake Macquarie	Central
u12 Mixed	Sat 01 Mar 2025	10:00		Bar In	Central Orange

Bar In u14 Girls have a BYE.

Bar In u14 Boys have a BYE.

Bar In u17 Boys have a BYE.

Round 15 - Week starting Sun 23 Feb 2025

Swansea Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 01 Mar 2025	14:05		Lake Macquarie	Easts
Mens B	Sat 01 Mar 2025	14:50		Lake Macquarie	Easts
Womens C	Sat 01 Mar 2025	13:20		Lake Macquarie Sky	Easts Blue
u12 Mixed	Sat 01 Mar 2025	09:30		Lake Macquarie Navy	Central Blue
u12 Mixed	Sat 01 Mar 2025	10:05		Lake Macquarie Sky	Easts Yellow
u12 Mixed	Sat 01 Mar 2025	10:40		Easts Blue	Central White
u14 Girls	Sat 01 Mar 2025	11:15		Lake Macquarie	Easts
u14 Boys	Sat 01 Mar 2025	11:55		Lake Macquarie	Easts
u17 Boys	Sat 01 Mar 2025	12:35		Lake Macquarie	Easts

Lake Macquarie u17 Girls have a BYE.

Round 16 - Week starting Sun 02 Mar 2025

Lambton Pool

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens A	Tue 04 Mar 2025	19:30		Central	NUWP
Womens A	Tue 04 Mar 2025	20:15		Lake Macquarie	Central

Central Mens A have a BYE.

Mens A	Tue 04 Mar 2025	18:00	NUWP	Bar In Men's A
Mens A	Tue 04 Mar 2025	18:45	Lake Macquarie	Easts
Womens B	Sat 08 Mar 2025	14:35	Central Orange	Easts
Womens B	Sat 08 Mar 2025	16:50	Central Blue	NUWP

Central Mens B Orange have a BYE.

Mens B	Sat 08 Mar 2025	15:20	Central Orange	Easts
Mens B	Sat 08 Mar 2025	17:35	Central Blue	NUWP
Womens C	Sat 08 Mar 2025	16:05	Central White	NUWP

Central u14 Girls Blue have a BYE.

u14 Girls	Sat 08 Mar 2025	13:10	Central Orange	Easts
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Central u14 Boys Blue have a BYE.

u14 Boys	Sat 08 Mar 2025	12:30	Central Orange	Easts
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Central u17 Boys Blue have a BYE.

u17 Boys	Sat 08 Mar 2025	13:50	Central Orange	Easts
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Central u17 Girls White have a BYE.

u17 Girls	Sat 08 Mar 2025	11:00	Central Grey	Central Orange
u17 Girls	Sat 08 Mar 2025	11:45	Central Blue	Lake Macquarie

Round 16 · Week starting Sun 02 Mar 2025

Charlestown Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
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Easts Mens B have a BYE.

Round 16 - Week starting Sun 02 Mar 2025

Lakeside Leisure Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens B	Sat 08 Mar 2025	14:20		Bar In	Lake Macquarie
Mens B	Sat 08 Mar 2025	15:05		Bar In	Lake Macquarie
Womens C	Sat 08 Mar 2025	12:50		Bar In	Lake Macquarie Sky
Mens C	Sat 08 Mar 2025	13:35		Bar In	Central
u14 Girls	Sat 08 Mar 2025	10:00	Pool	Bar In	Lake Macquarie
u14 Boys	Sat 08 Mar 2025	10:40		Bar In	Lake Macquarie
u17 Boys	Sat 08 Mar 2025	12:05		Bar In	Lake Macquarie
u17 Girls	Sat 08 Mar 2025	11:20		Bar In	Easts

Round 16 - Week starting Sun 02 Mar 2025

Swansea Swim Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens C	Sat 08 Mar 2025	09:30		Lake Macquarie Navy	Easts Yellow
Womens C	Sat 08 Mar 2025	11:00		Central Grey	Central Blue
Womens C	Sat 08 Mar 2025	11:45		Central Orange	Easts Blue
Mens C	Sat 08 Mar 2025	10:15		Lake Macquarie	Easts

