



Newcastle Water Polo

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Newcastle Water Polo Inc. Summer 2023_24

Round 1 - Week starting Sun 08 Oct 2023

Charlestown Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------------|--------------------------|
| u12 Mixed | Sat 14 Oct 2023 | 11:30 | | Easts u12 Mixed | Central u12 Mixed Blue |
| u12 Mixed | Sat 14 Oct 2023 | 12:05 | | Central u12 Mixed Grey | Lake Macquarie u12 Mixed |
| u14 Girls | Sat 14 Oct 2023 | 12:40 | | Easts u14 Girls | Central u14 Girls Blue |
| u14 Boys | Sat 14 Oct 2023 | 13:20 | | Easts u14 Boys Yellow | Central u14 Boys Blue |

Round 1 - Week starting Sun 08 Oct 2023

Lambton Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|----------|-----------------|-------|------|-------------------------|-----------------|
| Womens B | Sat 14 Oct 2023 | 14:00 | | Central Womens B Blue | Easts Womens B |
| Womens B | Sat 14 Oct 2023 | 16:15 | | Central Womens B Orange | Bar In Womens B |
| Mens B | Sat 14 Oct 2023 | 14:45 | | Central Mens B Blue | Easts Mens B |
| Mens B | Sat 14 Oct 2023 | 17:00 | | Central Mens B Orange | Bar In Mens B |
| Womens C | Sat 14 Oct 2023 | 12:30 | | Central Womens C Blue | Easts Womens C |

| | | | | |
|-----------|-----------------|-------|-------------------------|------------------|
| Mens C | Sat 14 Oct 2023 | 13:15 | Central Mens C | Eastes Mens C |
| u17 Boys | Sat 14 Oct 2023 | 11:45 | Central u17 Boys Blue | Eastes u17 Boys |
| u17 Boys | Sat 14 Oct 2023 | 15:30 | Central u17 Boys Orange | Bar In u17 Boys |
| u17 Girls | Sat 14 Oct 2023 | 11:00 | Central u17 Girls Blue | Eastes u17 Girls |

Round 1 - Week starting Sun 08 Oct 2023

| Mayfield Pool | | | | | |
|---------------|-----------------|-------|------|------------------|--------------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens C | Sat 14 Oct 2023 | 12:40 | | Bar In Womens C | Central Womens C Orange |
| u12 Mixed | Sat 14 Oct 2023 | 10:00 | | Bar In u12 Mixed | Central u12 Mixed Orange |
| u14 Girls | Sat 14 Oct 2023 | 10:35 | | Bar In u14 Girls | Central u14 Girls Orange |
| u14 Boys | Sat 14 Oct 2023 | 11:15 | | Bar In u14 Boys | Central u14 Boys Orange |
| u17 Girls | Sat 14 Oct 2023 | 11:55 | | Bar In u17 Girls | Central u17 Girls Orange |

Round 1 - Week starting Sun 08 Oct 2023

| Swansea Swim Centre | | | | | |
|---------------------|-----------------|-------|------|--------------------------|------------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens B | Sat 14 Oct 2023 | 13:35 | | Lake Macquarie Womens B | NUWP Womens B |
| Mens B | Sat 14 Oct 2023 | 14:20 | | Lake Macquarie Mens B | NUWP Mens B |
| Womens C | Sat 14 Oct 2023 | 12:05 | | Lake Macquarie Womens C | Central Womens C Grey |
| Mens C | Sat 14 Oct 2023 | 12:50 | | Lake Macquarie Mens C | Bar In Mens C |
| u14 Girls | Sat 14 Oct 2023 | 10:00 | | Lake Macquarie u14 Girls | Central u14 Girls Grey |
| u14 Boys | Sat 14 Oct 2023 | 10:40 | | Lake Macquarie u14 Boys | Eastes u14 Boys Blue |

Lake Macquarie u17 Boys u17 Boys have a BYE.

| | | | | |
|-----------|-----------------|-------|--------------------------|------------------------|
| u17 Girls | Sat 14 Oct 2023 | 11:20 | Lake Macquarie u17 Girls | Central u17 Girls Grey |
|-----------|-----------------|-------|--------------------------|------------------------|

Round 2 · Week starting Sun 15 Oct 2023

| Lambton Pool | | | | | |
|--|-----------------|-------|------|--------------------------|-----------------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens A | Tue 17 Oct 2023 | 18:00 | | Central Womens A | Eastes Womens A |
| Womens A | Tue 17 Oct 2023 | 18:45 | | NUWP Womens A | NWP Womens A Composite Team |
| Lake Macquarie Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 17 Oct 2023 | 19:30 | | Central Mens A | Eastes Mens A |
| Mens A | Tue 17 Oct 2023 | 20:15 | | Bar In Mens A | NUWP Mens A |
| Womens B | Sat 21 Oct 2023 | 13:15 | | Eastes Womens B | Bar In Womens B |
| Womens B | Sat 21 Oct 2023 | 16:15 | | Central Womens B Orange | NUWP Womens B |
| Mens B | Sat 21 Oct 2023 | 14:00 | | Eastes Mens B | Bar In Mens B |
| Mens B | Sat 21 Oct 2023 | 17:00 | | Central Mens B Orange | NUWP Mens B |
| Womens C | Sat 21 Oct 2023 | 15:30 | | Central Womens C Orange | Central Womens C Grey |
| Mens C | Sat 21 Oct 2023 | 12:30 | | Eastes Mens C | Bar In Mens C |
| Central u17 Boys u17 Boys Orange have a BYE. | | | | | |
| u17 Boys | Sat 21 Oct 2023 | 11:45 | | Eastes u17 Boys | Bar In u17 Boys |
| u17 Girls | Sat 21 Oct 2023 | 11:00 | | Eastes u17 Girls | Bar In u17 Girls |
| u17 Girls | Sat 21 Oct 2023 | 14:45 | | Central u17 Girls Orange | Central u17 Girls Grey |

Round 2 · Week starting Sun 15 Oct 2023

Charlestown Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|--------------------------|-------------------------|
| u12 Mixed | Sat 21 Oct 2023 | 10:15 | | Easts u12 Mixed | Bar In u12 Mixed |
| u14 Girls | Sat 21 Oct 2023 | 10:50 | | Central u14 Girls Orange | Central u14 Girls Grey |
| u14 Girls | Sat 21 Oct 2023 | 11:30 | | Easts u14 Girls | Bar In u14 Girls |
| u14 Boys | Sat 21 Oct 2023 | 12:10 | | Easts u14 Boys Yellow | Bar In u14 Boys |
| u14 Boys | Sat 21 Oct 2023 | 12:50 | | Easts u14 Boys Blue | Central u14 Boys Orange |

Round 2 - Week starting Sun 15 Oct 2023

Mayfield Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|--------------------------|--------------------------|
| Womens C | Sat 21 Oct 2023 | 11:50 | | Bar In Womens C | Easts Womens C |
| u12 Mixed | Sat 21 Oct 2023 | 10:00 | | Central u12 Mixed Orange | Central u12 Mixed Grey |
| u12 Mixed | Sat 21 Oct 2023 | 10:35 | | Central u12 Mixed Blue | Lake Macquarie u12 Mixed |
| u14 Girls | Sat 21 Oct 2023 | 11:10 | | Central u14 Girls Blue | Lake Macquarie u14 Girls |

Round 2 - Week starting Sun 15 Oct 2023

Swansea Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|----------|-----------------|-------|------|-------------------------|-----------------------|
| Womens B | Sat 21 Oct 2023 | 13:40 | | Lake Macquarie Womens B | Central Womens B Blue |
| Mens B | Sat 21 Oct 2023 | 14:25 | | Lake Macquarie Mens B | Central Mens B Blue |
| Womens C | Sat 21 Oct 2023 | 12:10 | | Lake Macquarie Womens C | Central Womens C Blue |
| Mens C | Sat 21 Oct 2023 | 12:55 | | Lake Macquarie Mens C | Central Mens C |
| u14 Boys | Sat 21 Oct 2023 | 10:00 | | Lake Macquarie u14 Boys | Central u14 Boys Blue |

| | | | | |
|-----------|-----------------|-------|--------------------------|------------------------|
| u17 Boys | Sat 21 Oct 2023 | 11:25 | Lake Macquarie u17 Boys | Central u17 Boys Blue |
| u17 Girls | Sat 21 Oct 2023 | 10:40 | Lake Macquarie u17 Girls | Central u17 Girls Blue |

