



Swan Hills Swimming Club Inc

PO Box 1691, Midland WA 6056

Email: SwanHills@bigpond.com

DO 45

(January/February 2005)

AUSSI Sanction No. PS05/09

As a new AUSSI Masters Swimming Club we decided to bite the bullet and hold a Postal Swim to put ourselves on the swimming map.

Then we thought, lets do a bit more than the recommended 30 minutes a day exercise and go for 45!! Our other thinking was, as the 3/4 Hour swim has not been run for a number of years, it was the ideal swim to conduct (especially with a number of Perth AUSSI Clubs in Rottnest Channel Swim training).

So get your swimmers together for a day/morning of that little bit extra and gain some Aerobic points for your Club or some extra training time for those in Rottnest mode.

You need to be either an AUSSI Masters or a New Zealand Masters swimmer and swim the ¾ hour in either January or February 2005, use the form attached to record your 100m split times (don't forget to specify if swum in a 50m or 25m pool), get your timekeeper to sign, then either, send your entry in yourself or get your Club secretary to send in a bundle (this would be really Good!!!). Don't forget to photocopy your sheet for your Aerobics Recorder!

Certificates will be issued to all entrants, and spot prizes will be awarded randomly (heh, we can't afford to loose money and we don't know how many of you are going to actually do this, so we can't get too carried away, can we??)

The cost of your pain or pleasure is a mere, \$10

Please post your entry, complete with payment, to the address below before the 14th of March 2005, so that we can get the results out to everyone before the end of March.

Postal Event Co-ordinator
Swan Hills AUSSI
Swan Hills Swimming Club Inc.
PO Box 1691.
Midland WA 6056

Results will be sent out to Clubs that have participating swimmers and will also be displayed on our website <http://swanhillsaussi.tripod.com/>

3/4 Hour

Registration Number	Given Name		Surname
Club Name	Club Code	Date of Birth	Male/Female

Record the cumulative time for each 100 metres.

100		1300		2500	
200		1400		2600	
300		1500		2700	
400		1600		2800	
500		1700		2900	
600		1800		3000	
700		1900		3100	
800		2000		3200	
900		2100		3300	
1000		2200		3400	
1100		2300		3500	
1200		2400		3600	

Swim Style	Pool Length	Date	Timekeeper
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Name:-

Address:-
