LAP TALK

April, 1994

MALVERN MARLINS

AUSSI MASTERS SWIM CLUB
MELBOURNE AUSTRALIA

PRESIDENT'S REPORT

by Julie Johnson

Congratulations to our members who competed at the Nationals in Adelaide recently - some fine results there for Marlins - certainly augurs well for those interested in entering the World Masters in Brisbane in September, or the Short Course in August.

The Open Water Swims are virtually completed for this season and again we look forward to the aggregate results given the performances of many Marlins in several of the swims.

It should be stated that, whilst we always make mention of the achievements of our members in competition, I hope members do not feel undue pressure to compete. We do want to encourage your participation as a Marlin in the various swim meets, but never loose sight of the Motto of your AUSSI Swimming - Swimming for Fitness and for Fun!!

Great to see Sally Stanford poolside these past few Sundays and offering to assist with coaching. Sally is slowly recovering from illness and, following a recent operation,, hopes to be back in the water and preparing for the Short Course in no time.

Thanks to Ed Bond who has taken on the task of reminding those of us who are scheduled for "duty" on the tin, and thank you to those who have responded and turned up - even if not swimming. We do need rostered people to take this job seriously as it then shares some of the responsibilities amongst all members.....make sure **You** note **your** duty dates from the roster supplied by John O'Dowd and if unable to attend , let Ed (ph. 889 1483) know in advance so that he/you can arrange a swap. Unless this important role can work more effectively, we may have to change the system - make sure you do your bit.

Thanks also to Mary for her informative article last Lap Talk,.....please take up Editor Ella's request and submit to her any information that you feel could be of interest to fellow Marlins.

Members may not be aware of the contribution fellow members of Malvern Marlins make to AUSSI Masters Swimming, Victoria.
We have Clyde McMillan, President for the past few years, and recently Tracey Linguey took on the role of Editor for "The Swimmer".(In past years this position has been filled by other Marlins also, (ed.)) Geoff Fisher, one of our coaches, has also just taken on the role of Marketing Director for AUSSI Victoria.....Well done Clyde, Tracey and Geoff and well done Marlins!

Our Social Committee has been depleted of late due to work transfers of Mandy, Jodie and now Peter. If you feel you would like to join this very important sub-committee, Please contact Sue Murray, tel:531 1681; Rob Christie, tel:527 5487; or Leigh Rockell, tel:529 1296.
As your committee meets each Month , we would also welcome any suggestions, ideas or concerns you may like us to consider. Simply write them down and give to a member of Executive, or post to our Post Office Box 20, Malvern, 3144.

FROM THE DEEP END

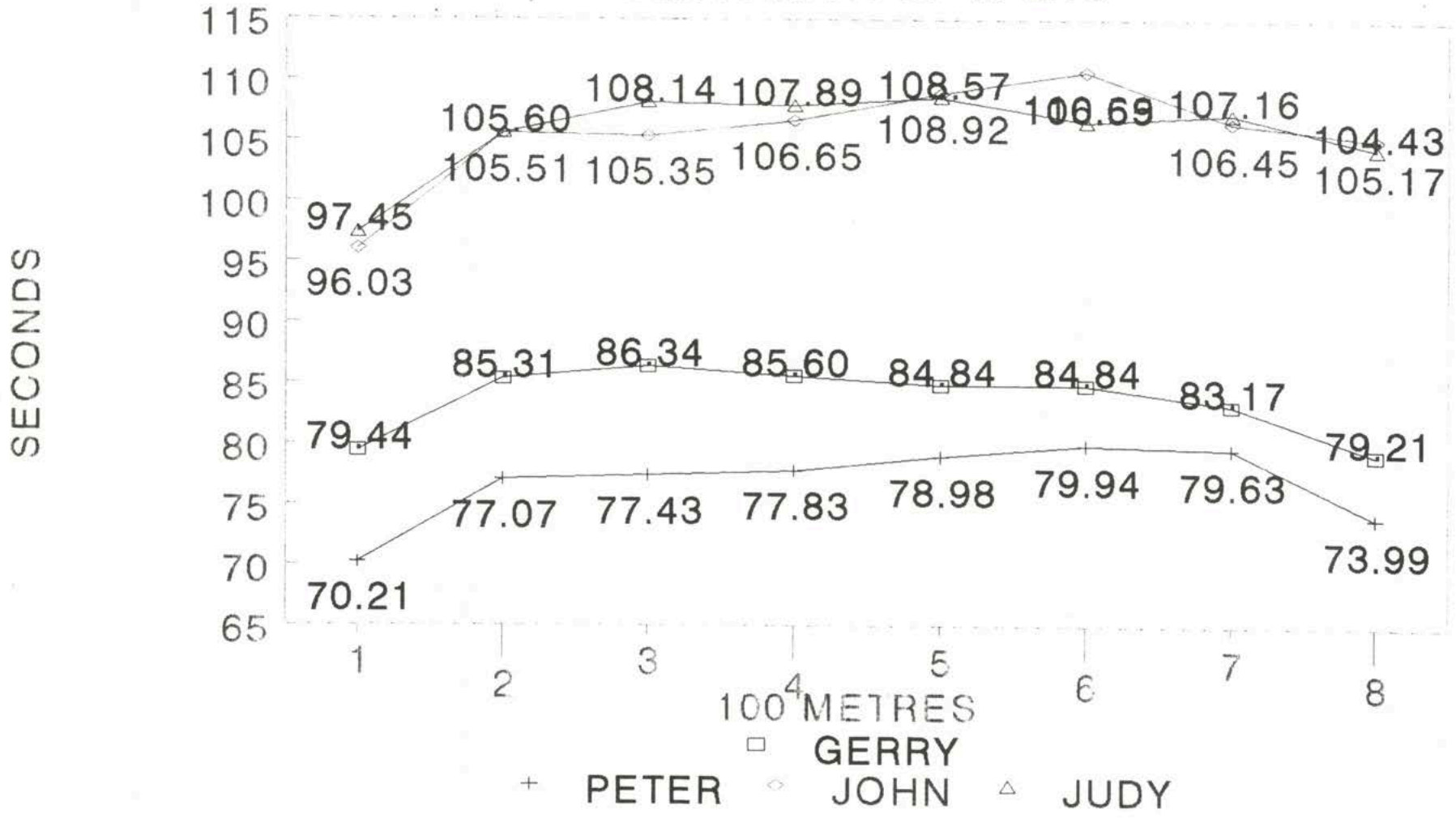
by Gerry Tucker, Club Captain.

At long last, the powers that be have provided a copy of the results of the 1994 Victorian AUSSI Masters State Championships. About half a dozen copies are in circulation so if you haven't seen a copy and would like to, ask around at training sessions and get your hands on one.