Round 3 · Week starting Sun 22 Oct 2023

Lambton Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|----------------------------------|-----------------|-------|------|-----------------------------|------------------------|
| Womens A | Tue 24 Oct 2023 | 19:30 | | NUWP Womens A | East's Womens A |
| Womens A | Tue 24 Oct 2023 | 20:15 | | NWP Womens A Composite Team | Central Womens A |
| Bar In Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 24 Oct 2023 | 18:00 | | NUWP Mens A | East's Mens A |
| Mens A | Tue 24 Oct 2023 | 18:45 | | Lake Macquarie Mens A | Central Mens A |
| Womens B | Sat 28 Oct 2023 | 13:15 | | Central Womens B Blue | Bar In Womens B |
| Womens B | Sat 28 Oct 2023 | 16:15 | | East's Womens B | NUWP Womens B |
| Mens B | Sat 28 Oct 2023 | 14:00 | | Central Mens B Blue | Bar In Mens B |
| Mens B | Sat 28 Oct 2023 | 17:00 | | East's Mens B | NUWP Mens B |
| Womens C | Sat 28 Oct 2023 | 15:30 | | East's Womens C | Central Womens C Grey |
| Mens C | Sat 28 Oct 2023 | 12:30 | | Central Mens C | Bar In Mens C |
| u17 Boys | Sat 28 Oct 2023 | 11:45 | | Central u17 Boys Blue | Bar In u17 Boys |
| u17 Girls | Sat 28 Oct 2023 | 11:00 | | Central u17 Girls Blue | Bar In u17 Girls |
| u17 Girls | Sat 28 Oct 2023 | 14:45 | | East's u17 Girls | Central u17 Girls Grey |

Round 3 · Week starting Sun 22 Oct 2023

Charlestown Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|--------------------------|--------------------------|
| u12 Mixed | Sat 28 Oct 2023 | 10:15 | | East's u12 Mixed | Central u12 Mixed Grey |
| u12 Mixed | Sat 28 Oct 2023 | 11:30 | | Lake Macquarie u12 Mixed | Central u12 Mixed Orange |

| | | | | |
|-------------------------------------|-----------------|-------|--------------------------|--------------------------|
| u14 Girls | Sat 28 Oct 2023 | 10:50 | Easts u14 Girls | Central u14 Girls Grey |
| u14 Girls | Sat 28 Oct 2023 | 12:05 | Lake Macquarie u14 Girls | Central u14 Girls Orange |
| u14 Boys | Sat 28 Oct 2023 | 12:45 | Easts u14 Boys Yellow | Easts u14 Boys Blue |
| Easts u17 Boys u17 Boys have a BYE. | | | | |

Round 3 - Week starting Sun 22 Oct 2023

Mayfield Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------|------------------------|
| Womens C | Sat 28 Oct 2023 | 11:55 | | Bar In Womens C | Central Womens C Blue |
| u12 Mixed | Sat 28 Oct 2023 | 10:00 | | Bar In u12 Mixed | Central u12 Mixed Blue |
| u14 Girls | Sat 28 Oct 2023 | 10:35 | | Bar In u14 Girls | Central u14 Girls Blue |
| u14 Boys | Sat 28 Oct 2023 | 11:15 | | Bar In u14 Boys | Central u14 Boys Blue |

Round 3 - Week starting Sun 22 Oct 2023

Swansea Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|----------|-----------------|-------|------|-------------------------|-------------------------|
| Womens B | Sat 28 Oct 2023 | 13:40 | | Lake Macquarie Womens B | Central Womens B Orange |
| Mens B | Sat 28 Oct 2023 | 14:25 | | Lake Macquarie Mens B | Central Mens B Orange |
| Womens C | Sat 28 Oct 2023 | 12:10 | | Lake Macquarie Womens C | Central Womens C Orange |
| Mens C | Sat 28 Oct 2023 | 12:55 | | Lake Macquarie Mens C | Easts Mens C |
| u14 Boys | Sat 28 Oct 2023 | 10:00 | | Lake Macquarie u14 Boys | Central u14 Boys Orange |
| u17 Boys | Sat 28 Oct 2023 | 11:25 | | Lake Macquarie u17 Boys | Central u17 Boys Orange |

Round 4 · Week starting Sun 29 Oct 2023

Lambton Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|----------------------------------|-----------------|-------|------|-----------------------------|------------------------|
| Womens A | Tue 31 Oct 2023 | 18:00 | | Central Womens A | NUWP Womens A |
| Womens A | Tue 31 Oct 2023 | 18:45 | | NWP Womens A Composite Team | East's Womens A |
| East's Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 31 Oct 2023 | 19:30 | | Central Mens A | NUWP Mens A |
| Mens A | Tue 31 Oct 2023 | 20:15 | | Lake Macquarie Mens A | Bar In Mens A |
| Womens B | Sat 04 Nov 2023 | 15:55 | | Central Womens B Orange | Central Womens B Blue |
| Mens B | Sat 04 Nov 2023 | 16:40 | | Central Mens B Orange | Central Mens B Blue |
| Womens C | Sat 04 Nov 2023 | 14:25 | | Central Womens C Orange | Central Womens C Blue |
| Mens C | Sat 04 Nov 2023 | 15:10 | | Central Mens C | East's Mens C |
| u12 Mixed | Sat 04 Nov 2023 | 11:00 | | Central u12 Mixed Orange | Central u12 Mixed Blue |
| u14 Girls | Sat 04 Nov 2023 | 11:35 | | Central u14 Girls Orange | Central u14 Girls Blue |
| u14 Boys | Sat 04 Nov 2023 | 12:15 | | Central u14 Boys Orange | Central u14 Boys Blue |
| u17 Boys | Sat 04 Nov 2023 | 13:40 | | Central u17 Boys Orange | Central u17 Boys Blue |
| u17 Girls | Sat 04 Nov 2023 | 12:55 | | Central u17 Girls Orange | Central u17 Girls Blue |

Round 4 - Week starting Sun 29 Oct 2023

Charlestown Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|----------------------|--------------------------|
| u12 Mixed | Sat 04 Nov 2023 | 10:55 | | East's u12 Mixed | Lake Macquarie u12 Mixed |
| u14 Girls | Sat 04 Nov 2023 | 11:30 | | East's u14 Girls | Lake Macquarie u14 Girls |
| u14 Boys | Sat 04 Nov 2023 | 10:15 | | East's u14 Boys Blue | Bar In u14 Boys |

Round 4 - Week starting Sun 29 Oct 2023

Mayfield Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|--------------------------------------|-----------------|-------------|-------------|------------------|------------------------|
| Womens C | Sat 04 Nov 2023 | 12:00 | | Bar In Womens C | Central Womens C Grey |
| u12 Mixed | Sat 04 Nov 2023 | 10:40 | | Bar In u12 Mixed | Central u12 Mixed Grey |
| u14 Girls | Sat 04 Nov 2023 | 10:00 | | Bar In u14 Girls | Central u14 Girls Grey |
| Bar In u17 Boys u17 Boys have a BYE. | | | | | |
| u17 Girls | Sat 04 Nov 2023 | 11:15 | | Bar In u17 Girls | Central u17 Girls Grey |

