



**Prairewood ASC
Season Program
Summer 25-26
Fridays 7pm**



Week	Date	Choose any 3 events per week								
1	17/10/25	25 FREE	50 FREE	25 BREAST	50 BREAST	25 BACK	50 BACK	25 FLY	50 FLY	any 100/400
2	24/10/25	25 FREE	50 FREE	25 FLY	50 FLY	25 BREAST	50 BREAST	25 BACK	50 BACK	any 200
3	31/10/25	25 FREE	50 FREE	25 BACK	50 BACK	25 FLY	25 FLY	25 BREAST	50 BREAST	any 100/400
4	7/11/25	25 FREE	50 FREE	25 BREAST	50 BREAST	25 BACK	50 BACK	25 FLY	50 FLY	any 200
5	14/11/25	25 FREE	50 FREE	25 FLY	50 FLY	25 BREAST	50 BREAST	25 BACK	50 BACK	any 100/400
6	21/11/25	25 FREE	50 FREE	25 BACK	50 BACK	25 FLY	25 FLY	25 BREAST	50 BREAST	any 200
7	28/11/25	25 FREE	50 FREE	25 BREAST	50 BREAST	25 BACK	50 BACK	25 FLY	50 FLY	any 100/400
8	5/12/25	25 FREE	50 FREE	25 FLY	50 FLY	25 BREAST	50 BREAST	25 BACK	50 BACK	any 200
9	12/12/25	25 FREE	50 FREE	25 BACK	50 BACK	25 FLY	25 FLY	25 BREAST	50 BREAST	any 100/400
10	19/12/25	25 FREE	50 FREE	25 BREAST	50 BREAST	25 BACK	50 BACK	25 FLY	50 FLY	any 200
School holidays										
11	30/01/26	25 FREE	50 FREE	25 FLY	50 FLY	25 BREAST	50 BREAST	25 BACK	50 BACK	any 100/400
12	6/02/26	25 FREE	50 FREE	25 BACK	50 BACK	25 FLY	25 FLY	25 BREAST	50 BREAST	any 200
13	13/02/26	25 FREE	50 FREE	25 BREAST	50 BREAST	25 BACK	50 BACK	25 FLY	50 FLY	any 100/400
14	20/02/26	25 FREE	50 FREE	25 FLY	50 FLY	25 BREAST	50 BREAST	25 BACK	50 BACK	any 200
15	27/02/26	25 FREE	50 FREE	25 BACK	50 BACK	25 FLY	25 FLY	25 BREAST	50 BREAST	any 100/400
16	6/03/26	25 FREE	50 FREE	25 BREAST	50 BREAST	25 BACK	50 BACK	25 FLY	50 FLY	any 200
17	13/03/26	25 FREE	50 FREE	25 FLY	50 FLY	25 BREAST	50 BREAST	25 BACK	50 BACK	any 100/400
18	20/03/26	25 FREE	50 FREE	25 BACK	50 BACK	25 FLY	25 FLY	25 BREAST	50 BREAST	any 200
19	27/03/26	25 FREE	50 FREE	25 BREAST	50 BREAST	25 BACK	50 BACK	25 FLY	50 FLY	any 100/400
School holidays										

NOTES -

any 100/400 - 100 FLY, 100 BACK, 100 BREAST, 100 FREE, 400 FREE, 400 IM

any 200 - FLY, BACK, BREAST, FREE, IM

Qualifying	25m	50m	100m	200/400m
Times		(25 time)	(50 time)	(100 time)
FLY	over 30	30	54	1:32
BACK	over 33	33	59	1:40
BREAST	over 37	37	1:07	1:54
FREE	over 28	28	50	1:25
100/200 IM	(50m) Fly 54 /Bck 59 /Brst 1:07 /Free 50			

Point Score Competition
Trophies awarded to Boys and Girls in age groups - U8yrs, 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17/O Age as at 1 October 2025

Point Scoring	
Did not swim	0
Disqualified	1
Completing the distance without disqualification	2
Up to two seconds over best time	3
Equal to best to one second over best time	4
Up to two seconds under best time	5
More than two seconds under best time	6
Timing system failure	4
Time trials (first ever swim of stroke & distance)	4