Once again, given copies of the results now in circulation, the large number of swimmers from the club and that the results of place-getters were published in this month's "Swimmer " magazine, I won't attempt to give a rundown of all the results. The actual results of all our swimmers are reproduced at the back of this issue of Laptalk. However, here are a couple of observations.

As a club, we are getting stronger each year. We have moved into 3rd position outright. I think that, actually, we are a little better than that if we could swim in the competition at full strength. To

800 M FREESTYLE
COMPARISON OF SPLITS



do better , we have to gain more points than the North Lodge Neptunes. That won't be easy.

Our relays do not yet have the depth of the other leading clubs. We win a few, perhaps in record time, (like the 160+ mixed medley) but can do little better than 5th in others. Also we have yet to produce regular relay teams in the 200+ group and never in the older age groups. As a result, we gain zero points against the other clubs' first and second places of 20 and 18 points respectively.

However, we are definitely getting there. Each meeting we present a stronger team and in due course we will move to second and then top position. What counts is that we enjoy ourselves and have fun together. If we happen to win....well that's all the better!

This leads me to a further thought. We **are** in this for fun. Members of the Marlins don't **have** to compete. If you like swimming with the Marlins for fitness or stroke correction or for the fun of being in the social events, that is fine. Even though the committee and the coaches might encourage you to compete, there is definitely no compulsion to do so. If you think we lose sight if this from time to time, please let me know. The office bearers of the club are committed to ensure that all Marlins enjoy their time as members, regardless of their reason for joining.

Aerobics is a good reason! These are timed longer distance swims such as an 800 freestyle or a 400 individual medley or breaststroke, carefully timed by your peers for the records and for the club's aerobic trophy. We are going to make this more relaxed opportunity to compete, more accessible through the winter by having regular aerobic timed swims at "Harry" on Saturday afternoons. If you are at all interested in doing these, helping with the timing, or you would like to know more about aerobic swims, just ask one of the club officials..... or turn up at 3:00pm on any Saturday. See the attached newssheet for more details and a reminder of the Saturday afternoon swimming session.

We've had the Nationals since the last newsletter with significant successes. We only had 6 swimmers, and none of these could compete on all five days, so we had a bit of a mixed bag. Clyde McMillan and I tackled the open water 3K swim in perfect conditions. (Calm salty water in 30 degree heat). We didn't win, but we sure had fun and earned our beer afterwards. Clyde also swam in the 200 breaststroke and the 400m freestyle in what was otherwise a holiday week with his family in Adelaide. Clyde came 2nd in the 200m Breaststroke.

Four of us swam in the 800 metre freestyle, with some success. Attached is a graph of the 100 metre splits for Peter Niere, John O'Dowd, Judy Krape and myself. You can see the strong race put in by Peter with consistent times throughout. I was a little slow in the first 400m, allowing myself to " "negatively split" my swim (i.e. swim the second half faster than the first). Judy swam a good steady race, but John went too fast early and paid the price in the 5th and 6th hundreds.

Peter came 1st in both the 400m and 800m freestyle events and was 2nd in the 200m freestyle!

Jan Jeffrey swam on the Thursday and Friday only and not being to pick all her speciality (backstroke) events, had a shot at the 50 metre butterfly. Well, surprise, surprise; Jan came up trumps with a National title in the time of 36.93 sec! Not bad for an afterthought event. Don't ask her about her 100 backstroke though (I'll tell you!) 'Wasn't concentrating on the start and pushed off the wall with one foot.....lost the plot at the other end and almost missed the wall altogether and finally finished the event about half a second behind the winner. Maybe next year Jan!

I could only compete on the first two days (the Tuesday and the Wednesday) which allowed me to swim only the 200 metres in my form stroke (butterfly, in case you hadn't noticed). All went well and I was beaten only by my Melbourne foe, Les Severech from Powerpoints. I'm getting closer to him, he only beat me by 10 seconds this time!

Details of all results will appear in the next Laptalk when they appear from Adelaide.

On the Anzac weekend, 11 of us swam in the inaugural Hawthorn Aquahawks interclub competition. Results are unknown at this time. I will let you know in the next newsletter.

Once again, don't forget about the weekend training sessions, particularly on Saturday afternoons. It's a great way to build up a thirst for Saturday night. (And Sunday am training is the best cure I know for a Saturday night hangover!)
See you all at training!!!

THANKS TO ANDREA AND SHARON

Kerry Clarke swam during the Daytime sessions at "Harry's" and is grateful to her coaches because "they taught me everything I know about swimming" as Kerry told us on Tuesday. We'll miss you, Kerry.

"...from the Pool deck"

by Grant Watson, Director of Coaching

"STROKE CORRECTION NIGHTS"
AT KOROWA

Commencing MAY 2nd the following strokes will be offered during the following months:

MAY	Tuesday	FLY
	Thursday	BACK
JUNE	Tuesday	F/STYLE
	Thursday	BR/STROKE
JULY	Tuesday	BACK
	Thursday	FLY
AUGUST	Tuesday	BR/STROKE
	Thursday	F/STYLE

TRAINING PROGRAM

Also commencing on MAY 2nd, the training program leading up to the Short Course will be based on a 3 week cyclic system with changes in each weekly cycle by modifying duration, intensity and distance.

WEEK 1 Aerobic work
WEEK 2 Stroke/Race distance specific work
WEEK 3 Speed /Power work

This program will provide variety and enable the coaches the opportunity to construct their training program for the session they take.

The Short Course training plan given to coaches will include dates in the month for applicable weekly cycles and taper times when required to suit competition.

AEROBIC SWIMS

I would like to see aerobic swims becoming part of our training program.

A good time to do these swims (400m+) would be on a Saturday afternoon.

I know that Chris McCall, our Recorder, is also keen to see this swimming activity take off. So please get in touch with Chris and offer your assistance.

Incidentally Geoff's session on Saturday offers aerobic/sprint type work with particular emphasis on stroke development by improving stroke technique.

"BILATERAL BREATHING (Every 3)"
is very popular and the main reason it is used is that it gives balance to the stroke.
Even Physios recommend it for even muscle balance.

Problems associated with Bi-lateral breathing

(A) Increase stroke rate by shortening the stroke or sliding hands through to reduce time between breaths.

(B) Lifts head early and throws to the side in an effort to get a breath earlier.

(C) Rolls excessively to one or both sides to get a longer breath.

Conclusion

Bilateral breathing is suitable providing it supplies the ventilation of the lungs without causing the swimmer to alter the stroke when increased ventilation is required.

A preference for breathing every 2 strokes (once per cycle) offers a simple timing and is the most efficient way to swim aerobically when you have a 6 beat kick The choice is Yours.

(Reprinted from The Journal of the Australian Swimming Coaches Association, vol. Xl, number 1, Jan-Feb. 1994.