Round 4 · Week starting Sun 29 Oct 2023**Swansea Swim Centre**

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|--------------|-----------------|-------------|-------------|--------------------------|------------------------|
| Womens B | Sat 04 Nov 2023 | 12:55 | | Lake Macquarie Womens B | Eastes Womens B |
| Womens B | Sat 04 Nov 2023 | 15:10 | | NUWP Womens B | Bar In Womens B |
| Mens B | Sat 04 Nov 2023 | 13:40 | | Lake Macquarie Mens B | Eastes Mens B |
| Mens B | Sat 04 Nov 2023 | 15:55 | | NUWP Mens B | Bar In Mens B |
| Mens B | Sat 04 Nov 2023 | 15:55 | | NUWP Mens B | Bar In Mens B |
| Womens C | Sat 04 Nov 2023 | 12:10 | | Lake Macquarie Womens C | Eastes Womens C |
| Mens C | Sat 04 Nov 2023 | 14:25 | | Lake Macquarie Mens C | Bar In Mens C |
| u14 Boys | Sat 04 Nov 2023 | 10:45 | | Lake Macquarie u14 Boys | Eastes u14 Boys Yellow |
| u17 Boys | Sat 04 Nov 2023 | 11:25 | | Lake Macquarie u17 Boys | Eastes u17 Boys |
| u17 Girls | Sat 04 Nov 2023 | 10:00 | | Lake Macquarie u17 Girls | Eastes u17 Girls |

Round 5 · Week starting Sun 05 Nov 2023

| Lambton Pool | | | | | |
|--------------------------------|-----------------|-------|------|-----------------------------|------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens A | Tue 07 Nov 2023 | 19:30 | | East's Womens A | Central Womens A |
| Womens A | Tue 07 Nov 2023 | 20:15 | | NWP Womens A Composite Team | NUWP Womens A |
| NUWP Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 07 Nov 2023 | 18:00 | | Bar In Mens A | Central Mens A |

| | | | | |
|-----------|-----------------|-------|--------------------------|------------------------|
| Mens A | Tue 07 Nov 2023 | 18:45 | East's Mens A | Lake Macquarie Mens A |
| Womens B | Sat 11 Nov 2023 | 14:25 | Central Womens B Orange | East's Womens B |
| Womens B | Sat 11 Nov 2023 | 15:55 | Central Womens B Blue | NUWP Womens B |
| Mens B | Sat 11 Nov 2023 | 15:10 | Central Mens B Orange | East's Mens B |
| Mens B | Sat 11 Nov 2023 | 16:40 | Central Mens B Blue | NUWP Mens B |
| Womens C | Sat 11 Nov 2023 | 12:10 | Central Womens C Blue | Central Womens C Grey |
| Womens C | Sat 11 Nov 2023 | 13:40 | Central Womens C Orange | East's Womens C |
| Mens C | Sat 11 Nov 2023 | 12:55 | Central Mens C | Lake Macquarie Mens C |
| u12 Mixed | Sat 11 Nov 2023 | 11:00 | Central u12 Mixed Blue | Central u12 Mixed Grey |
| u12 Mixed | Sat 11 Nov 2023 | 11:35 | Central u12 Mixed Orange | East's u12 Mixed |

Round 5 - Week starting Sun 05 Nov 2023

Swansea Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|--------------------------|------------------|
| Womens B | Sat 11 Nov 2023 | 12:05 | | Lake Macquarie Womens B | Bar In Womens B |
| Mens B | Sat 11 Nov 2023 | 12:50 | | Lake Macquarie Mens B | Bar In Mens B |
| Womens C | Sat 11 Nov 2023 | 11:20 | | Lake Macquarie Womens C | Bar In Womens C |
| Mens C | Sat 11 Nov 2023 | 10:35 | | Bar In Mens C | East's Mens C |
| u12 Mixed | Sat 11 Nov 2023 | 10:00 | | Lake Macquarie u12 Mixed | Bar In u12 Mixed |

Round 6 · Week starting Sun 12 Nov 2023

| Lambton Pool | | | | | |
|-----------------------------------|-----------------|-------|------|-------------------------|-----------------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens A | Tue 14 Nov 2023 | 18:00 | | East's Womens A | NUWP Womens A |
| Womens A | Tue 14 Nov 2023 | 18:45 | | Central Womens A | NWP Womens A Composite Team |
| Central Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 14 Nov 2023 | 19:30 | | Bar In Mens A | East's Mens A |
| Mens A | Tue 14 Nov 2023 | 20:15 | | NUWP Mens A | Lake Macquarie Mens A |
| Womens B | Sat 18 Nov 2023 | 13:15 | | East's Womens B | Central Womens B Blue |
| Womens B | Sat 18 Nov 2023 | 16:15 | | Central Womens B Orange | Bar In Womens B |
| Mens B | Sat 18 Nov 2023 | 14:00 | | East's Mens B | Central Mens B Blue |
| Mens B | Sat 18 Nov 2023 | 17:00 | | Central Mens B Orange | Bar In Mens B |
| Womens C | Sat 18 Nov 2023 | 12:30 | | East's Womens C | Central Womens C Blue |
| Mens C | Sat 18 Nov 2023 | 15:30 | | Central Mens C | Bar In Mens C |
| u17 Boys | Sat 18 Nov 2023 | 11:45 | | East's u17 Boys | Central u17 Boys Blue |

| | | | | |
|-----------|-----------------|-------|-------------------------|------------------------|
| u17 Boys | Sat 18 Nov 2023 | 14:45 | Central u17 Boys Orange | Bar In u17 Boys |
| u17 Girls | Sat 18 Nov 2023 | 11:00 | Easts u17 Girls | Central u17 Girls Blue |

Round 6 - Week starting Sun 12 Nov 2023

| Charlestown Swim Centre | | | | | |
|-------------------------|-----------------|-------|------|-----------------------|-------------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| u12 Mixed | Sat 18 Nov 2023 | 10:15 | | Easts u12 Mixed | Central u12 Mixed Blue |
| u14 Girls | Sat 18 Nov 2023 | 12:10 | | Easts u14 Girls | Central u14 Girls Blue |
| u14 Boys | Sat 18 Nov 2023 | 10:50 | | Easts u14 Boys Yellow | Central u14 Boys Blue |
| u14 Boys | Sat 18 Nov 2023 | 11:30 | | Easts u14 Boys Blue | Lake Macquarie u14 Boys |

Round 6 - Week starting Sun 12 Nov 2023

| Mayfield Pool | | | | | |
|---------------|-----------------|-------|------|------------------|--------------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens C | Sat 18 Nov 2023 | 12:40 | | Bar In Womens C | Central Womens C Orange |
| u12 Mixed | Sat 18 Nov 2023 | 10:00 | | Bar In u12 Mixed | Central u12 Mixed Orange |
| u14 Girls | Sat 18 Nov 2023 | 10:35 | | Bar In u14 Girls | Central u14 Girls Orange |
| u14 Boys | Sat 18 Nov 2023 | 11:15 | | Bar In u14 Boys | Central u14 Boys Orange |
| u17 Girls | Sat 18 Nov 2023 | 11:55 | | Bar In u17 Girls | Central u17 Girls Orange |

Round 6 - Week starting Sun 12 Nov 2023

| Swansea Swim Centre | | | | | |
|---------------------|--|--|--|--|--|
|---------------------|--|--|--|--|--|

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|--|-----------------|-------|------|--------------------------|------------------------|
| Womens B | Sat 18 Nov 2023 | 13:30 | | Lake Macquarie Womens B | NUWP Womens B |
| Mens B | Sat 18 Nov 2023 | 14:15 | | Lake Macquarie Mens B | NUWP Mens B |
| Womens C | Sat 18 Nov 2023 | 12:00 | | Lake Macquarie Womens C | Central Womens C Grey |
| Mens C | Sat 18 Nov 2023 | 12:45 | | Lake Macquarie Mens C | Eastes Mens C |
| u12 Mixed | Sat 18 Nov 2023 | 10:00 | | Lake Macquarie u12 Mixed | Central u12 Mixed Grey |
| u14 Girls | Sat 18 Nov 2023 | 10:35 | | Lake Macquarie u14 Girls | Central u14 Girls Grey |
| Lake Macquarie u17 Boys u17 Boys have a BYE. | | | | | |
| u17 Girls | Sat 18 Nov 2023 | 11:15 | | Lake Macquarie u17 Girls | Central u17 Girls Grey |

