



NWPI Summer 2024_2025

Round 1 - Week starting Sun 13 Oct 2024

Lambton Pool

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

Lake Macquarie Womens A A ladies have a BYE.

NUWP Womens A have a BYE.

Bar In Mens A Bar In 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 B	Sat 19 Oct 2024	15:30	Central Blue	East's
Mens B	Sat 19 Oct 2024	16:15	Central Blue	East's
Womens C	Sat 19 Oct 2024	12:30	Central Grey	Central Orange
Womens C	Sat 19 Oct 2024	13:15	Central White	East's Yellow
Womens C	Sat 19 Oct 2024	14:00	Central Blue	East's Blue
Mens C	Sat 19 Oct 2024	14:45	Central	East's

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

Round 1 - Week starting Sun 13 Oct 2024

Swansea Swim Centre				
Grade	Day	Time	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 Bar In	NUWP
Mens C	Sat 19 Oct 2024	11:35	Lake Macquarie	Bar In 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	White Cap	Blue Cap
Womens A	Tue 22 Oct 2024	19:30	Central	NUWP
Womens A	Tue 22 Oct 2024	20:15	Lake Macquarie A ladies	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 Bar In	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 Bar In
Mens C	Sat 26 Oct 2024	16:50	East's	Bar In 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
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Round 2 - Week starting Sun 20 Oct 2024

Lakeside Leisure Centre

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

Round 2 - Week starting Sun 20 Oct 2024

Swansea Swim Centre				
Grade	Day	Time	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	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 A ladies
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 Bar In
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	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	White Cap	Blue Cap
Womens B	Sat 02 Nov 2024	12:50	Bar In Bar In	NUWP
Mens B	Sat 02 Nov 2024	13:35	Bar In Bar In	NUWP
Womens C	Sat 02 Nov 2024	11:20	Bar In 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 Bar In	Lake Macquarie
u12 Mixed	Sat 02 Nov 2024	10:00	Bar In Bar In	Lake Macquarie Navy

Bar In u14 Girls Bar In have a BYE.

Bar In u14 Boys Bar In have a BYE.

Bar In u17 Boys Bar In have a BYE.

Bar In u17 Girls Bar In have a BYE.

Round 3 · Week starting Sun 27 Oct 2024

Swansea Swim Centre

Grade	Day	Time	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	White Cap	Blue Cap
Womens A	Tue 05 Nov 2024	19:30	Central	Lake Macquarie A ladies
Womens A	Tue 05 Nov 2024	20:15	Lake Macquarie A ladies	NUWP
Central Mens A have a BYE.				
Mens A	Tue 05 Nov 2024	18:00	NUWP	Bar In Bar In
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	White Cap	Blue Cap
Womens B	Sat 09 Nov 2024	12:55	Lake Macquarie	Bar In Bar In
Mens B	Sat 09 Nov 2024	13:40	Lake Macquarie	Bar In Bar In
Womens C	Sat 09 Nov 2024	10:40	Central Grey	Bar In 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 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 Bar In

Round 5 - Week starting Sun 10 Nov 2024

Lambton Pool				
Grade	Day	Time	White Cap	Blue Cap
Womens A	Tue 12 Nov 2024	18:00	Central	NUWP
Womens A	Tue 12 Nov 2024	18:45	Lake Macquarie A ladies	Central
Bar In Mens A Bar In 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	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	White Cap	Blue Cap
Womens B	Sat 16 Nov 2024	12:05	Bar In Bar In	Central Blue
Womens B	Sat 16 Nov 2024	14:20	NUWP	Easts
Mens B	Sat 16 Nov 2024	12:50	Bar In Bar In	Central Blue

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

Round 5 - Week starting Sun 10 Nov 2024

Swansea Swim Centre

Grade	Day	Time	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	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 A ladies
Lake Macquarie Mens A have a BYE.				
Mens A	Tue 19 Nov 2024	18:00	Central	Bar In Bar In
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	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	Easts	Central Blue
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Round 6 · Week starting Sun 17 Nov 2024

Lakeside Leisure Centre

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

Round 6 · Week starting Sun 17 Nov 2024

Swansea Swim Centre

Grade	Day	Time	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	Easts Blue
Womens C	Sat 23 Nov 2024	12:55	Lake Macquarie Navy	Bar In Bar In
Womens C	Sat 23 Nov 2024	13:40	NUWP	Central Orange

Mens C	Sat 23 Nov 2024	12:10	Lake Macquarie	East's
u12 Mixed	Sat 23 Nov 2024	09:30	Lake Macquarie Sky	Bar In 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	Lake Macquarie	Bar In Bar In

