



Wests Auburn Masters 5000m “Turtle swim” 2009

It's on again! Wests Auburn Masters would like to challenge all AUSSI members to swim our “5000m Turtle Swim”. The swim can be done anytime between the 1st January 2009, and the 30th April 2009, and can be swum in a 25m or 50m pool, and your reward will be a beautiful “Wests 5000m Turtle Swim” latex swimming cap and certificate to acknowledge your achievement.

Sanctioned by AUSSI Masters Swimming in Australia Inc., Sanction No **PS09/2**

Rules-

The swim can be done anytime between January 1st, 2009 and April 30th, 2009.

You must be an AUSSI member and you must be timed by a member of AUSSI.

You can swim the distance in **Freestyle, Breaststroke or Backstroke.**

You can swim in a **freestyle relay** with other club members - (2 x 2500m, 5 x 1000m or 10 x 500m) if you wish.

Entry fee is \$15 per swimmer (*if you swim in a relay, each individual must pay \$15*).

Please submit your entries through your Club Secretary. All entries must be received by the 31st May 2009. Cheques made out to "**Wests Auburn Masters**"

We emphasise that this is a race against the clock only. As it is a long distance swim, you should train beforehand. To circumvent any problems, we ask you to sign the declaration on the entry form.

All entries will be eligible for the Top 10.

All entries and enquiries should be addressed to-

TERRY GAINEY
P.O.BOX 4613,
NORTH ROCKS, NSW, 2151

Phone- (02) **9872 8713** or email **T.S.GAINEY@BIGPOND.COM.AU**