

## Fast Five 2024

### Round 1 - Week starting Fri 01 Nov 2024

#### Clarence Aquatic Centre YMCA

| Division                                  | Day             | Time  | Pool   | White Cap   | Blue Cap     |
|---|-----------------|-------|--------|-------------|--------------|
| Fast Five U13 Female                      | Sun 03 Nov 2024 | 16:00 | Pool 3 | Vipers      | Marlins      |
| Fast Five U13 Female                      | Sun 03 Nov 2024 | 16:00 | Pool 4 | Hydros      | Barracudas   |
| Fast Five U13 Male                        | Sun 03 Nov 2024 | 16:30 | Pool 3 | Seals       | Tides        |
| Fast Five U13 Male                        | Sun 03 Nov 2024 | 16:30 | Pool 4 | Titans      | Tiger Sharks |
| Fast Five U14 Female                      | Sun 03 Nov 2024 | 17:00 | Pool 3 | Marlins     | Penguins     |
| Fast Five U14 Female                      | Sun 03 Nov 2024 | 17:00 | Pool 4 | Otters      | Piranhas     |
| Fast Five U14 Male                        | Sun 03 Nov 2024 | 17:30 | Pool 3 | Magalodons  | Whitetips    |
| Fast Five U14 Male                        | Sun 03 Nov 2024 | 17:30 | Pool 4 | Bluefins    | Salties      |
| Fast Five U16 Female Dolphins have a BYE. |                 |       |        |             |              |
| Fast Five U16 Female                      | Sun 03 Nov 2024 | 18:00 | Pool 3 | Aqua        | Tridents     |
| Fast Five U16 Male                        | Sun 03 Nov 2024 | 18:00 | Pool 4 | Divers      | Defenders    |
| Fast Five U16 Male                        | Sun 03 Nov 2024 | 18:30 | Pool 4 | Waves       | Titans       |
| Fast Five U18 Female                      | Sun 03 Nov 2024 | 18:30 | Pool 3 | Neptunes    | Mermaids     |
| Fast Five U18 Male                        | Sun 03 Nov 2024 | 19:00 | Pool 3 | Bull Sharks | Serpents     |

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|                    |                 |       |        |         |             |
|--------------------|-----------------|-------|--------|---------|-------------|
| Fast Five U18 Male | Sun 03 Nov 2024 | 19:00 | Pool 4 | Krakens | Swordfish   |
| Fast Five SNR Men  | Sun 03 Nov 2024 | 19:30 | Pool 3 | Makos   | Hammerheads |

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## Round 2 - Week starting Fri 08 Nov 2024

| Clarence Aquatic Centre YMCA          |                 |       |        |             |              |
|---------------------------------------|-----------------|-------|--------|-------------|--------------|
| Division                              | Day             | Time  | Pool   | White Cap   | Blue Cap     |
| Fast Five U13 Female                  | Sun 10 Nov 2024 | 16:00 | Pool 3 | Vipers      | Hydros       |
| Fast Five U13 Female                  | Sun 10 Nov 2024 | 16:00 | Pool 4 | Marlins     | Barracudas   |
| Fast Five U13 Male                    | Sun 10 Nov 2024 | 16:30 | Pool 3 | Seals       | Titans       |
| Fast Five U13 Male                    | Sun 10 Nov 2024 | 16:30 | Pool 4 | Tides       | Tiger Sharks |
| Fast Five U14 Female                  | Sun 10 Nov 2024 | 17:00 | Pool 3 | Marlins     | Otters       |
| Fast Five U14 Female                  | Sun 10 Nov 2024 | 17:00 | Pool 4 | Penguins    | Piranhas     |
| Fast Five U14 Male                    | Sun 10 Nov 2024 | 17:30 | Pool 3 | Magalodons  | Bluefins     |
| Fast Five U14 Male                    | Sun 10 Nov 2024 | 17:30 | Pool 4 | Whitetips   | Salties      |
| Fast Five U16 Female Aqua have a BYE. |                 |       |        |             |              |
| Fast Five U16 Female                  | Sun 10 Nov 2024 | 18:00 | Pool 3 | Tridents    | Dolphins     |
| Fast Five U16 Male                    | Sun 10 Nov 2024 | 18:00 | Pool 4 | Divers      | Waves        |
| Fast Five U16 Male                    | Sun 10 Nov 2024 | 18:30 | Pool 4 | Defenders   | Titans       |
| Fast Five U18 Female                  | Sun 10 Nov 2024 | 18:30 | Pool 3 | Neptunes    | Mermaids     |
| Fast Five U18 Male                    | Sun 10 Nov 2024 | 19:00 | Pool 3 | Serpents    | Krakens      |
| Fast Five U18 Male                    | Sun 10 Nov 2024 | 19:00 | Pool 4 | Bull Sharks | Swordfish    |
| Fast Five SNR Men                     | Sun 10 Nov 2024 | 19:30 | Pool 3 | Makos       | Hammerheads  |

