



**Prairewood ASC
Season Program
Winter 2025
Fridays 7pm**



Week	Date	Choose any 4 events per week									
1	2/05/25	25 FREE	50 FREE	25 BREAST	50 BREAST	any 100	25 BACK	50 BACK	25 FLY	50 FLY	
2	9/05/25	25 FREE	50 FREE	25 FLY	50 FLY		25 BREAST	50 BREAST	25 BACK	50 BACK	any 200
3	16/05/25	25 FREE	50 FREE	25 BACK	50 BACK	any 100	25 FLY	25 FLY	25 BREAST	50 BREAST	
4	23/05/25	25 FREE	50 FREE	25 BREAST	50 BREAST		25 BACK	50 BACK	25 FLY	50 FLY	any 200
5	30/05/25	25 FREE	50 FREE	25 FLY	50 FLY	any 100	25 BREAST	50 BREAST	25 BACK	50 BACK	
6	6/06/25	25 FREE	50 FREE	25 BACK	50 BACK		25 FLY	25 FLY	25 BREAST	50 BREAST	any 200
7	13/06/25	25 FREE	50 FREE	25 BREAST	50 BREAST	any 100	25 BACK	50 BACK	25 FLY	50 FLY	
8	20/06/25	25 FREE	50 FREE	25 FLY	50 FLY		25 BREAST	50 BREAST	25 BACK	50 BACK	any 200
9	27/06/25	25 FREE	50 FREE	25 BACK	50 BACK	any 100	25 FLY	25 FLY	25 BREAST	50 BREAST	
10	4/07/25	25 FREE	50 FREE	25 BREAST	50 BREAST		25 BACK	50 BACK	25 FLY	50 FLY	any 200
School holidays											
11	25/07/25	25 FREE	50 FREE	25 FLY	50 FLY	any 100	25 BREAST	50 BREAST	25 BACK	50 BACK	
12	1/08/25	25 FREE	50 FREE	25 BACK	50 BACK		25 FLY	25 FLY	25 BREAST	50 BREAST	any 200
13	8/08/25	25 FREE	50 FREE	25 BREAST	50 BREAST	any 100	25 BACK	50 BACK	25 FLY	50 FLY	
14	15/08/25	25 FREE	50 FREE	25 FLY	50 FLY		25 BREAST	50 BREAST	25 BACK	50 BACK	any 200
15	22/08/25	25 FREE	50 FREE	25 BACK	50 BACK	any 100	25 FLY	25 FLY	25 BREAST	50 BREAST	
16	29/08/25	25 FREE	50 FREE	25 BREAST	50 BREAST		25 BACK	50 BACK	25 FLY	50 FLY	any 200
17	5/09/25	25 FREE	50 FREE	25 FLY	50 FLY	any 100	25 BREAST	50 BREAST	25 BACK	50 BACK	
18	12/09/25	25 FREE	50 FREE	25 BACK	50 BACK		25 FLY	25 FLY	25 BREAST	50 BREAST	any 200
19	19/09/25	25 FREE	50 FREE	25 BREAST	50 BREAST	any 100	25 BACK	50 BACK	25 FLY	50 FLY	
20	26/09/25	25 FREE	50 FREE	25 FLY	50 FLY		25 BREAST	50 BREAST	25 BACK	50 BACK	any 200

NOTES -

any 100 - FLY, BACK, BREAST, FREE, IM (IM if 25m pool)

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

Qualifying	25m	50m	100m	200m
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			

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