



# MSQ's LANE WARRIORS

## The annual Distance Swimming Program

A fitness challenge program. The program calculates every distance you swim, long or short—every time you get into the

<b>When:</b>	January	<b>Until:</b>	31 December
<b>How:</b>	Tally your personal distances swum every time you swim laps		
<b>What:</b>	Calculate the distances you've swum on the spread sheet		
<b>Then:</b>	Your club must return the sheet by the end of January of each year and then wait for the results		

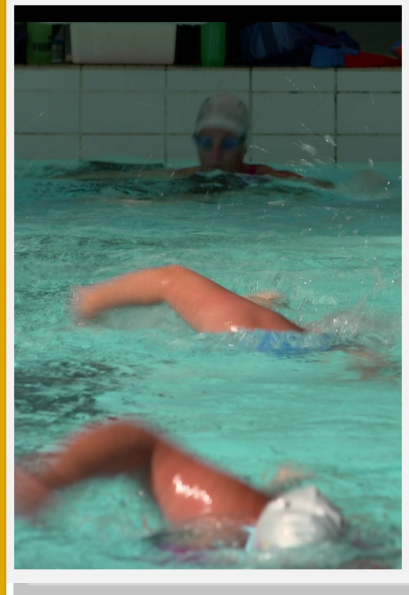
### 3 Age Groups

18—34

35—60

61+

- ◆ All strokes
- ◆ Include kicks and drills
- ◆ Fins and pull buoys permitted
- ◆ No minimum distance required
- ◆ It's about swimming to increase your fitness
- ◆ There are 3 age categories
- ◆ Calculate your distance on the spread sheet, each time you swim laps—regardless of your stroke or how far you swim
- ◆ Top 5 awards in each age group
- ◆ A certificate for each participant
- ◆ Top 3 clubs of the year acknowledged
- ◆ The spread sheet must be entered individually



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