



## **STATE QUALIFYING RACE SESSION 11 2013-2014**

**Friday 1 November 2013**

Warm Up 5:00 Start 5:30pm – will end by 7:00pm

**Entries must be in by 5:00pm on Friday 25 October 2013**

**Entry Fee \$10.00 for 3 events**

**No Cash will be accepted in the office, please deposit entry fee directly into the Arena Swim Club account**

**No Late Entries Will Be Accepted**

Mark Event	Event Number	Stroke	Mark Event	Event Number	Stroke
	1	50 Fly		2	50 Breast
	3	200 Free		4	50 Back
	5	50 Free		6	200 IM

NAME:

DOB:

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### **SPECIAL NOTES**

1. This session is part of the coaches training program, so be there.
2. All **COMPETITIVE** swimmers in the club may enter.
3. Parents to help with time keeping – Roster will be on the website.
4. Coaches expect over the season swimmers will gain their State Qualifying times at these sessions.