Round 7 · Week starting Sun 19 Nov 2023

Lambton Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|--|-----------------|-------|------|-------------------------|-----------------------------|
| Womens A | Tue 21 Nov 2023 | 19:30 | | NUWP Womens A | Central Womens A |
| Womens A | Tue 21 Nov 2023 | 20:15 | | East's Womens A | NWP Womens A Composite Team |
| Lake Macquarie Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 21 Nov 2023 | 18:00 | | NUWP Mens A | Bar In Mens A |
| Mens A | Tue 21 Nov 2023 | 18:45 | | East's Mens A | Central Mens A |
| Womens B | Sat 25 Nov 2023 | 14:45 | | Central Womens B Blue | Lake Macquarie Womens B |
| Womens B | Sat 25 Nov 2023 | 16:15 | | Central Womens B Orange | NUWP Womens B |
| Mens B | Sat 25 Nov 2023 | 15:30 | | Central Mens B Blue | Lake Macquarie Mens B |
| Mens B | Sat 25 Nov 2023 | 17:00 | | Central Mens B Orange | NUWP Mens B |
| Womens C | Sat 25 Nov 2023 | 11:00 | | Central Womens C Grey | Central Womens C Orange |
| Womens C | Sat 25 Nov 2023 | 14:00 | | Central Womens C Blue | Lake Macquarie Womens C |
| u17 Boys | Sat 25 Nov 2023 | 13:15 | | Central u17 Boys Blue | Lake Macquarie u17 Boys |
| u17 Girls | Sat 25 Nov 2023 | 11:45 | | Central u17 Girls Grey | Central u17 Girls Orange |
| u17 Girls | Sat 25 Nov 2023 | 12:30 | | Central u17 Girls Blue | Lake Macquarie u17 Girls |

Round 7 - Week starting Sun 19 Nov 2023

Charlestown Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------------|--------------------------|
| u12 Mixed | Sat 25 Nov 2023 | 10:55 | | Central u12 Mixed Blue | Lake Macquarie u12 Mixed |
| u14 Girls | Sat 25 Nov 2023 | 12:10 | | Central u14 Girls Blue | Lake Macquarie u14 Girls |
| u14 Boys | Sat 25 Nov 2023 | 10:15 | | East's u14 Boys Blue | Central u14 Boys Orange |
| u14 Boys | Sat 25 Nov 2023 | 11:30 | | Central u14 Boys Blue | Lake Macquarie u14 Boys |

Round 7 · Week starting Sun 19 Nov 2023

Mayfield Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------------|--------------------------|
| Mens C | Sat 25 Nov 2023 | 11:15 | | Central Mens C | Eastes Mens C |
| u12 Mixed | Sat 25 Nov 2023 | 10:40 | | Central u12 Mixed Grey | Central u12 Mixed Orange |
| u14 Girls | Sat 25 Nov 2023 | 10:00 | | Central u14 Girls Grey | Central u14 Girls Orange |

Round 7 · Week starting Sun 19 Nov 2023

Swansea Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------|------------------------|
| Womens B | Sat 25 Nov 2023 | 14:10 | | Bar In Womens B | Eastes Womens B |
| Mens B | Sat 25 Nov 2023 | 14:55 | | Bar In Mens B | Eastes Mens B |
| Womens C | Sat 25 Nov 2023 | 13:25 | | Bar In Womens C | Eastes Womens C |
| Mens C | Sat 25 Nov 2023 | 15:40 | | Bar In Mens C | Lake Macquarie Mens C |
| u12 Mixed | Sat 25 Nov 2023 | 10:00 | | Bar In u12 Mixed | Eastes u12 Mixed |
| u14 Girls | Sat 25 Nov 2023 | 11:15 | | Bar In u14 Girls | Eastes u14 Girls |
| u14 Boys | Sat 25 Nov 2023 | 10:35 | | Bar In u14 Boys | Eastes u14 Boys Yellow |
| u17 Boys | Sat 25 Nov 2023 | 12:40 | | Bar In u17 Boys | Eastes u17 Boys |
| u17 Girls | Sat 25 Nov 2023 | 11:55 | | Bar In u17 Girls | Eastes u17 Girls |

Round 8 - Week starting Sun 26 Nov 2023

| Lambton Pool | | | | | |
|----------------------------------|-----------------|-------|------|-------------------------|-----------------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens A | Tue 28 Nov 2023 | 18:00 | | Central Womens A | Eastes Womens A |
| Womens A | Tue 28 Nov 2023 | 18:45 | | NUWP Womens A | NWP Womens A Composite Team |
| Bar In Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 28 Nov 2023 | 19:30 | | Eastes Mens A | NUWP Mens A |
| Mens A | Tue 28 Nov 2023 | 20:15 | | Central Mens A | Lake Macquarie Mens A |
| Womens B | Sat 02 Dec 2023 | 14:45 | | Central Womens B Orange | Eastes Womens B |
| Womens B | Sat 02 Dec 2023 | 16:15 | | NUWP Womens B | Central Womens B Blue |
| Mens B | Sat 02 Dec 2023 | 15:30 | | Central Mens B Orange | Eastes Mens B |
| Mens B | Sat 02 Dec 2023 | 17:00 | | NUWP Mens B | Central Mens B Blue |
| Womens C | Sat 02 Dec 2023 | 11:00 | | Central Womens C Grey | Central Womens C Blue |
| Mens C | Sat 02 Dec 2023 | 14:00 | | Central Mens C | Eastes Mens C |
| u17 Boys | Sat 02 Dec 2023 | 13:15 | | Central u17 Boys Orange | Eastes u17 Boys |

| | | | | | |
|-----------|-----------------|-------|--|--------------------------|------------------------|
| u17 Girls | Sat 02 Dec 2023 | 11:45 | | Central u17 Girls Grey | Central u17 Girls Blue |
| u17 Girls | Sat 02 Dec 2023 | 12:30 | | Central u17 Girls Orange | Easts u17 Girls |

Round 8 - Week starting Sun 26 Nov 2023

Charlestown Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|-----------------------|--------------------------|
| u12 Mixed | Sat 02 Dec 2023 | 10:55 | | Easts u12 Mixed | Central u12 Mixed Orange |
| u14 Girls | Sat 02 Dec 2023 | 10:15 | | Easts u14 Girls | Central u14 Girls Orange |
| u14 Boys | Sat 02 Dec 2023 | 11:30 | | Easts u14 Boys Blue | Central u14 Boys Blue |
| u14 Boys | Sat 02 Dec 2023 | 12:10 | | Easts u14 Boys Yellow | Central u14 Boys Orange |

Round 8 - Week starting Sun 26 Nov 2023

Mayfield Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|-------------------------|------------------------|
| Womens C | Sat 02 Dec 2023 | 11:15 | | Central Womens C Orange | Easts Womens C |
| u12 Mixed | Sat 02 Dec 2023 | 10:40 | | Central u12 Mixed Grey | Central u12 Mixed Blue |
| u14 Girls | Sat 02 Dec 2023 | 10:00 | | Central u14 Girls Grey | Central u14 Girls Blue |

Round 8 - Week starting Sun 26 Nov 2023

Swansea Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|----------|-----------------|-------|------|-------------------------|-----------------|
| Womens B | Sat 02 Dec 2023 | 14:55 | | Lake Macquarie Womens B | Bar In Womens B |

| | | | | |
|-----------|-----------------|-------|--------------------------|------------------|
| Mens B | Sat 02 Dec 2023 | 15:40 | Lake Macquarie Mens B | Bar In Mens B |
| Womens C | Sat 02 Dec 2023 | 13:25 | Lake Macquarie Womens C | Bar In Womens C |
| Mens C | Sat 02 Dec 2023 | 14:10 | Lake Macquarie Mens C | Bar In Mens C |
| u12 Mixed | Sat 02 Dec 2023 | 10:00 | Lake Macquarie u12 Mixed | Bar In u12 Mixed |
| u14 Girls | Sat 02 Dec 2023 | 10:35 | Lake Macquarie u14 Girls | Bar In u14 Girls |
| u14 Boys | Sat 02 Dec 2023 | 11:15 | Lake Macquarie u14 Boys | Bar In u14 Boys |
| u17 Boys | Sat 02 Dec 2023 | 12:40 | Lake Macquarie u17 Boys | Bar In u17 Boys |
| u17 Girls | Sat 02 Dec 2023 | 11:55 | Lake Macquarie u17 Girls | Bar In u17 Girls |

