



Gosnells Interclub – 6th October

The Gosnells BACC event is our next event as a club, as usual Swan Hills will pay the nomination, you pay pool entry of \$3.40, don't forget to mention that you are there for the AUSSI event. The event starts at 5pm sharp, warm up lanes will be available all afternoon. Thornlie Leisure World, Culross Avenue, Thornlie.

Events are as follows.

Event 1a	200m Backstroke	Event 2	50m Breaststroke
Event 1b	200m Breaststroke	Event 4	50m Freestyle
Event 2	100m Individual Medley	Event 6	4 x 50m Mixed Medley Relay
Event 3	100m Freestyle	Event 7	4 x 50m Mixed Freestyle Relay

Please let Sandra Mutch know what events you will be competing in, along with nominated times, before the 27th of September.

Fremantle Interclub – 21st October

This is our last event for the year as a club. Fremantle Pool, Shuffrey St, Fremantle. 8am warm up, 8.45am start. Pool entry is \$4.20, nomination fee paid by the club. Sausage sizzle after the event \$2.

Events are as follows.

Event 1a	200m Freestyle	Event 4	50m Backstroke
Event 1b	200m Backstroke	Event 5	50m Butterfly
Event 1c	200m Breaststroke	Event 6	50m Breaststroke
Event 2	100m Butterfly	Event 7	4 x 50m Mens Freestyle Relay
Event 3	50m Freestyle	Event 8	4 x 50m Womens Freestyle Relay

Again choice your events and get them into Sandra before the 11th of October.

Postal Swims

Bunbury 3 x 400m Postal Swim

Kerry Hutchinson and Sandra Mutch both entered this Postal swim and both recorded second placings.

There are a number of Postal Swims being run by Eastern States clubs, information on these swims are available, both on the National website or in the club file.

Aerobic Swims

Saturday's 9.15 to ~11.30am – Aerobic Swims/club get together. Come along and do some longer swims and participate in our Aerobic awards.

FINA World Masters 2008

Well if ever there was an event that you just have to participate in, it will be this event. On our own doorstep, so no excuse not to. I attended the 2002 event in Christchurch and it was just awesome, OK so ours is in our own backyard so there won't be any sightseeing etc., but just being able to say you competed and possibly stood alongside someone famous.

I have attached the qualifying times to this newsletter and most of us qualify well under the times. You are able to log on now and register to swim <http://www.2008finamasters.org/>

If you know anyone that might be interested in swimming at the Worlds, don't forget to mention to them that they need to be a member of a Masters Club and sign them up with us.

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Do you need bathers?? We have Ladies bathers in racer back style or the Katzoot style, price is \$25, these are ideal training bathers. The new Swan Hills bathers should be arriving soon. How about a Swan Hills shirt to show off your loyalty at Interclubs? These are available through the Swan Hills Swimming Club, or a Swan Hills swim cap?  
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Have you visited our related websites?? If not here are the addresses for you to add to your favourites.

<http://swanhillsaussi.tripod.com/index.html>

Our own website that gets updated whenever possible. ☺

<http://swanhillsswimclub.tripod.com/>

Swan Hills swimming Club website

<http://www.aussiwa.com.au/>

State AUSSI website with lots of useful State info.

<http://www.aussimasters.com.au/>

The National website - all the Rules, Results & Ranking etc