## Round 3 - Week starting Fri 15 Nov 2024

| Clarence Aquatic Centre YMCA              |                 |       |        |            |              |
|---|-----------------|-------|--------|------------|--------------|
| Division                                  | Day             | Time  | Pool   | White Cap  | Blue Cap     |
| Fast Five U13 Female                      | Sun 17 Nov 2024 | 16:00 | Pool 3 | Vipers     | Barracudas   |
| Fast Five U13 Female                      | Sun 17 Nov 2024 | 16:00 | Pool 4 | Marlins    | Hydros       |
| Fast Five U13 Male                        | Sun 17 Nov 2024 | 16:30 | Pool 3 | Seals      | Tiger Sharks |
| Fast Five U13 Male                        | Sun 17 Nov 2024 | 16:30 | Pool 4 | Titans     | Tides        |
| Fast Five U14 Female                      | Sun 17 Nov 2024 | 17:00 | Pool 3 | Marlins    | Piranhas     |
| Fast Five U14 Female                      | Sun 17 Nov 2024 | 17:00 | Pool 4 | Penguins   | Otters       |
| Fast Five U14 Male                        | Sun 17 Nov 2024 | 17:30 | Pool 3 | Magalodons | Salties      |
| Fast Five U14 Male                        | Sun 17 Nov 2024 | 17:30 | Pool 4 | Bluefins   | Whitetips    |
| Fast Five U16 Female Tridents have a BYE. |                 |       |        |            |              |
| Fast Five U16 Female                      | Sun 17 Nov 2024 | 18:00 | Pool 3 | Aqua       | Dolphins     |
| Fast Five U16 Male                        | Sun 17 Nov 2024 | 18:00 | Pool 4 | Divers     | Titans       |
| Fast Five U16 Male                        | Sun 17 Nov 2024 | 18:30 | Pool 4 | Waves      | Defenders    |
| Fast Five U18 Female                      | Sun 17 Nov 2024 | 18:30 | Pool 3 | Neptunes   | Mermaids     |
| Fast Five U18 Male                        | Sun 17 Nov 2024 | 19:00 | Pool 3 | Krakens    | Bull Sharks  |
| Fast Five U18 Male                        | Sun 17 Nov 2024 | 19:00 | Pool 4 | Swordfish  | Serpents     |
| Fast Five SNR Men                         | Sun 17 Nov 2024 | 19:30 | Pool 3 | Makos      | Hammerheads  |

## Round 4 · Week starting Fri 22 Nov 2024

| Clarence Aquatic Centre YMCA              |                 |       |        |            |              |
|---|-----------------|-------|--------|------------|--------------|
| Division                                  | Day             | Time  | Pool   | White Cap  | Blue Cap     |
| Fast Five U13 Female                      | Sun 24 Nov 2024 | 16:00 | Pool 3 | Vipers     | Marlins      |
| Fast Five U13 Female                      | Sun 24 Nov 2024 | 16:00 | Pool 4 | Hydros     | Barracudas   |
| Fast Five U13 Male                        | Sun 24 Nov 2024 | 16:30 | Pool 3 | Seals      | Tides        |
| Fast Five U13 Male                        | Sun 24 Nov 2024 | 16:30 | Pool 4 | Titans     | Tiger Sharks |
| Fast Five U14 Female                      | Sun 24 Nov 2024 | 17:00 | Pool 3 | Marlins    | Penguins     |
| Fast Five U14 Female                      | Sun 24 Nov 2024 | 17:00 | Pool 4 | Otters     | Piranhas     |
| Fast Five U14 Male                        | Sun 24 Nov 2024 | 17:30 | Pool 3 | Magalodons | Whitetips    |
| Fast Five U14 Male                        | Sun 24 Nov 2024 | 17:30 | Pool 4 | Bluefins   | Salties      |
| Fast Five U16 Female Dolphins have a BYE. |                 |       |        |            |              |
| Fast Five U16 Female                      | Sun 24 Nov 2024 | 18:00 | Pool 3 | Aqua       | Tridents     |
| Fast Five U16 Male                        | Sun 24 Nov 2024 | 18:00 | Pool 4 | Divers     | Defenders    |
| Fast Five U16 Male                        | Sun 24 Nov 2024 | 18:30 | Pool 4 | Waves      | Titans       |
| Fast Five U18 Female                      | Sun 24 Nov 2024 | 18:30 | Pool 3 | Neptunes   | Mermaids     |

|                    |                 |       |        |             |             |
|--------------------|-----------------|-------|--------|-------------|-------------|
| Fast Five U18 Male | Sun 24 Nov 2024 | 19:00 | Pool 3 | Bull Sharks | Serpents    |
| Fast Five U18 Male | Sun 24 Nov 2024 | 19:00 | Pool 4 | Krakens     | Swordfish   |
| Fast Five SNR Men  | Sun 24 Nov 2024 | 19:30 | Pool 3 | Makos       | Hammerheads |