Round 9 - Week starting Sun 03 Dec 2023

| Lambton Pool | | | | | |
|--------------|-----------------|-------|------|---------------|-----------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens A | Tue 05 Dec 2023 | 19:30 | | NUWP Womens A | East's Womens A |

| | | | | |
|---------------------------------|-----------------|-------|-----------------------------|--------------------------|
| Womens A | Tue 05 Dec 2023 | 20:15 | NWP Womens A Composite Team | Central Womens A |
| Easts Mens A Mens A have a BYE. | | | | |
| Mens A | Tue 05 Dec 2023 | 18:00 | NUWP Mens A | Central Mens A |
| Mens A | Tue 05 Dec 2023 | 18:45 | Bar In Mens A | Lake Macquarie Mens A |
| Womens B | Sat 09 Dec 2023 | 14:45 | Central Womens B Blue | Central Womens B Orange |
| Womens B | Sat 09 Dec 2023 | 16:15 | NUWP Womens B | Bar In Womens B |
| Mens B | Sat 09 Dec 2023 | 15:30 | Central Mens B Blue | Central Mens B Orange |
| Mens B | Sat 09 Dec 2023 | 17:00 | NUWP Mens B | Bar In Mens B |
| Womens C | Sat 09 Dec 2023 | 11:00 | Central Womens C Blue | Central Womens C Orange |
| Mens C | Sat 09 Dec 2023 | 14:00 | Central Mens C | Bar In Mens C |
| u17 Boys | Sat 09 Dec 2023 | 11:45 | Central u17 Boys Blue | Central u17 Boys Orange |
| u17 Girls | Sat 09 Dec 2023 | 12:30 | Central u17 Girls Grey | Bar In u17 Girls |
| u17 Girls | Sat 09 Dec 2023 | 13:15 | Central u17 Girls Blue | Central u17 Girls Orange |

Round 9 - Week starting Sun 03 Dec 2023

Charlestown Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------------|--------------------------|
| u12 Mixed | Sat 09 Dec 2023 | 10:55 | | Central u12 Mixed Blue | Central u12 Mixed Orange |
| u14 Girls | Sat 09 Dec 2023 | 10:15 | | Central u14 Girls Blue | Central u14 Girls Orange |
| u14 Boys | Sat 09 Dec 2023 | 11:30 | | Central u14 Boys Blue | Central u14 Boys Orange |

Round 9 - Week starting Sun 03 Dec 2023

Mayfield Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------|------------------------|
| Womens C | Sat 09 Dec 2023 | 11:55 | | Bar In Womens C | Central Womens C Grey |
| u12 Mixed | Sat 09 Dec 2023 | 10:00 | | Bar In u12 Mixed | Central u12 Mixed Grey |
| u14 Girls | Sat 09 Dec 2023 | 10:35 | | Bar In u14 Girls | Central u14 Girls Grey |
| u14 Boys | Sat 09 Dec 2023 | 11:15 | | Bar In u14 Boys | East's u14 Boys Blue |

Round 9 - Week starting Sun 03 Dec 2023

Swansea Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|--------------------------|------------------------|
| Womens B | Sat 09 Dec 2023 | 14:55 | | Lake Macquarie Womens B | East's Womens B |
| Mens B | Sat 09 Dec 2023 | 15:40 | | Lake Macquarie Mens B | East's Mens B |
| Womens C | Sat 09 Dec 2023 | 13:25 | | Lake Macquarie Womens C | East's Womens C |
| Mens C | Sat 09 Dec 2023 | 14:10 | | Lake Macquarie Mens C | East's Mens C |
| u12 Mixed | Sat 09 Dec 2023 | 10:00 | | Lake Macquarie u12 Mixed | East's u12 Mixed |
| u14 Girls | Sat 09 Dec 2023 | 10:35 | | Lake Macquarie u14 Girls | East's u14 Girls |
| u14 Boys | Sat 09 Dec 2023 | 11:15 | | Lake Macquarie u14 Boys | East's u14 Boys Yellow |
| u17 Boys | Sat 09 Dec 2023 | 12:40 | | Lake Macquarie u17 Boys | East's u17 Boys |
| u17 Girls | Sat 09 Dec 2023 | 11:55 | | Lake Macquarie u17 Girls | East's u17 Girls |

Round 10 - Week starting Sun 10 Dec 2023

| Lambton Pool | | | | | |
|--------------------------------|-----------------|-------|------|-----------------------------|------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens A | Tue 12 Dec 2023 | 18:00 | | Central Womens A | NUWP Womens A |
| Womens A | Tue 12 Dec 2023 | 18:45 | | NWP Womens A Composite Team | Eastes Womens A |
| NUWP Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 12 Dec 2023 | 19:30 | | Central Mens A | Bar In Mens A |
| Mens A | Tue 12 Dec 2023 | 20:15 | | Lake Macquarie Mens A | Eastes Mens A |
| Womens B | Sat 16 Dec 2023 | 13:15 | | Central Womens B Blue | Bar In Womens B |
| Womens B | Sat 16 Dec 2023 | 16:15 | | NUWP Womens B | Eastes Womens B |
| Mens B | Sat 16 Dec 2023 | 14:00 | | Central Mens B Blue | Bar In Mens B |
| Mens B | Sat 16 Dec 2023 | 17:00 | | NUWP Mens B | Eastes Mens B |
| Womens C | Sat 16 Dec 2023 | 12:30 | | Central Womens C Blue | Bar In Womens C |
| Womens C | Sat 16 Dec 2023 | 15:30 | | Central Womens C Grey | Eastes Womens C |
| u17 Boys | Sat 16 Dec 2023 | 11:00 | | Central u17 Boys Blue | Bar In u17 Boys |
| u17 Girls | Sat 16 Dec 2023 | 11:45 | | Central u17 Girls Blue | Bar In u17 Girls |
| u17 Girls | Sat 16 Dec 2023 | 14:45 | | Central u17 Girls Grey | Eastes u17 Girls |

Round 10 · Week starting Sun 10 Dec 2023

Charlestown Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|---------------------|------------------------|
| u12 Mixed | Sat 16 Dec 2023 | 10:55 | | Easts u12 Mixed | Central u12 Mixed Grey |
| u14 Girls | Sat 16 Dec 2023 | 11:30 | | Easts u14 Girls | Central u14 Girls Grey |
| u14 Boys | Sat 16 Dec 2023 | 10:15 | | Easts u14 Boys Blue | Easts u14 Boys Yellow |

Round 10 · Week starting Sun 10 Dec 2023

Mayfield Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------|------------------------|
| Mens C | Sat 16 Dec 2023 | 11:55 | | Bar In Mens C | Easts Mens C |
| u12 Mixed | Sat 16 Dec 2023 | 10:00 | | Bar In u12 Mixed | Central u12 Mixed Blue |
| u14 Girls | Sat 16 Dec 2023 | 10:35 | | Bar In u14 Girls | Central u14 Girls Blue |
| u14 Boys | Sat 16 Dec 2023 | 11:15 | | Bar In u14 Boys | Central u14 Boys Blue |

Round 10 · Week starting Sun 10 Dec 2023

Swansea Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|----------|-----------------|-------|------|-------------------------|-------------------------|
| Womens B | Sat 16 Dec 2023 | 14:55 | | Lake Macquarie Womens B | Central Womens B Orange |
| Mens B | Sat 16 Dec 2023 | 15:40 | | Lake Macquarie Mens B | Central Mens B Orange |
| Womens C | Sat 16 Dec 2023 | 13:25 | | Lake Macquarie Womens C | Central Womens C Orange |
| Mens C | Sat 16 Dec 2023 | 14:10 | | Lake Macquarie Mens C | Central Mens C |

| | | | | |
|-----------|-----------------|-------|--------------------------|--------------------------|
| u12 Mixed | Sat 16 Dec 2023 | 10:00 | Lake Macquarie u12 Mixed | Central u12 Mixed Orange |
| u14 Girls | Sat 16 Dec 2023 | 10:35 | Lake Macquarie u14 Girls | Central u14 Girls Orange |
| u14 Boys | Sat 16 Dec 2023 | 11:15 | Lake Macquarie u14 Boys | Central u14 Boys Orange |
| u17 Boys | Sat 16 Dec 2023 | 12:40 | Lake Macquarie u17 Boys | Central u17 Boys Orange |
| u17 Girls | Sat 16 Dec 2023 | 11:55 | Lake Macquarie u17 Girls | Central u17 Girls Orange |