A pink WATER BOTTLE was found at the end of the Long Course. I have it in safe keeping, call me on **528 3154.**

FACTS AND FIGURES

by John O'Dowd, Club Registrar

Two new Members have joined us since March. In previous years during February and March we had an influx of new members, but this year things are a little slower. However we are only 13 behind on our total 1993 membership.

	Current	March	92/93
New Members	35	33	74
Re-registered	104	104	78
Total	139	137	152

Female members: 76 , Male members: 63.
(C'mon Guys, let's drum up some new recruits)
Welcome to the following new members:-
Jane Kerr, Tracy Fisher, Richard Brown and Carla Mauro.

All members will now have a yellow AUSSI Card, Please show your card when entering Harold Holt Pool.

The State Registrar informs me that there are some more new clubs up and running and that the New Member Registrations are going very well. This year Victoria could have in excess of 1300 Members, currently there are 1162 Members State-wide. The 1993 total was 1215.

FRIDAY MORNING SESSIONS

Elana McNeil and Grant Watson have been giving you these sessions at Korowa. Due to Changes in his timetable of duties Grant can not take care of this timeslot anymore. In the last year three other coaches have had to withdraw their help, so now we call on **You** to fill the gap if you have been training for a while and find the theory behind the swimming programs intriguing. Assistance with

Coaches-education will be given and is available in the form of Level 1M Coaches Seminars. **DO IT !**

MARLINS CLUB CLOTHING

Buy a Polar Fleece Club Jumper from Rob Christie and put an order form (January Lap Talk) and payment in the mail to PO Box 20, Malvern East, 3144.

GET WELL SOON, SUE !!

After a knee reconstruction, getting about can be a "little" difficult for a while. We wish Sue Dimmick courage, strength and a careful recovery after such an unfortunate procedure.

IS THEIR GAIN OUR LOSS?

Ian Clarke has secured a job in Perth. Both he and Kerry are looking forward to return to the family fold since they hail from the "State of Excitement". Kerry and Ian are versatile athletes, participating in Aquathons, triathlons and Fun Runs. We are sure they will find some to their liking in W.A..
Keep a look out for that other "Old-Marlin" Bill Power, last seen proudly wearing the new blue cap with Marlin logo, who now lives in Scarborough.
Plans are afoot for a school of Marlins to participate in the big competition in Perth in 1995 so we hope to be able to count you in too, as part of the Team .

INTRODUCING: JANINE McGUINESS, our new Assistant to Director of Coaching. This young lady has been a Marlin for a relatively short time and has generously offered her time and enthusiasm to us to keep the Grant's load to a bearable level.
Thanks Janine!!

1994 OPEN WATER EVENTS

by Mary MacCana

Autumn, autumn, the cool and sad post-mortem.
The things we did last summer,
that we may not do again. (Leunig)

OUR LAST OPEN WATER SWIM THIS SEASON
Sunday April 17 was probably the last time an assortment of Marlins stood on a windy beach awaiting the pleasure of hurling themselves into heavy seas.
The Lifesavers had not turned up but, we were assured, the Coast Guard would be watching carefully from Port Arlington's long pier.
Helen Federoff won the sixth and final OZZIE COZZIE Swim for her age group. On this occasion obviously not impaired by her recent lay-off.
Good work, Helen!
Glenda Kerridge and Bruce Allender came out of the briney in second position for their age brackets.
IN fantastic consistent performances we have seen them show the Club's BIG FISH at Beach events, and they are a pleasure to have in the bigger group of Marlins attending the sporty venues. Thanks folks and Congratulations on a good Season !

Rob, Peter R., Brian T., Andy, Richard and Brian McDonnell, Janette and Mary took the swim as part of the last triathlon. Rob's favourite adjective is "shocking'!". Peter said that conditions were not conducive to being "first-out". Brian T. did not like falling into troughs as he swam.
The race supervisor, before sending the women off, told them not to worry; if they got into trouble to swim to the pier were someone would help (!).
Mary, doing breaststroke, met Jannette, doing backstroke, on the swim. Both of us obviously concluded that we preferred to follow the surface of the water.
It is difficult to know if we are addicted to excitement or just masochistic. Dare we admit to actually enjoying it?
Anyway folks, that was the last one----------'till next year!

MARLINS SWIMMING INTERSTATE!

Mandy, Janine and Sue rolled up for a Masters Interclub at Raymond Terrace (near Newcastle).
The organisers were prone to draw attention to participants ALL the way from MELBOURNE, and no wonder as by the end of the meet these three Marlins had collected five 1sts and four 2nds.
Janine had won her age group and Sue and Mandy equal 2nd in theirs!!

Mandy writes: "We also did some quick recruiting, to go in relays. I swam for Forster in the mixed. Hans from Muswellbrook and Phil(ex.Melb-future Marlin) our cheer-squad, swam a mixed with Sue and Janine. THEN we recruited the pool managers daughter for the Women's Relay.
The next day was also very successful. We did an open water (lake) 1.2km swim. Here Janine was first again in her age group. I was third in mine and Sue was fourth in hers"
"A week later we ventured to Nepean River at Penrith for the annual "Bridge to Bridge". This event was a little different to what we are used to: there was no briefing! Only a Marker at the half way point. When we got there we realised that the bridge we could see at the Start had actually been 3km away. On the same day there were other swimmers doing 8, 15 or 23km swims, but we could think of better ways to spend a Sunday!"
Congratulations to Mandy, Sue and Janine for their great results and display of Marlins Spirit.
(Thanks for the article, ladies - ed.)

INFO CAN BE LEFT ON MY ANSWERING MACHINE, 528 3154.

