



Dive'n'Dash

Open to swimmers of all ages and ability who want to have a fun time!

When?	Sunday 27th March 2011
Where?	Sherriffs Road Swimming Centre 117 Sherriffs Road, Reynella
What time?	Warm up at 4:00pm for a 4:30pm start
Cost?	\$2.00 per swimmer

Events – Nominate on the Day

10m*, 25m & 50m Freestyle‡

10m*, 25m & 50m Backstroke‡

10m*, 25m & 50m Breaststroke‡

10m*, 25m & 50m Butterfly‡

100m Individual Medley

* Experienced swimmers will be available to assist swimmers for starting these events

‡ Swimmers may enter only 1 distance for each stroke

- ❖ **BBQ & Refreshments**
- ❖ **Participation Awards and Prizes**

For further information contact

Leisl Mounfield 0414 604 296