Round 11 - Week starting Sun 14 Jan 2024

Lambton Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|--------------------------|------------------------|
| u12 Mixed | Sat 20 Jan 2024 | 11:00 | | Central u12 Mixed Orange | Central u12 Mixed Blue |
| u14 Girls | Sat 20 Jan 2024 | 11:35 | | Central u14 Girls Blue | Central u14 Girls Grey |
| u17 Girls | Sat 20 Jan 2024 | 12:15 | | Central u17 Girls Blue | Central u17 Girls Grey |

Round 11 - Week starting Sun 14 Jan 2024

Mayfield Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|--------------|-----------------|-------------|-------------|--------------------------|-----------------------|
| u14 Girls | Sat 20 Jan 2024 | 10:00 | | Central u14 Girls Orange | Easts u14 Girls |
| u14 Boys | Sat 20 Jan 2024 | 10:40 | | Central u14 Boys Blue | Easts u14 Boys Blue |
| u14 Boys | Sat 20 Jan 2024 | 11:20 | | Central u14 Boys Orange | Easts u14 Boys Yellow |
| u17 Boys | Sat 20 Jan 2024 | 12:45 | | Central u17 Boys Orange | Easts u17 Boys |
| u17 Girls | Sat 20 Jan 2024 | 12:00 | | Central u17 Girls Orange | Easts u17 Girls |

Round 11 - Week starting Sun 14 Jan 2024**Swansea Swim Centre**

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|--|-----------------|-------------|-------------|--------------------------|------------------|
| u12 Mixed | Sat 20 Jan 2024 | 11:00 | Pool | Lake Macquarie u12 Mixed | Easts u12 Mixed |
| u12 Mixed | Sat 20 Jan 2024 | 11:35 | Pool | Central u12 Mixed Grey | Bar In u12 Mixed |
| u14 Girls | Sat 20 Jan 2024 | 12:10 | Pool | Lake Macquarie u14 Girls | Bar In u14 Girls |
| u14 Boys | Sat 20 Jan 2024 | 12:50 | Pool | Lake Macquarie u14 Boys | Bar In u14 Boys |
| Central u17 Boys u17 Boys Blue have a BYE. | | | | | |
| u17 Boys | Sat 20 Jan 2024 | 14:15 | Pool | Lake Macquarie u17 Boys | Bar In u17 Boys |
| u17 Girls | Sat 20 Jan 2024 | 13:30 | Pool | Lake Macquarie u17 Girls | Bar In u17 Girls |

Round 12 - Week starting Sun 28 Jan 2024

Lambton Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------------------------------|-----------------|-------|------|------------------------|-----------------------------|
| Womens A | Tue 30 Jan 2024 | 19:30 | | East's Womens A | Central Womens A |
| Womens A | Tue 30 Jan 2024 | 20:15 | | NUWP Womens A | NWP Womens A Composite Team |
| Central Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 30 Jan 2024 | 18:00 | | East's Mens A | Bar In Mens A |
| Mens A | Tue 30 Jan 2024 | 18:45 | | Lake Macquarie Mens A | NUWP Mens A |
| Womens B | Sat 03 Feb 2024 | 13:15 | Pool | Central Womens B Blue | East's Womens B |
| Mens B | Sat 03 Feb 2024 | 12:30 | Pool | Central Mens B Blue | East's Mens B |
| u17 Boys | Sat 03 Feb 2024 | 11:45 | | Central u17 Boys Blue | East's u17 Boys |
| u17 Girls | Sat 03 Feb 2024 | 11:00 | | Central u17 Girls Blue | East's u17 Girls |

Round 12 - Week starting Sun 28 Jan 2024**Charlestown Swim Centre**

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------------|--------------------------|
| u12 Mixed | Sat 03 Feb 2024 | 11:35 | | East's u12 Mixed | Central u12 Mixed Blue |
| u14 Girls | Sat 03 Feb 2024 | 10:55 | | Central u14 Girls Grey | Lake Macquarie u14 Girls |
| u14 Girls | Sat 03 Feb 2024 | 12:50 | | East's u14 Girls | Central u14 Girls Blue |
| u14 Boys | Sat 03 Feb 2024 | 10:15 | | East's u14 Boys Blue | Lake Macquarie u14 Boys |
| u14 Boys | Sat 03 Feb 2024 | 12:10 | | East's u14 Boys Yellow | Central u14 Boys Blue |

Round 12 - Week starting Sun 28 Jan 2024

Mayfield Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|--------------|-----------------|-------------|-------------|------------------|--------------------------|
| Mens C | Sat 03 Feb 2024 | 11:55 | | Bar In Mens C | Eastes Mens C |
| u12 Mixed | Sat 03 Feb 2024 | 10:40 | | Bar In u12 Mixed | Central u12 Mixed Orange |
| u14 Girls | Sat 03 Feb 2024 | 11:15 | | Bar In u14 Girls | Central u14 Girls Orange |
| u14 Boys | Sat 03 Feb 2024 | 10:00 | | Bar In u14 Boys | Central u14 Boys Orange |

Round 12 - Week starting Sun 28 Jan 2024**Swansea Swim Centre**

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|--------------|-----------------|-------------|-------------|--------------------------|--------------------------|
| Womens B | Sat 03 Feb 2024 | 14:20 | Pool | Bar In Womens B | Central Womens B Orange |
| Womens B | Sat 03 Feb 2024 | 15:55 | Pool | Lake Macquarie Womens B | NUWP Womens B |
| Mens B | Sat 03 Feb 2024 | 13:35 | Pool | Bar In Mens B | Central Mens B Orange |
| Mens B | Sat 03 Feb 2024 | 15:05 | Pool | Lake Macquarie Mens B | NUWP Mens B |
| Mens C | Sat 03 Feb 2024 | 12:50 | | Lake Macquarie Mens C | Central Mens C |
| u12 Mixed | Sat 03 Feb 2024 | 10:00 | | Lake Macquarie u12 Mixed | Central u12 Mixed Grey |
| u17 Boys | Sat 03 Feb 2024 | 12:05 | | Bar In u17 Boys | Central u17 Boys Orange |
| u17 Girls | Sat 03 Feb 2024 | 10:35 | | Lake Macquarie u17 Girls | Central u17 Girls Grey |
| u17 Girls | Sat 03 Feb 2024 | 11:20 | | Bar In u17 Girls | Central u17 Girls Orange |

Round 13 - Week starting Sun 04 Feb 2024

| Lambton Pool | | | | | |
|--|-----------------|-------|------|--------------------------|-----------------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens A | Tue 06 Feb 2024 | 18:00 | | Central Womens A | NUWP Womens A |
| Womens A | Tue 06 Feb 2024 | 18:45 | | Eastes Womens A | NWP Womens A Composite Team |
| Lake Macquarie Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 06 Feb 2024 | 19:30 | | Central Mens A | Eastes Mens A |
| Mens A | Tue 06 Feb 2024 | 20:15 | | Bar In Mens A | NUWP Mens A |
| Womens B | Sat 10 Feb 2024 | 12:30 | Pool | Central Womens B Orange | NUWP Womens B |
| Womens B | Sat 10 Feb 2024 | 16:15 | Pool | Eastes Womens B | Bar In Womens B |
| Mens B | Sat 10 Feb 2024 | 13:15 | Pool | Central Mens B Orange | NUWP Mens B |
| Mens B | Sat 10 Feb 2024 | 17:00 | Pool | Eastes Mens B | Bar In Mens B |
| Womens C | Sat 10 Feb 2024 | 11:45 | | Central Womens C Orange | Central Womens C Grey |
| Womens C | Sat 10 Feb 2024 | 15:30 | | Eastes Womens C | Bar In Womens C |
| u17 Boys | Sat 10 Feb 2024 | 14:45 | | Eastes u17 Boys | Bar In u17 Boys |
| u17 Girls | Sat 10 Feb 2024 | 11:00 | | Central u17 Girls Orange | Central u17 Girls Grey |
| u17 Girls | Sat 10 Feb 2024 | 14:00 | | Eastes u17 Girls | Bar In u17 Girls |