MALVERN MARLINS
SATURDAY TRAINING

AT THE HAROLD HOLT POOL

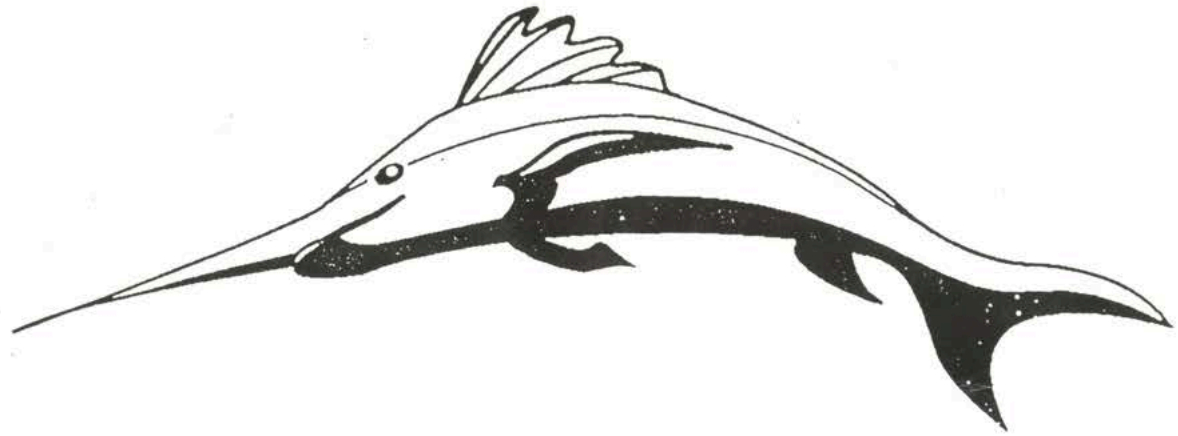
3:00PM TO 4:30PM

TWO LANES

PROGRAM TO SUIT ALL

AEROBICS SWIMS AVAILABLE

Yes, come and join in the fun on Saturday afternoons at "Harry". Make it as relaxed or as tough as you like. Do a few aerobic swims if you wish. These are longer distance swims (of any stroke you like) which give you the opportunity to practice timed swims at your own liesure. All timed swims count towards the annual "Aerobics" trophy.



See you there! Make your weekend complete!

Sessions start at 3:00pm sharp.

ALL CLUB MEMBERS ARE WELCOME.

AUTUMN/WINTER 1994

LONG COURSE MEN'S TIME TRIALS

DIST	STR	TIME	SURNAME	FIRST NAME	AGE	DATE	CLUB	ID		VEN
** CLUB: VMV										
* AGE: 50-54										
100	FR	1:09.40	ALLENDER	Bruce	50	20/02/94	VMV	109601	1	LC
100	BA	1:28.56	ALLENDER	Bruce	50	19/02/94	VMV	109601	2	LC
200	BA	3:08.88	ALLENDER	Bruce	50	19/02/94	VMV	109601	2	LC
200	IM	3:13.21	ALLENDER	Bruce	50	20/02/94	VMV	109601	2	LC
400	FR	5:30.74	ALLENDER	Bruce	50	19/02/94	VMV	109601	1	LC
* AGE: 35-39										
50	FR	0:33.78	BERTOLUS	Phillip	35	19/02/94	VMV	109617	22	LC
50	FL	0:36.85	BERTOLUS	Phillip	35	19/02/94	VMV	109617	12	LC
50	BR	0:41.02	BERTOLUS	Phillip	35	19/02/94	VMV	109617	7	LC
100	FR	1:15.20	BERTOLUS	Phillip	35	20/02/94	VMV	109617	15	LC
100	BR	1:35.08	BERTOLUS	Phillip	35	20/02/94	VMV	109617	11	LC
50	BR	0:49.29	BOND	Edward	36	19/02/94	VMV	109985	13	LC
100	FR	1:46.59	BOND	Edward	36	20/02/94	VMV	109985	23	LC
100	BR	1:47.89	BOND	Edward	36	20/02/94	VMV	109985	14	LC
200	BR	4:00.68	BOND	Edward	36	19/02/94	VMV	109985	8	LC
400	FR	8:10.88	BOND	Edward	36	19/02/94	VMV	109985	11	LC
* AGE: 25-29										
50	FR	0:28.53	BOWDEN	Andrew	28	19/02/94	VMV	116028	6	LC
50	FL	0:32.47	BOWDEN	Andrew	28	19/02/94	VMV	116028	5	LC
50	BA	0:36.53	BOWDEN	Andrew	28	20/02/94	VMV	116028	2	LC
100	FR	1:02.97	BOWDEN	Andrew	28	20/02/94	VMV	116028	2	LC
200	FR	2:20.47	BOWDEN	Andrew	28	19/02/94	VMV	116028	1	LC
* AGE: 35-39										
50	FR	0:35.51	CHRISTIE	Robert	38	19/02/94	VMV	109876	24	LC
50	BR	0:43.16	CHRISTIE	Robert	38	19/02/94	VMV	109876	10	LC
100	FR	1:19.09	CHRISTIE	Robert	38	20/02/94	VMV	109876	20	LC
100	BR	1:33.43	CHRISTIE	Robert	38	20/02/94	VMV	109876	9	LC
200	BR	3:28.88	CHRISTIE	Robert	38	19/02/94	VMV	109876	7	LC
* AGE: 30-34										
50	FR	0:33.76	CLARKSON	Andrew	32	19/02/94	VMV	116247	22	LC
50	BR	0:38.29	CLARKSON	Andrew	32	19/02/94	VMV	116247	6	LC
200	IM	3:16.60	CLARKSON	Andrew	32	20/02/94	VMV	116247	4	LC
200	BR	3:31.63	CLARKSON	Andrew	32	19/02/94	VMV	116247	6	LC
* AGE: 25-29										
50	FR	0:28.39	CONLAN	Simon	25	19/02/94	VMV	116689	5	LC
50	FL	0:30.64	CONLAN	Simon	25	19/02/94	VMV	116689	2	LC
100	FL	1:11.39	CONLAN	Simon	25	19/02/94	VMV	116689	1	LC
200	FR	2:21.15	CONLAN	Simon	25	19/02/94	VMV	116689	2	LC
* AGE: 45-49										
50	BA	0:33.25	DEVINE	Patrick	46	20/02/94	VMV	116690	1*	LC
100	FR	1:05.03	DEVINE	Patrick	46	20/02/94	VMV	116690	1	LC
100	BR	1:21.59	DEVINE	Patrick	46	20/02/94	VMV	116690	1	LC
200	IM	2:37.71	DEVINE	Patrick	46	20/02/94	VMV	116690	1*	LC
200	FL	3:05.47	DEVINE	Patrick	46	20/02/94	VMV	116690	1	LC