Round 7 - Week starting Sun 24 Nov 2024

Lambton Pool				
Grade	Day	Time	White Cap	Blue Cap
Womens A	Tue 26 Nov 2024	18:00	Central	Lake Macquarie A ladies
Womens A	Tue 26 Nov 2024	18:45	Lake Macquarie A ladies	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 Bar In
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	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	White Cap	Blue Cap
Womens B	Sat 30 Nov 2024	14:10	Bar In Bar In	Lake Macquarie
Mens B	Sat 30 Nov 2024	14:55	Bar In Bar In	Lake Macquarie
Mens C	Sat 30 Nov 2024	13:25	Bar In Bar In	Lake Macquarie
u12 Mixed	Sat 30 Nov 2024	10:00	Bar In Bar In	Central Blue
u14 Girls	Sat 30 Nov 2024	10:35	Bar In Bar In	Lake Macquarie
u14 Boys	Sat 30 Nov 2024	11:15	Bar In Bar In	Lake Macquarie
u17 Boys	Sat 30 Nov 2024	12:40	Bar In Bar In	Lake Macquarie
u17 Girls	Sat 30 Nov 2024	11:55	Bar In Bar In	Central Blue

Round 7 - Week starting Sun 24 Nov 2024

Swansea Swim Centre				
Grade	Day	Time	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 Bar In

Round 8 · Week starting Sun 01 Dec 2024

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

Womens A	Tue 03 Dec 2024	20:15	Lake Macquarie A ladies	Central
NUWP Mens A have a BYE.				
Mens A	Tue 03 Dec 2024	18:00	Bar In Bar In	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 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	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	White Cap	Blue Cap
Womens B	Sat 07 Dec 2024	14:20	Bar In Bar In	Central Blue
Mens B	Sat 07 Dec 2024	15:05	Bar In Bar In	Central Blue
Womens C	Sat 07 Dec 2024	12:50	Bar In Bar In	Central Orange
Mens C	Sat 07 Dec 2024	13:35	Bar In Bar In	East's
u14 Girls	Sat 07 Dec 2024	10:00	Bar In Bar In	Central Blue
u14 Boys	Sat 07 Dec 2024	10:40	Bar In Bar In	Central Blue
u17 Boys	Sat 07 Dec 2024	12:05	Bar In Bar In	Central Blue
u17 Girls	Sat 07 Dec 2024	11:20	Bar In Bar In	Central White

Round 8 - Week starting Sun 01 Dec 2024

Swansea Swim Centre				
Grade	Day	Time	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

Round 9 - Week starting Sun 08 Dec 2024

Lambton Pool

Grade	Day	Time	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 A ladies
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 Bar In	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 Bar In
Mens C	Sat 14 Dec 2024	15:55	Central	Bar In 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	White Cap	Blue Cap
u12 Mixed	Sat 14 Dec 2024	10:15	East's Blue	Bar In 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	White Cap	Blue Cap
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Bar In u14 Girls Bar In have a BYE.

Bar In u14 Boys Bar In have a BYE.

Round 9 · Week starting Sun 08 Dec 2024

Swansea Swim Centre

Grade	Day	Time	White Cap	Blue Cap
Womens B	Sat 14 Dec 2024	11:35	NUWP	Bar In Bar In
Womens B	Sat 14 Dec 2024	13:05	Lake Macquarie	Easts
Mens B	Sat 14 Dec 2024	12:20	NUWP	Bar In 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	White Cap	Blue Cap
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Central Womens A have a BYE.

Lake Macquarie Womens A A ladies have a BYE.

NUWP Womens A have a BYE.

Bar In Mens A Bar In 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	13:05	Central Grey	Central White
Womens C	Sat 18 Jan 2025	13:50	Central Blue	Lake Macquarie Sky
Womens C	Sat 18 Jan 2025	14:35	Central Orange	Lake Macquarie Navy
Womens C	Sat 18 Jan 2025	15:20	East's Blue	Bar In Bar In
Womens C	Sat 18 Jan 2025	16:05	East's Yellow	NUWP

Central u14 Girls Blue have a BYE.

u14 Girls	Sat 18 Jan 2025	11:40	Central Orange	East's
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Central u14 Boys Blue have a BYE.

u14 Boys	Sat 18 Jan 2025	11:00	Central Orange	East's
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Central u17 Boys Blue have a BYE.

u17 Boys	Sat 18 Jan 2025	12:20	Central Orange	East's
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Round 10 - Week starting Sun 12 Jan 2025

Swansea Swim Centre

Grade	Day	Time	White Cap	Blue Cap
u14 Girls	Sat 18 Jan 2025	10:10	Lake Macquarie	Bar In Bar In
u14 Boys	Sat 18 Jan 2025	09:30	Lake Macquarie	Bar In Bar In
u17 Boys	Sat 18 Jan 2025	10:50	Lake Macquarie	Bar In Bar In

Round 11 - Week starting Sun 26 Jan 2025

Lambton Pool

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

Lake Macquarie Womens A A ladies have a BYE.

Central Womens A have a BYE.

NUWP Mens A have a BYE.

Easts Mens A have a BYE.

Central Mens A have a BYE.

Bar In Mens A Bar In 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	Easts Blue
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Mens C	Sat 01 Feb 2025	14:00	Central	Easts
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Central u14 Girls Orange have a BYE.