Round 13 - Week starting Sun 04 Feb 2024

Charlestown Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|--------------------------|-------------------------|
| u12 Mixed | Sat 10 Feb 2024 | 10:55 | | Central u12 Mixed Orange | Central u12 Mixed Grey |
| u14 Girls | Sat 10 Feb 2024 | 11:30 | | Central u14 Girls Orange | Central u14 Girls Grey |
| u14 Boys | Sat 10 Feb 2024 | 10:15 | | Easts u14 Boys Blue | Central u14 Boys Orange |

Round 13 - Week starting Sun 04 Feb 2024

Mayfield Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------|-----------------------|
| Mens C | Sat 10 Feb 2024 | 11:55 | | Bar In Mens C | Central Mens C |
| u12 Mixed | Sat 10 Feb 2024 | 10:00 | | Bar In u12 Mixed | Easts u12 Mixed |
| u14 Girls | Sat 10 Feb 2024 | 10:35 | | Bar In u14 Girls | Easts u14 Girls |
| u14 Boys | Sat 10 Feb 2024 | 11:15 | | Bar In u14 Boys | Easts u14 Boys Yellow |

Round 13 - Week starting Sun 04 Feb 2024

Swansea Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|--------------------------|------------------------|
| Womens B | Sat 10 Feb 2024 | 14:55 | Pool | Lake Macquarie Womens B | Central Womens B Blue |
| Mens B | Sat 10 Feb 2024 | 15:40 | Pool | Lake Macquarie Mens B | Central Mens B Blue |
| Womens C | Sat 10 Feb 2024 | 13:25 | | Lake Macquarie Womens C | Central Womens C Blue |
| Mens C | Sat 10 Feb 2024 | 14:10 | | Lake Macquarie Mens C | Easts Mens C |
| u12 Mixed | Sat 10 Feb 2024 | 10:00 | | Lake Macquarie u12 Mixed | Central u12 Mixed Blue |
| u14 Girls | Sat 10 Feb 2024 | 10:35 | | Lake Macquarie u14 Girls | Central u14 Girls Blue |
| u14 Boys | Sat 10 Feb 2024 | 11:15 | | Lake Macquarie u14 Boys | Central u14 Boys Blue |

| | | | | |
|-----------|-----------------|-------|--------------------------|------------------------|
| u17 Boys | Sat 10 Feb 2024 | 12:40 | Lake Macquarie u17 Boys | Central u17 Boys Blue |
| u17 Girls | Sat 10 Feb 2024 | 11:55 | Lake Macquarie u17 Girls | Central u17 Girls Blue |

Round 14 · Week starting Sun 11 Feb 2024

| Lambton Pool | | | | | |
|----------------------------------|-----------------|-------|------|-----------------------------|------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens A | Tue 13 Feb 2024 | 19:30 | | Easts Womens A | NUWP Womens A |
| Womens A | Tue 13 Feb 2024 | 20:15 | | NWP Womens A Composite Team | Central Womens A |
| Bar In Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 13 Feb 2024 | 18:00 | | NUWP Mens A | Easts Mens A |
| Mens A | Tue 13 Feb 2024 | 18:45 | | Lake Macquarie Mens A | Central Mens A |
| Womens B | Sat 17 Feb 2024 | 12:30 | Pool | Central Womens B Blue | Bar In Womens B |
| Mens B | Sat 17 Feb 2024 | 13:15 | Pool | Central Mens B Blue | Bar In Mens B |
| u17 Boys | Sat 17 Feb 2024 | 11:45 | | Central u17 Boys Blue | Bar In u17 Boys |
| u17 Girls | Sat 17 Feb 2024 | 11:00 | | Central u17 Girls Blue | Bar In u17 Girls |

Round 14 · Week starting Sun 11 Feb 2024

Charlestown Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|-----------------------|------------------------|
| u14 Girls | Sat 17 Feb 2024 | 10:15 | | Easts u14 Girls | Central u14 Girls Grey |
| u14 Boys | Sat 17 Feb 2024 | 10:55 | | Easts u14 Boys Yellow | Easts u14 Boys Blue |
| u17 Girls | Sat 17 Feb 2024 | 11:35 | | Easts u17 Girls | Central u17 Girls Grey |

Round 14 - Week starting Sun 11 Feb 2024**Mayfield Pool**

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------|------------------------|
| Womens C | Sat 17 Feb 2024 | 11:20 | | Bar In Womens C | Central Womens C Blue |
| Womens C | Sat 17 Feb 2024 | 12:05 | | Easts Womens C | Central Womens C Grey |
| u14 Girls | Sat 17 Feb 2024 | 10:00 | | Bar In u14 Girls | Central u14 Girls Blue |
| u14 Boys | Sat 17 Feb 2024 | 10:40 | | Bar In u14 Boys | Central u14 Boys Blue |

Round 14 - Week starting Sun 11 Feb 2024**Swansea Swim Centre**

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|----------|-----------------|-------|------|-------------------------|-------------------------|
| Womens B | Sat 17 Feb 2024 | 13:35 | Pool | Lake Macquarie Womens B | Central Womens B Orange |
| Womens B | Sat 17 Feb 2024 | 15:05 | Pool | NUWP Womens B | Easts Womens B |
| Mens B | Sat 17 Feb 2024 | 14:20 | Pool | Lake Macquarie Mens B | Central Mens B Orange |
| Mens B | Sat 17 Feb 2024 | 15:50 | Pool | NUWP Mens B | Easts Mens B |
| Womens C | Sat 17 Feb 2024 | 12:50 | | Lake Macquarie Womens C | Central Womens C Orange |

| | | | | |
|-----------|-----------------|-------|--------------------------|--------------------------|
| u14 Girls | Sat 17 Feb 2024 | 10:00 | Lake Macquarie u14 Girls | Central u14 Girls Orange |
| u14 Boys | Sat 17 Feb 2024 | 10:40 | Lake Macquarie u14 Boys | Central u14 Boys Orange |
| u17 Boys | Sat 17 Feb 2024 | 12:05 | Lake Macquarie u17 Boys | Central u17 Boys Orange |
| u17 Girls | Sat 17 Feb 2024 | 11:20 | Lake Macquarie u17 Girls | Central u17 Girls Orange |

Round 15 - Week starting Sun 18 Feb 2024

| Lambton Pool | | | | | |
|----------------------------------|-----------------|-------|------|-----------------------------|-----------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens A | Tue 20 Feb 2024 | 18:00 | | Central Womens A | East's Womens A |
| Womens A | Tue 20 Feb 2024 | 18:45 | | NWP Womens A Composite Team | NUWP Womens A |
| East's Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 20 Feb 2024 | 19:30 | | Central Mens A | NUWP Mens A |
| Mens A | Tue 20 Feb 2024 | 20:15 | | Lake Macquarie Mens A | Bar In Mens A |
| Womens B | Sat 24 Feb 2024 | 16:45 | Pool | Central Womens B Orange | Central Womens B Blue |

| | | | | | |
|-----------|-----------------|-------|------|--------------------------|------------------------|
| Mens B | Sat 24 Feb 2024 | 17:30 | Pool | Central Mens B Orange | Central Mens B Blue |
| Womens C | Sat 24 Feb 2024 | 15:15 | | Central Womens C Orange | Central Womens C Blue |
| Mens C | Sat 24 Feb 2024 | 16:00 | | Central Mens C | Lake Macquarie Mens C |
| u17 Boys | Sat 24 Feb 2024 | 14:30 | | Central u17 Boys Orange | Central u17 Boys Blue |
| u17 Girls | Sat 24 Feb 2024 | 13:00 | | Central u17 Girls Grey | Bar In u17 Girls |
| u17 Girls | Sat 24 Feb 2024 | 13:45 | | Central u17 Girls Orange | Central u17 Girls Blue |