LONG COURSE MEN'S TIME TRIALS

DIST	STR	TIME	SURNAME	FIRST NAME	AGE	DATE	CLUB	ID		VEN
* AGE: 40-44										
50	FR	0:30.36	DIXON	Bruce	43	19/02/94	VMV	116512	8	LC
50	BR	0:43.42	DIXON	Bruce	43	19/02/94	VMV	116512	11	LC
100	BA	1:32.85	DIXON	Bruce	43	19/02/94	VMV	116512	4	LC
* AGE: 30-34										
50	FR	0:33.66	FARRANDS	Guy	30	19/02/94	VMV	116543	21	LC
100	FR	1:15.15	FARRANDS	Guy	30	20/02/94	VMV	116543	15	LC
* AGE: 40-44										
50	FR	0:30.08	FISHER	Geoffrey	41	19/02/94	VMV	109722	7	LC
100	FR	1:10.11	FISHER	Geoffrey	41	20/02/94	VMV	109722	10	LC
100	BR	1:31.85	FISHER	Geoffrey	41	20/02/94	VMV	109722	6	LC
200	FR	2:42.69	FISHER	Geoffrey	41	19/02/94	VMV	109722	8	LC
200	IM	3:15.96	FISHER	Geoffrey	41	20/02/94	VMV	109722	7	LC
50	FR	0:35.44	HAMPEL	Maxwell	43	19/02/94	VMV	116726	21	LC
50	BR	0:42.97	HAMPEL	Maxwell	43	19/02/94	VMV	116726	9	LC
100	FR	1:19.51	HAMPEL	Maxwell	43	20/02/94	VMV	116726	18	LC
100	BR	1:37.66	HAMPEL	Maxwell	43	20/02/94	VMV	116726	10	LC
400	FR	6:42.63	HAMPEL	Maxwell	43	19/02/94	VMV	116726	11	LC
50	FL	0:29.90	HEWLETT	Peter	41	19/02/94	VMV	116360	1	LC
50	BA	0:31.91	HEWLETT	Peter	41	20/02/94	VMV	116360	1	LC
100	FR	1:02.01	HEWLETT	Peter	41	20/02/94	VMV	116360	1	LC
100	BA	1:10.83	HEWLETT	Peter	41	19/02/94	VMV	116360	1	LC
200	BA	2:37.83	HEWLETT	Peter	41	19/02/94	VMV	116360	1*	LC
* AGE: 30-34										
50	FR	0:29.52	HOGG	Roger	33	19/02/94	VMV	116538	10	LC
50	FL	0:33.47	HOGG	Roger	33	19/02/94	VMV	116538	8	LC
50	BA	0:38.69	HOGG	Roger	33	20/02/94	VMV	116538	3	LC
50	BR	0:40.26	HOGG	Roger	33	19/02/94	VMV	116538	9	LC
100	FR	1:06.65	HOGG	Roger	33	20/02/94	VMV	116538	7	LC
50	FR	0:29.28	HORAN	Simon	31	19/02/94	VMV	116359	8	LC
50	FL	0:32.35	HORAN	Simon	31	19/02/94	VMV	116359	5	LC
100	FR	1:05.02	HORAN	Simon	31	20/02/94	VMV	116359	5	LC
100	FL	1:12.55	HORAN	Simon	31	19/02/94	VMV	116359	3	LC
200	IM	2:51.87	HORAN	Simon	31	20/02/94	VMV	116359	2	LC
* AGE: 35-39										
50	FR	0:30.26	MCCALL	Chris	35	19/02/94	VMV	116357	6	LC
100	FR	1:08.65	MCCALL	Chris	35	20/02/94	VMV	116357	8	LC
200	IM	3:08.52	MCCALL	Chris	35	20/02/94	VMV	116357	4	LC
* AGE: 45-49										
100	BR	1:34.09	MCMILLAN	Clyde	45	20/02/94	VMV	109591	6	LC
200	BR	3:25.61	MCMILLAN	Clyde	45	19/02/94	VMV	109591	2	LC
* AGE: 35-39										
50	FL	0:35.84	McCALL	Chris	35	19/02/94	VMV	116357	8	LC
400	FR	5:47.38	McCALL	Chris	35	19/02/94	VMV	116357	6	LC
* AGE: 45-49										
50	BR	0:41.62	McMILLAN	Clyde	45	19/02/94	VMV	109591	9	LC
400	FR	6:06.71	McMILLAN	Clyde	45	19/02/94	VMV	109591	5	LC

LONG COURSE MEN'S TIME TRIALS

DIST	STR	TIME	SURNAME	FIRST NAME	AGE	DATE	CLUB	ID		VEN
* AGE: 25-29										
50	FR	0:25.39	NIERE	Peter	29	19/02/94	VMV	116719	10	LC
50	FL	0:34.09	NIERE	Peter	29	19/02/94	VMV	116719	7	LC
50	BA	0:38.06	NIERE	Peter	29	20/02/94	VMV	116719	3	LC
100	FR	1:03.57	NIERE	Peter	29	20/02/94	VMV	116719	4	LC
400	FR	4:55.47	NIERE	Peter	29	19/02/94	VMV	116719	1	LC
* AGE: 35-39										
50	FR	0:33.34	O'BRIEN	Peter	36	19/02/94	VMV	116202	20	LC
50	FL	0:36.41	O'BRIEN	Peter	36	19/02/94	VMV	116202	16	LC
100	FR	1:16.02	O'BRIEN	Peter	36	20/02/94	VMV	116202	17	LC
200	FR	3:04.77	O'BRIEN	Peter	36	19/02/94	VMV	116202	9	LC
200	IM	3:49.92	O'BRIEN	Peter	36	20/02/94	VMV	116202	7	LC
* AGE: 45-49										
50	BR	0:43.94	O'DOWD	John	48	19/02/94	VMV	109304	11	LC
100	FR	1:21.10	O'DOWD	John	48	20/02/94	VMV	109304	11	LC
100	BR	1:43.29	O'DOWD	John	48	20/02/94	VMV	109304	10	LC
200	IM	3:48.40	O'DOWD	John	48	20/02/94	VMV	109304	8	LC
400	FR	8:2..14	O'DOWD	John	48	19/02/94	VMV	109304	1	LC
50	BA	0:35.13	O'FLAHERTY	Michael	49	20/02/94	VMV	109783	13	LC
50	BR	0:39.81	O'FLAHERTY	Michael	49	19/02/94	VMV	109783	14	LC
100	FR	1:30.48	O'FLAHERTY	Michael	49	20/02/94	VMV	109783	10	LC
200	FR	3:32.92	O'FLAHERTY	Michael	49	19/02/94	VMV	109783	8	LC
* AGE: 35-39										
50	FR	0:33.34	PEACOCK	David	35	19/02/94	VMV	116597	19	LC
50	BA	0:42.46	PEACOCK	David	35	20/02/94	VMV	116597	7	LC
100	FR	1:12.92	PEACOCK	David	35	20/02/94	VMV	116597	10	LC
100	BA	1:38.66	PEACOCK	David	35	19/02/94	VMV	116597	6	LC
400	FR	5:53.34	PEACOCK	David	35	19/02/94	VMV	116597	7	LC
* AGE: 25-29										
50	FR	0:26.22	RAINEY	Peter	28	19/02/94	VMV	109878	1	LC
50	BR	0:33.67	RAINEY	Peter	28	19/02/94	VMV	109878	1	LC
100	FR	0:57.17	RAINEY	Peter	28	20/02/94	VMV	109878	1	LC
200	IM	2:25.41	RAINEY	Peter	28	20/02/94	VMV	109878	1	LC
200	BR	2:50.65	RAINEY	Peter	28	19/02/94	VMV	109878	1	LC
* AGE: 30-34										
50	FL	0:33.48	RUSSELL	Darren	31	19/02/94	VMV	109504	9	LC
200	FR	2:34.76	RUSSELL	Darren	31	19/02/94	VMV	109504	4	LC
* AGE: 25-29										
50	FL	0:32.08	RUSSO	Bryan	25	19/02/94	VMV	109885	4	LC
100	FR	1:08.24	RUSSO	Bryan	25	20/02/94	VMV	109885	9	LC
200	FR	2:33.69	RUSSO	Bryan	25	19/02/94	VMV	109885	6	LC
* AGE: 45-49										
50	FR	0:34.28	SALTER	Geoff	48	19/02/94	VMV	116544	12	LC
50	FL	0:37.91	SALTER	Geoff	48	19/02/94	VMV	116544	6	LC
50	BA	0:42.91	SALTER	Geoff	48	20/02/94	VMV	116544	9	LC
100	FR	1:19.90	SALTER	Geoff	48	20/02/94	VMV	116544	10	LC