Round 17 - Week starting Sun 09 Mar 2025

Lambton Pool						
Grade	Day	Time	Pool	White Cap	Blue Cap	
Womens A	Tue 11 Mar 2025	18:00		NUWP	Central	
Womens A	Tue 11 Mar 2025	18:45		NUWP	Lake Macquarie	
Bar In Mens A Men's A have a BYE.						
Mens A	Tue 11 Mar 2025	19:30		Easts	Central	
Mens A	Tue 11 Mar 2025	20:15		NUWP	Lake Macquarie	
Womens C	Sat 15 Mar 2025	13:15		Central Blue	Central Orange	
Womens C	Sat 15 Mar 2025	14:00		Central Grey	Easts Blue	
u17 Boys	Sat 15 Mar 2025	12:30		Central Blue	Bar In	
u17 Girls	Sat 15 Mar 2025	11:00		Central White	Central Grey	
u17 Girls	Sat 15 Mar 2025	11:45		Central Blue	Bar In	

Round 17 - Week starting Sun 09 Mar 2025

Charlestown Swim Centre						
Grade	Day	Time	Pool	White Cap	Blue Cap	
u12 Mixed	Sat 15 Mar 2025	10:15		Easts Yellow	Central Blue	
u12 Mixed	Sat 15 Mar 2025	10:50		Central White	Central Orange	
Easts u14 Girls have a BYE.						
u14 Girls	Sat 15 Mar 2025	11:25	Pool	Central Blue	Bar In	

Easts u14 Boys have a BYE.

u14 Boys Sat 15 Mar 2025 12:05 Central Blue Bar In

Easts u17 Boys have a BYE.

Easts u17 Girls have a BYE.

Round 17 - Week starting Sun 09 Mar 2025

Swansea Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens C	Sat 15 Mar 2025	13:30		Easts Yellow	Bar In
Womens C	Sat 15 Mar 2025	14:15		Lake Macquarie Navy	NUWP
Womens C	Sat 15 Mar 2025	15:00		Lake Macquarie Sky	Central White
u12 Mixed	Sat 15 Mar 2025	09:30		Lake Macquarie Navy	Bar In
u12 Mixed	Sat 15 Mar 2025	10:05		Lake Macquarie Sky	Easts Blue
u14 Girls	Sat 15 Mar 2025	10:40	Pool	Lake Macquarie	Central Orange
u14 Boys	Sat 15 Mar 2025	11:20		Lake Macquarie	Central Orange
u17 Boys	Sat 15 Mar 2025	12:45		Lake Macquarie	Central Orange
u17 Girls	Sat 15 Mar 2025	12:00		Lake Macquarie	Central Orange

Round 18 - Week starting Sun 16 Mar 2025

Lambton Pool					
Grade	Day	Time	Pool	White Cap	Blue Cap
Womens A	Tue 18 Mar 2025	19:30		Central	Lake Macquarie
Womens A	Tue 18 Mar 2025	20:15		Lake Macquarie	NUWP
Lake Macquarie Mens A have a BYE.					
Mens A	Tue 18 Mar 2025	18:00		Central	Bar In Men's A
Mens A	Tue 18 Mar 2025	18:45		Easts	NUWP
Womens C	Sat 22 Mar 2025	13:15		Central White	Bar In
Womens C	Sat 22 Mar 2025	14:00		Central Orange	Easts Yellow
Central u14 Girls Orange have a BYE.					
Central u14 Boys Orange have a BYE.					
u17 Boys	Sat 22 Mar 2025	11:45		Central Blue	Central Orange
Central u17 Girls Blue have a BYE.					
Central u17 Girls Blue have a BYE.					
u17 Girls	Sat 22 Mar 2025	11:00		Central Orange	Central White
u17 Girls	Sat 22 Mar 2025	12:30		Central Grey	Bar In

Round 18 - Week starting Sun 16 Mar 2025

Charlestown Swim Centre					
Grade	Day	Time	Pool	White Cap	Blue Cap

u14 Girls	Sat 22 Mar 2025	10:15		East	Bar In
u14 Boys	Sat 22 Mar 2025	10:55		East	Bar In

Round 18 - Week starting Sun 16 Mar 2025

Lakeside Leisure Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Bar In u17 Boys have a BYE.					

Round 18 - Week starting Sun 16 Mar 2025

Swansea Swim Centre

Grade	Day	Time	Pool	White Cap	Blue Cap
Womens C	Sat 22 Mar 2025	12:20		Lake Macquarie Navy	Central Blue
Womens C	Sat 22 Mar 2025	13:05		Lake Macquarie Sky	Central Grey
Womens C	Sat 22 Mar 2025	13:50		East Blue	NUWP
u14 Girls	Sat 22 Mar 2025	09:30		Lake Macquarie	Central Blue
u14 Boys	Sat 22 Mar 2025	10:10		Lake Macquarie	Central Blue
u17 Boys	Sat 22 Mar 2025	10:50		Lake Macquarie	East
u17 Girls	Sat 22 Mar 2025	11:35		Lake Macquarie	East