Central u14 Boys Orange have a BYE.

Central u17 Boys Orange have a BYE.

u17 Girls	Sat 01 Feb 2025	11:00	Central White	Easts
u17 Girls	Sat 01 Feb 2025	11:45	Central Blue	Central Grey

Round 11 - Week starting Sun 26 Jan 2025

Charlestown Swim Centre

Grade	Day	Time	White Cap	Blue Cap
u12 Mixed	Sat 01 Feb 2025	10:15	Easts Blue	Central White
u12 Mixed	Sat 01 Feb 2025	10:50	Easts Yellow	Lake Macquarie Sky
u14 Girls	Sat 01 Feb 2025	11:25	Easts	Bar In Bar In
u14 Boys	Sat 01 Feb 2025	12:05	Easts	Bar In Bar In

Round 11 - Week starting Sun 26 Jan 2025

Lakeside Leisure Centre

Grade	Day	Time	White Cap	Blue Cap
Womens B	Sat 01 Feb 2025	12:05	Bar In Bar In	Easts
Womens B	Sat 01 Feb 2025	14:20	NUWP	Central Orange
Mens B	Sat 01 Feb 2025	12:50	Bar In Bar In	Easts
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 Bar In	Central Orange

u17 Boys	Sat 01 Feb 2025	11:20	Bar In Bar In	Easts
u17 Girls	Sat 01 Feb 2025	10:35	Bar In Bar In	Central Orange

Round 11 - Week starting Sun 26 Jan 2025

Swansea Swim Centre

Grade	Day	Time	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 Bar In
Womens C	Sat 01 Feb 2025	13:40	Lake Macquarie Navy	Easts Yellow
Mens C	Sat 01 Feb 2025	12:55	Lake Macquarie	Bar In Bar In
u12 Mixed	Sat 01 Feb 2025	09:30	Lake Macquarie Navy	Central Blue
u14 Girls	Sat 01 Feb 2025	10:05	Lake Macquarie	Central Blue
u14 Boys	Sat 01 Feb 2025	10:45	Lake Macquarie	Central Blue
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	White Cap	Blue Cap
Womens A	Tue 04 Feb 2025	19:30	Central	Lake Macquarie A ladies
Womens A	Tue 04 Feb 2025	20:15	Lake Macquarie A ladies	NUWP
Bar In Mens A Bar In have a BYE.				
Mens A	Tue 04 Feb 2025	18:00	Central	Easts
Mens A	Tue 04 Feb 2025	18:45	Lake Macquarie	NUWP

Round 13 - Week starting Sun 09 Feb 2025

Lambton Pool				
Grade	Day	Time	White Cap	Blue Cap
Womens A	Tue 11 Feb 2025	18:00	Central	NUWP
Womens A	Tue 11 Feb 2025	18:45	Lake Macquarie A ladies	Central
Lake Macquarie Mens A have a BYE.				
Mens A	Tue 11 Feb 2025	19:30	Bar In Bar In	Central
Mens A	Tue 11 Feb 2025	20:15	NUWP	East's

Round 14 - Week starting Sun 16 Feb 2025

Lambton Pool				
Grade	Day	Time	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 A ladies
East's 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 Bar In	Lake Macquarie

Round 15 - Week starting Sun 23 Feb 2025

Lambton Pool				
Grade	Day	Time	White Cap	Blue Cap
Womens A	Tue 25 Feb 2025	18:00	Central	Lake Macquarie A ladies
Womens A	Tue 25 Feb 2025	18:45	Lake Macquarie A ladies	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	Easts	Bar In Bar In

Round 16 · Week starting Sun 02 Mar 2025

Lambton Pool

Grade	Day	Time	White Cap	Blue Cap
Womens A	Tue 04 Mar 2025	19:30	Central	NUWP
Womens A	Tue 04 Mar 2025	20:15	Lake Macquarie A ladies	Central
Central Mens A have a BYE.				
Mens A	Tue 04 Mar 2025	18:00	NUWP	Bar In Bar In
Mens A	Tue 04 Mar 2025	18:45	Lake Macquarie	Easts

Round 17 - Week starting Sun 09 Mar 2025

Lambton Pool				
Grade	Day	Time	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 A ladies
Bar In Mens A Bar In have a BYE.				
Mens A	Tue 11 Mar 2025	19:30	Easts	Central
Mens A	Tue 11 Mar 2025	20:15	NUWP	Lake Macquarie

Round 18 - Week starting Sun 16 Mar 2025

Lambton Pool				
Grade	Day	Time	White Cap	Blue Cap
Womens A	Tue 18 Mar 2025	19:30	Central	Lake Macquarie A ladies
Womens A	Tue 18 Mar 2025	20:15	Lake Macquarie A ladies	NUWP
Lake Macquarie Mens A have a BYE.				
Mens A	Tue 18 Mar 2025	18:00	Central	Bar In Bar In
Mens A	Tue 18 Mar 2025	18:45	Easts	NUWP