LONG COURSE MEN'S TIME TRIALS

DIST	STR	TIME	SURNAME	FIRST NAME	AGE	DATE	CLUB	ID		VEN
* AGE: 40-44										
50	BR	0:42.18	SELIG	Steve	41	20/02/94	VMV	109962	2	LC
100	BR	1:32.29	SELIG	Steve	41	20/02/94	VMV	109962	2	LC
200	IM	2:41.36	SELIG	Steve	41	20/02/94	VMV	109962	2	LC
200	BA	2:44.40	SELIG	Steve	41	19/02/94	VMV	109962	2	LC
400	FR	5:12.57	SELIG	Steve	41	19/02/94	VMV	109962	2	LC
50	FR	0:29.15	SMITH	Russell	41	19/02/94	VMV	116361	23	LC
50	FL	0:46.87	SMITH	Russell	41	19/02/94	VMV	116361	11	LC
50	BA	0:55.51	SMITH	Russell	41	20/02/94	VMV	116361	8	LC
100	FR	1:35.01	SMITH	Russell	41	20/02/94	VMV	116361	22	LC
200	FR	3:56.69	SMITH	Russell	41	19/02/94	VMV	116361	14	LC
* AGE: 35-39										
50	FR	0:34.18	STEGLEY	Simon	35	19/02/94	VMV	116197	23	LC
50	FL	0:36.46	STEGLEY	Simon	35	19/02/94	VMV	116197	11	LC
100	FR	1:17.89	STEGLEY	Simon	35	20/02/94	VMV	116197	19	LC
* AGE: 25-29										
100	FR	1:05.22	THOMAS	Brian	27	20/02/94	VMV	109371	7	LC
100	BA	1:25.82	THOMAS	Brian	27	19/02/94	VMV	109371	2	LC
100	BR	1:32.10	THOMAS	Brian	27	20/02/94	VMV	109371	2	LC
200	FR	2:20.90	THOMAS	Brian	27	19/02/94	VMV	109371	4	LC
200	BA	2:06.16	THOMAS	Brian	27	19/02/94	VMV	109371	2	LC
* AGE: 40-44										
50	FL	0:31.15	TUCKER	Gerry	44	19/02/94	VMV	116065	2	LC
100	FL	1:10.81	TUCKER	Gerry	44	19/02/94	VMV	116065	2	LC
200	FR	2:30.33	TUCKER	Gerry	44	19/02/94	VMV	116065	4	LC
200	FL	2:50.25	TUCKER	Gerry	44	20/02/94	VMV	116065	2	LC
200	BR	3:14.84	TUCKER	Gerry	44	19/02/94	VMV	116065	2	LC
* AGE: 25-29										
50	FR	0:26.92	WALLACE	Daniel	26	19/02/94	VMV	109881	2	LC
50	BA	0:31.58	WALLACE	Daniel	26	20/02/94	VMV	109881	1	LC
100	BA	1:11.09	WALLACE	Daniel	26	19/02/94	VMV	109881	1	LC
200	BA	2:41.01	WALLACE	Daniel	26	19/02/94	VMV	109881	1	LC
* AGE: 35-39										
50	FR	0:31.35	WOODS	Wayne	36	19/02/94	VMV	109628	10	LC
100	FR	1:12.62	WOODS	Wayne	36	20/02/94	VMV	109628	9	LC
200	BR	3:26.46	WOODS	Wayne	36	19/02/94	VMV	109628	6	LC
400	FR	6:11.58	WOODS	Wayne	36	19/02/94	VMV	109628	9	LC
400	IM	7:11.91	WOODS	Wayne	36	20/02/94	VMV	109628	5	LC

LONG COURSE MEN'S TIME TRIALS

DIST	STR	TIME	SURNAME	FIRST NAME	AGE	DATE	CLUB	ID	VEN
** CLUB: VMV									
* AGE: 50-54									
50	BA	1:09.48	BARSON	Fay	51	20/02/94	VMV	116402 12	LC
* AGE: 20-24									
50	FR	0:30.65	BRIMER	Elizabeth	23	19/02/94	VMV	116725 2	LC
100	FR	1:06.76	BRIMER	Elizabeth	23	20/02/94	VMV	116725 2	LC
200	FR	2:35.16	BRIMER	Elizabeth	23	19/02/94	VMV	116725 1	LC
100	FL	1:23.59	COSGRAVE	Elizabeth	24	19/02/94	VMV	109822 2	LC
200	BA	3:01.27	COSGRAVE	Elizabeth	24	19/02/94	VMV	109822 2	LC
200	FL	3:05.39	COSGRAVE	Elizabeth	24	20/02/94	VMV	109822 1	LC
400	FR	5:47.60	COSGRAVE	Elizabeth	24	19/02/94	VMV	109822 1	LC
400	IM	6:29.64	COSGRAVE	Elizabeth	24	20/02/94	VMV	109822 2	LC
* AGE: 30-34									
50	BA	0:41.19	DE BOMFORD	Sarah	31	20/02/94	VMV	116630 6	LC
100	FR	1:14.47	DE BOMFORD	Sarah	31	20/02/94	VMV	116630 7	LC
100	BR	1:40.22	DE BOMFORD	Sarah	31	20/02/94	VMV	116630 6	LC
* AGE: 35-39									
50	FL	0:34.89	DENEHY	Linda	39	19/02/94	VMV	109585 3	LC
100	FL	1:21.98	DENEHY	Linda	39	19/02/94	VMV	109585 1	LC
200	IM	3:08.72	DENEHY	Linda	39	20/02/94	VMV	109585 10	LC
200	FL	3:24.47	DENEHY	Linda	39	20/02/94	VMV	109585 1	LC
400	FR	5:58.75	DENEHY	Linda	39	19/02/94	VMV	109585 2	LC
* AGE: 30-34									
50	BA	0:37.72	DICKEY	Janette	33	20/02/94	VMV	104825 1	LC
100	BA	1:22.55	DICKEY	Janette	33	19/02/94	VMV	104825 2	LC
200	BA	2:57.00	DICKEY	Janette	33	19/02/94	VMV	104825 2	LC
200	FL	3:08.78	DICKEY	Janette	33	20/02/94	VMV	104825 1	LC
100	FL	1:20.31	DICKEY	Janette	33	19/02/94	VMV	104825 2	LC
* AGE: 25-29									
50	FL	0:42.11	DONOGHUE	Melissa	25	19/02/94	VMV	116513 8	LC
100	FR	1:22.06	DONOGHUE	Melissa	25	20/02/94	VMV	116513 9	LC
100	BR	1:39.91	DONOGHUE	Melissa	25	20/02/94	VMV	116513 6	LC
200	BR	3:35.84	DONOGHUE	Melissa	25	19/02/94	VMV	116513 2	LC
400	FR	6:15.70	DONOGHUE	Melissa	25	19/02/94	VMV	116513 6	LC
* AGE: 30-34									
100	FR	1:14.16	FEDOROFF	Helen	34	20/02/94	VMV	109715 5	LC
100	BR	1:35.31	FEDOROFF	Helen	34	20/02/94	VMV	109715 4	LC
200	FR	2:43.13	FEDOROFF	Helen	34	19/02/94	VMV	109715 3	LC
200	IM	3:10.10	FEDOROFF	Helen	34	20/02/94	VMV	109715 6	LC
200	BR	3:21.30	FEDOROFF	Helen	34	19/02/94	VMV	109715 3	LC
* AGE: 20-24									
50	FR	0:43.39	FISHER	Narelle	22	19/02/94	VMV	116301 11	LC
50	BA	0:52.19	FISHER	Narelle	22	20/02/94	VMV	116301 5	LC
50	BR	0:52.54	FISHER	Narelle	22	19/02/94	VMV	116301 3	LC
50	FL	0:53.87	FISHER	Narelle	22	19/02/94	VMV	116301 8	LC
200	IM	4:03.89	FISHER	Narelle	22	20/02/94	VMV	116301 5	LC

