



# Bunbury Stingers

## 2018 Winter 3 x 400m Postal Swim

Sanction PS 03/18

### May 2018 rolls around and it is time for our 3 x 400m Winter Postal Swim

Last year saw a record number of swimmers take part, so competition for most improved prize this year will be as strong as ever.

If you are not a regular Endurance swimmer, this Postal Swim may be the motivation you need to improve your fitness and/or swimming skills – with a little more to aim for than just doing laps!

It is an easy swim to undertake. All you need to do is swim 400m in 3 different styles over a two month period, namely Freestyle, Backstroke, Breaststroke or Butterfly. Encourage your club members to join you in improving your personal best times.

Competitors are required to be financial Masters Swimming Australia members or financial members of another country's official Masters Swimming National Body.

We trust you will approach this year's Winter Postal Swim with vigor and enthusiasm. Looking forward to hearing from you and happy swimming!

All results, certificates and medals will be forwarded to the nominated club address on the entry form within 6 weeks of the completion of the Postal Swim.

- Certificates are awarded to all participants.
- Medals (both females and male) to the most improved swimmers, the fastest overall swimmers and the most senior swimmers.
- Entries need to be on the nomination form and signed by the supervisor or sent electronically in the Excel spreadsheet provided.
- Age groups as per Masters Swimming Australia (age as at 31<sup>st</sup> December each year)
- Extra copies of the forms are available from [www.bunburymasters.asn.au](http://www.bunburymasters.asn.au)

Please post your entry to the address below **before 1<sup>st</sup> August, 2018**

Postal Swim Coordinator - PO Box 329, Bunbury WA 6231  
or email : [secretary@bunburymasters.asn.au](mailto:secretary@bunburymasters.asn.au)

Club ..... Club Code .....

Number of entries ..... @ \$10 ea Total \$ .....

Cheques payable to Bunbury Masters Swimming Club OR direct - BSB 066-507 A/C 00908496

Your club's email address .....

Your club's postal address for return of certificates/medals .....

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