



Swim with Crocs

The Caribee Rocky Crocs Masters Swimming Club would like to invite all clubs and swimmers to participate in our first Postal swim meet. The aim of this postal series is to improve your sprint times for your nominated stroke over the one-month period.

3 Events- Enter as **either** Short or Long Course

- 6x 50m (Freestyle, Backstroke, Breaststroke or Butterfly)
- 6x 100m (Freestyle, Backstroke, Breaststroke or Butterfly)
- 1500m Freestyle.

- These swims are to be completed between 01/09/2019 to 30/09/2019
- The 1500m is to be completed in one swim
- Times need to be recorded by two (2) timekeepers in either a 25 or 50m pool.

\$20 nomination fee

Please indicate on entry form/time sheet if you are completing events as long OR short course. All completed postal time sheets need to be e-mailed to caribeaerockycrocs@gmail.com

MSQ Sanction No. Q29/19

All enquiries to Serah Steemson caribeaerockycrocs@gmail.com

Entries close 30th September at 9pm. All times and payments need to be submitted by 12 October 2019.

Entry fees (\$20) need to be paid by Direct Debit with Club Code/name to the following bank account:

Name Caribee Crocs Masters Swimming Club
Bank CBA
BSB 064710
A/C 1053 8980