LONG COURSE MEN'S TIME TRIALS

DIST	STR	TIME	SURNAME	FIRST NAME	AGE	DATE	CLUB	ID	VEN
* AGE: 35-39									
50	FR	0:39.66	FOLEY-TEUBEN	Elizabeth	37	19/02/94	VMV	109809 11	LC
50	FL	0:47.09	FOLEY-TEUBEN	Elizabeth	37	19/02/94	VMV	109809 10	LC
50	BR	0:49.95	FOLEY-TEUBEN	Elizabeth	37	19/02/94	VMV	109809 8	LC
200	BR	4:15.64	FOLEY-TEUBEN	Elizabeth	37	19/02/94	VMV	109809 8	LC
400	FR	8:06.26	FOLEY-TEUBEN	Elizabeth	37	19/02/94	VMV	109809 8	LC
* AGE: 20-24									
50	FL	0:34.32	FULLERTON	Nicole	23	19/02/94	VMV	116879 2	LC
50	BA	0:39.65	FULLERTON	Nicole	23	20/02/94	VMV	116879 4	LC
100	FR	1:11.57	FULLERTON	Nicole	23	20/02/94	VMV	116879 4	LC
200	IM	2:57.77	FULLERTON	Nicole	23	20/02/94	VMV	116879 1	LC
* AGE: 25-29									
50	FR	0:33.64	GAUDIN	Karyn	28	19/02/94	VMV	116358 5	LC
50	FL	0:40.70	GAUDIN	Karyn	28	19/02/94	VMV	116358 7	LC
50	BA	0:43.77	GAUDIN	Karyn	28	20/02/94	VMV	116358 3	LC
100	FR	1:13.23	GAUDIN	Karyn	28	20/02/94	VMV	116358 6	LC
200	FR	2:40.01	GAUDIN	Karyn	28	19/02/94	VMV	116358 3	LC
* AGE: 30-34									
50	FR	0:36.71	GIBSON	Elizabeth	33	19/02/94	VMV	116576 10	LC
50	BA	0:49.71	GIBSON	Elizabeth	33	20/02/94	VMV	116576 10	LC
50	BR	0:51.39	GIBSON	Elizabeth	33	19/02/94	VMV	116576 10	LC
100	FR	1:21.71	GIBSON	Elizabeth	33	20/02/94	VMV	116576 11	LC
* AGE: 25-29									
50	FR	0:41.22	HUNTER	Janine	28	19/02/94	VMV	116199 9	LC
50	FL	0:45.71	HUNTER	Janine	28	19/02/94	VMV	116199 10	LC
50	BR	0:51.81	HUNTER	Janine	28	19/02/94	VMV	116199 6	LC
200	FR	3:18.29	HUNTER	Janine	28	19/02/94	VMV	116199 5	LC
* AGE: 40-44									
50	BA	0:37.93	JEFFREY	Jan	43	20/02/94	VMV	116598 1	LC
100	BA	1:21.06	JEFFREY	Jan	43	19/02/94	VMV	116598 1	LC
200	BA	3:00.39	JEFFREY	Jan	43	19/02/94	VMV	116598 1*	LC
200	IM	3:08.78	JEFFREY	Jan	43	20/02/94	VMV	116598 2	LC
* AGE: 50-54									
50	FR	0:40.34	JOHNSON	Julie	51	19/02/94	VMV	109326 6	LC
50	BA	0:49.39	JOHNSON	Julie	51	20/02/94	VMV	109326 7	LC
100	FR	1:34.78	JOHNSON	Julie	51	20/02/94	VMV	109326 7	LC
100	BA	1:52.69	JOHNSON	Julie	51	19/02/94	VMV	109326 7	LC
200	FR	3:31.50	JOHNSON	Julie	51	19/02/94	VMV	109326 3	LC
* AGE: 30-34									
50	FR	0:39.14	KERRIDGE	Glenda	34	19/02/94	VMV	116323 15	LC
50	BR	0:53.49	KERRIDGE	Glenda	34	19/02/94	VMV	116323 13	LC
100	FR	1:25.86	KERRIDGE	Glenda	34	20/02/94	VMV	116323 15	LC
100	BR	1:54.69	KERRIDGE	Glenda	34	20/02/94	VMV	116323 8	LC
400	FR	6:20.80	KERRIDGE	Glenda	34	19/02/94	VMV	116323 7	LC
50	FL	0:35.21	KLEMM	Megan	33	19/02/94	VMV	116324 2	LC
50	BA	0:37.88	KLEMM	Megan	33	20/02/94	VMV	116324 2	LC
200	BA	3:02.63	KLEMM	Megan	33	19/02/94	VMV	116324 3	LC