## Round 5 - Week starting Fri 29 Nov 2024

| Clarence Aquatic Centre YMCA |                 |       |        |            |              |
|------------------------------|-----------------|-------|--------|------------|--------------|
| Division                     | Day             | Time  | Pool   | White Cap  | Blue Cap     |
| Fast Five U13 Female         | Sun 01 Dec 2024 | 16:00 | Pool 3 | Vipers     | Hydros       |
| Fast Five U13 Female         | Sun 01 Dec 2024 | 16:00 | Pool 4 | Marlins    | Barracudas   |
| Fast Five U13 Male           | Sun 01 Dec 2024 | 16:30 | Pool 3 | Seals      | Titans       |
| Fast Five U13 Male           | Sun 01 Dec 2024 | 16:30 | Pool 4 | Tides      | Tiger Sharks |
| Fast Five U14 Female         | Sun 01 Dec 2024 | 17:00 | Pool 3 | Marlins    | Otters       |
| Fast Five U14 Female         | Sun 01 Dec 2024 | 17:00 | Pool 4 | Penguins   | Piranhas     |
| Fast Five U14 Male           | Sun 01 Dec 2024 | 17:30 | Pool 3 | Magalodons | Bluefins     |

|                                       |                 |       |        |             |             |
|---------------------------------------|-----------------|-------|--------|-------------|-------------|
| Fast Five U14 Male                    | Sun 01 Dec 2024 | 17:30 | Pool 4 | Whitetips   | Salties     |
| Fast Five U16 Female Aqua have a BYE. |                 |       |        |             |             |
| Fast Five U16 Female                  | Sun 01 Dec 2024 | 18:00 | Pool 3 | Tridents    | Dolphins    |
| Fast Five U16 Male                    | Sun 01 Dec 2024 | 18:00 | Pool 4 | Divers      | Waves       |
| Fast Five U16 Male                    | Sun 01 Dec 2024 | 18:30 | Pool 4 | Defenders   | Titans      |
| Fast Five U18 Female                  | Sun 01 Dec 2024 | 18:30 | Pool 3 | Neptunes    | Mermaids    |
| Fast Five U18 Male                    | Sun 01 Dec 2024 | 19:00 | Pool 3 | Serpents    | Krakens     |
| Fast Five U18 Male                    | Sun 01 Dec 2024 | 19:00 | Pool 4 | Bull Sharks | Swordfish   |
| Fast Five SNR Men                     | Sun 01 Dec 2024 | 19:30 | Pool 3 | Makos       | Hammerheads |



## Round 6 - Week starting Fri 06 Dec 2024

| Clarence Aquatic Centre YMCA              |                 |       |        |            |              |
|---|-----------------|-------|--------|------------|--------------|
| Division                                  | Day             | Time  | Pool   | White Cap  | Blue Cap     |
| Fast Five U13 Female                      | Sun 08 Dec 2024 | 16:00 | Pool 3 | Vipers     | Barracudas   |
| Fast Five U13 Female                      | Sun 08 Dec 2024 | 16:00 | Pool 4 | Marlins    | Hydros       |
| Fast Five U13 Male                        | Sun 08 Dec 2024 | 16:30 | Pool 3 | Seals      | Tiger Sharks |
| Fast Five U13 Male                        | Sun 08 Dec 2024 | 16:30 | Pool 4 | Titans     | Tides        |
| Fast Five U14 Female                      | Sun 08 Dec 2024 | 17:00 | Pool 3 | Marlins    | Piranhas     |
| Fast Five U14 Female                      | Sun 08 Dec 2024 | 17:00 | Pool 4 | Penguins   | Otters       |
| Fast Five U14 Male                        | Sun 08 Dec 2024 | 17:30 | Pool 3 | Magalodons | Salties      |
| Fast Five U14 Male                        | Sun 08 Dec 2024 | 17:30 | Pool 4 | Bluefins   | Whitetips    |
| Fast Five U16 Female Tridents have a BYE. |                 |       |        |            |              |
| Fast Five U16 Female                      | Sun 08 Dec 2024 | 18:00 | Pool 3 | Aqua       | Dolphins     |
| Fast Five U16 Male                        | Sun 08 Dec 2024 | 18:00 | Pool 4 | Divers     | Titans       |
| Fast Five U16 Male                        | Sun 08 Dec 2024 | 18:30 | Pool 4 | Waves      | Defenders    |
| Fast Five U18 Female                      | Sun 08 Dec 2024 | 18:30 | Pool 3 | Neptunes   | Mermaids     |
| Fast Five U18 Male                        | Sun 08 Dec 2024 | 19:00 | Pool 3 | Krakens    | Bull Sharks  |
| Fast Five U18 Male                        | Sun 08 Dec 2024 | 19:00 | Pool 4 | Swordfish  | Serpents     |
| Fast Five SNR Men                         | Sun 08 Dec 2024 | 19:30 | Pool 3 | Makos      | Hammerheads  |