Round 15 - Week starting Sun 18 Feb 2024

Charlestown Swim Centre

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|--------------------------|--------------------------|
| u12 Mixed | Sat 24 Feb 2024 | 10:15 | | East's u12 Mixed | Central u12 Mixed Grey |
| u12 Mixed | Sat 24 Feb 2024 | 10:50 | | Central u12 Mixed Orange | Lake Macquarie u12 Mixed |
| u14 Girls | Sat 24 Feb 2024 | 11:25 | | Central u14 Girls Orange | Central u14 Girls Blue |
| u14 Boys | Sat 24 Feb 2024 | 12:05 | | Central u14 Boys Orange | Central u14 Boys Blue |

Round 15 - Week starting Sun 18 Feb 2024

Mayfield Pool

| Grade | Day | Time | Pool | White Cap | Blue Cap |
|-----------|-----------------|-------|------|------------------|------------------------|
| Womens C | Sat 24 Feb 2024 | 11:55 | | Bar In Womens C | Central Womens C Grey |
| Mens C | Sat 24 Feb 2024 | 12:40 | | Bar In Mens C | East's Mens C |
| u12 Mixed | Sat 24 Feb 2024 | 10:00 | | Bar In u12 Mixed | Central u12 Mixed Blue |
| u14 Girls | Sat 24 Feb 2024 | 10:35 | | Bar In u14 Girls | Central u14 Girls Grey |

Round 15 · Week starting Sun 18 Feb 2024

| Swansea Swim Centre | | | | | |
|---------------------|-----------------|-------|------|--------------------------|-----------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens B | Sat 24 Feb 2024 | 13:35 | Pool | Lake Macquarie Womens B | Easts Womens B |
| Womens B | Sat 24 Feb 2024 | 15:05 | Pool | NUWP Womens B | Bar In Womens B |
| Mens B | Sat 24 Feb 2024 | 14:20 | Pool | Lake Macquarie Mens B | Easts Mens B |
| Mens B | Sat 24 Feb 2024 | 15:50 | Pool | NUWP Mens B | Bar In Mens B |
| Womens C | Sat 24 Feb 2024 | 12:50 | | Lake Macquarie Womens C | Easts Womens C |
| u14 Girls | Sat 24 Feb 2024 | 10:00 | | Lake Macquarie u14 Girls | Easts u14 Girls |
| u14 Boys | Sat 24 Feb 2024 | 10:40 | | Lake Macquarie u14 Boys | Easts u14 Boys Yellow |
| u17 Boys | Sat 24 Feb 2024 | 12:05 | | Lake Macquarie u17 Boys | Easts u17 Boys |
| u17 Girls | Sat 24 Feb 2024 | 11:20 | | Lake Macquarie u17 Girls | Easts u17 Girls |

Round 16 · Week starting Sun 25 Feb 2024

| Lambton Pool | | | | | |
|--------------------------------|-----------------|-------|------|-----------------------------|------------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens A | Tue 27 Feb 2024 | 19:30 | | NUWP Womens A | Central Womens A |
| Womens A | Tue 27 Feb 2024 | 20:15 | | NWP Womens A Composite Team | Eastes Womens A |
| NUWP Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 27 Feb 2024 | 18:00 | | Bar In Mens A | Central Mens A |
| Mens A | Tue 27 Feb 2024 | 18:45 | | Eastes Mens A | Lake Macquarie Mens A |
| Womens B | Sat 02 Mar 2024 | 14:25 | Pool | Central Womens B Orange | Eastes Womens B |
| Womens B | Sat 02 Mar 2024 | 15:55 | Pool | Central Womens B Blue | NUWP Womens B |
| Mens B | Sat 02 Mar 2024 | 15:10 | Pool | Central Mens B Orange | Eastes Mens B |
| Mens B | Sat 02 Mar 2024 | 16:40 | Pool | Central Mens B Blue | NUWP Mens B |
| Womens C | Sat 02 Mar 2024 | 12:10 | | Central Womens C Blue | Central Womens C Grey |
| Womens C | Sat 02 Mar 2024 | 12:55 | | Central Womens C Orange | Eastes Womens C |
| Mens C | Sat 02 Mar 2024 | 13:40 | | Central Mens C | Bar In Mens C |
| u12 Mixed | Sat 02 Mar 2024 | 11:00 | | Central u12 Mixed Blue | Central u12 Mixed Grey |
| u12 Mixed | Sat 02 Mar 2024 | 11:35 | | Central u12 Mixed Orange | Eastes u12 Mixed |

Round 16 · Week starting Sun 25 Feb 2024

| Swansea Swim Centre | | | | | |
|---------------------|-----------------|-------|------|-------------------------|-----------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens B | Sat 02 Mar 2024 | 12:05 | Pool | Lake Macquarie Womens B | Bar In Womens B |

| | | | | | |
|-----------|-----------------|-------|------|--------------------------|------------------|
| Mens B | Sat 02 Mar 2024 | 12:50 | Pool | Lake Macquarie Mens B | Bar In Mens B |
| Womens C | Sat 02 Mar 2024 | 11:20 | | Lake Macquarie Womens C | Bar In Womens C |
| Mens C | Sat 02 Mar 2024 | 10:35 | | Lake Macquarie Mens C | East's Mens C |
| u12 Mixed | Sat 02 Mar 2024 | 10:00 | | Lake Macquarie u12 Mixed | Bar In u12 Mixed |

Round 17 - Week starting Sun 03 Mar 2024

| Lambton Pool | | | | | |
|-----------------------------------|-----------------|-------|------|--------------------------|-----------------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens A | Tue 05 Mar 2024 | 18:00 | | Central Womens A | NWP Womens A Composite Team |
| Womens A | Tue 05 Mar 2024 | 18:45 | | NUWP Womens A | East's Womens A |
| Central Mens A Mens A have a BYE. | | | | | |
| Mens A | Tue 05 Mar 2024 | 19:30 | | Bar In Mens A | East's Mens A |
| Mens A | Tue 05 Mar 2024 | 20:15 | | NUWP Mens A | Lake Macquarie Mens A |
| Womens C | Sat 09 Mar 2024 | 15:55 | | Central Womens C Orange | Bar In Womens C |
| Womens C | Sat 09 Mar 2024 | 16:40 | | Central Womens C Blue | East's Womens C |
| Mens C | Sat 09 Mar 2024 | 17:25 | | Central Mens C | East's Mens C |
| u14 Girls | Sat 09 Mar 2024 | 11:00 | | Central u14 Girls Blue | Central u14 Girls Grey |
| u14 Girls | Sat 09 Mar 2024 | 13:05 | | Central u14 Girls Orange | East's u14 Girls |
| u14 Boys | Sat 09 Mar 2024 | 12:25 | | Central u14 Boys Blue | East's u14 Boys Blue |

| | | | | |
|-----------|-----------------|-------|--------------------------|------------------------|
| u14 Boys | Sat 09 Mar 2024 | 13:45 | Central u14 Boys Orange | East's u14 Boys Yellow |
| u17 Boys | Sat 09 Mar 2024 | 15:10 | Central u17 Boys Orange | East's u17 Boys |
| u17 Girls | Sat 09 Mar 2024 | 11:40 | Central u17 Girls Blue | Central u17 Girls Grey |
| u17 Girls | Sat 09 Mar 2024 | 14:25 | Central u17 Girls Orange | East's u17 Girls |

Round 17 · Week starting Sun 03 Mar 2024

| Swansea Swim Centre | | | | | |
|---------------------|-----------------|-------|------|--------------------------|-----------------------|
| Grade | Day | Time | Pool | White Cap | Blue Cap |
| Womens C | Sat 09 Mar 2024 | 12:50 | | Lake Macquarie Womens C | Central Womens C Grey |
| Mens C | Sat 09 Mar 2024 | 13:35 | | Lake Macquarie Mens C | Bar In Mens C |
| u14 Girls | Sat 09 Mar 2024 | 10:00 | | Lake Macquarie u14 Girls | Bar In u14 Girls |
| u14 Boys | Sat 09 Mar 2024 | 10:40 | | Lake Macquarie u14 Boys | Bar In u14 Boys |
| u17 Boys | Sat 09 Mar 2024 | 12:05 | | Lake Macquarie u17 Boys | Bar In u17 Boys |
| u17 Girls | Sat 09 Mar 2024 | 11:20 | | Lake Macquarie u17 Girls | Bar In u17 Girls |