09/04/94

LONG COURSE MEN'S TIME TRIALS

DIST	STR	TIME	SURNAME	FIRST NAME	AGE	DATE	CLUB	ID	VEN
* AGE: 40-44									
50	FL	0:44.32	KRAPE	Judith	40	19/02/94	VMV	116179 4	LC
100	FR	1:31.75	KRAPE	Judith	40	20/02/94	VMV	116179 10	LC
100	FL	1:44.37	KRAPE	Judith	40	19/02/94	VMV	116179 2	LC
200	IM	3:44.74	KRAPE	Judith	40	20/02/94	VMV	116179 6	LC
400	FR	6:59.25	KRAPE	Judith	40	19/02/94	VMV	116179 5	LC
* AGE: 25-29									
50	BA	0:45.09	LINGUEY	Tracey	29	20/02/94	VMV	116876 4	LC
50	BR	0:49.87	LINGUEY	Tracey	29	19/02/94	VMV	116876 4	LC
100	BR	1:44.07	LINGUEY	Tracey	29	20/02/94	VMV	116876 7	LC
200	IM	3:25.23	LINGUEY	Tracey	29	20/02/94	VMV	116876 2	LC
400	FR	6:50.07	LINGUEY	Tracey	29	19/02/94	VMV	116876 8	LC
* AGE: 30-34									
100	FL	1:30.44	LONG	Maryanne	30	19/02/94	VMV	116631 4	LC
100	BA	1:33.20	LONG	Maryanne	30	19/02/94	VMV	116631 6	LC
400	FR	6:10.39	LONG	Maryanne	30	19/02/94	VMV	116631 5	LC
* AGE: 20-24									
100	FR	1:36.51	MCGINNESS	Janine	24	20/02/94	VMV	116429 10	LC
200	IM	4:10.69	MCGINNESS	Janine	24	20/02/94	VMV	116429 6	LC
* AGE: 35-39									
50	FR	0:50.62	MCGREGOR	Margaret	36	19/02/94	VMV	116581 19	LC
100	BR	2:01.20	MCGREGOR	Margaret	36	20/02/94	VMV	116581 7	LC
200	BR	4:15.24	MCGREGOR	Margaret	36	19/02/94	VMV	116581 7	LC
* AGE: 30-34									
50	BA	0:38.95	MCNEIL	Andrea	31	20/02/94	VMV	109303 4	LC
* AGE: 25-29									
50	BA	0:35.47	MCNEIL	Elana	28	20/02/94	VMV	109583 2	LC
200	FL	2:53.13	MCNEIL	Elana	28	20/02/94	VMV	109583 1	LC
* AGE: 35-39									
100	BR	1:45.17	MURRAY	Suzanne	35	20/02/94	VMV	109576 4	LC
200	FR	3:01.91	MURRAY	Suzanne	35	19/02/94	VMV	109576 5	LC
200	IM	3:26.07	MURRAY	Suzanne	35	20/02/94	VMV	109576 12	LC
200	BA	3:31.70	MURRAY	Suzanne	35	19/02/94	VMV	109576 1	LC
200	BR	3:43.21	MURRAY	Suzanne	35	19/02/94	VMV	109576 4	LC
* AGE: 20-24									
50	FL	0:51.52	MCGINNESS	Janine	24	19/02/94	VMV	116429 7	LC
400	FR	7:39.45	MCGINNESS	Janine	24	19/02/94	VMV	116429 6	LC
* AGE: 35-39									
50	BR	0:53.22	MCGREGOR	Margaret	36	19/02/94	VMV	116581 9	LC
* AGE: 30-34									
50	FL	0:38.23	MCNEIL	Andrea	31	19/02/94	VMV	109303 4	LC
100	BA	1:29.28	MCNEIL	Andrea	31	19/02/94	VMV	109303 5	LC
* AGE: 25-29									
50	FL	0:32.78	MCNEIL	Elana	28	19/02/94	VMV	109583 2	LC

LONG COURSE MEN'S TIME TRIALS

DIST	STR	TIME	SURNAME	FIRST NAME	AGE	DATE	CLUB	ID	VEN
100	FL	1:12.31	MCNEIL	Elana	28	19/02/94	VMV	109583 2	LC
100	BA	1:18.96	MCNEIL	Elana	28	19/02/94	VMV	109583 2	LC
* AGE: 30-34									
50	FR	0:41.28	NEAL	Cynthia	30	19/02/94	VMV	116483 17	LC
100	FR	1:33.10	NEAL	Cynthia	30	20/02/94	VMV	116483 19	LC
200	FR	3:42.40	NEAL	Cynthia	30	19/02/94	VMV	116483 8	LC
* AGE: 25-29									
50	FR	0:35.36	NEWSTEAD	Sharon	28	19/02/94	VMV	116067 6	LC
50	FL	0:39.98	NEWSTEAD	Sharon	28	19/02/94	VMV	116067 6	LC
50	BA	0:46.95	NEWSTEAD	Sharon	28	20/02/94	VMV	116067 5	LC
100	FR	1:19.28	NEWSTEAD	Sharon	28	20/02/94	VMV	116067 8	LC
400	FR	6:08.59	NEWSTEAD	Sharon	28	19/02/94	VMV	116067 4	LC
* AGE: 20-24									
50	FR	0:31.47	PHILPOTT	Louise	20	19/02/94	VMV	116878 3	LC
50	BR	0:40.41	PHILPOTT	Louise	20	19/02/94	VMV	116878 1	LC
200	FR	2:44.12	PHILPOTT	Louise	20	19/02/94	VMV	116878 2	LC
50	FR	0:36.76	ROCKELL	Leigh	23	19/02/94	VMV	116433 9	LC
50	BR	0:54.00	ROCKELL	Leigh	23	19/02/94	VMV	116433 4	LC
100	FR	1:22.25	ROCKELL	Leigh	23	20/02/94	VMV	116433 9	LC
100	BR	1:53.23	ROCKELL	Leigh	23	20/02/94	VMV	116433 3	LC
200	FR	3:02.29	ROCKELL	Leigh	23	19/02/94	VMV	116433 3	LC
* AGE: 35-39									
50	FR	0:37.40	SMITH	Amanda	36	19/02/94	VMV	109976 8	LC
50	BA	0:47.01	SMITH	Amanda	36	20/02/94	VMV	109976 4	LC
100	BA	1:48.20	SMITH	Amanda	36	19/02/94	VMV	109976 2	LC
200	IM	3:47.85	SMITH	Amanda	36	20/02/94	VMV	109976 17	LC
400	FR	6:51.81	SMITH	Amanda	36	19/02/94	VMV	109976 4	LC
50	FR	0:36.22	SQUIRES	Julie	35	19/02/94	VMV	109342 7	LC
50	FL	0:38.39	SQUIRES	Julie	35	19/02/94	VMV	109342 4	LC
100	FR	1:19.95	SQUIRES	Julie	35	20/02/94	VMV	109342 6	LC
400	FR	6:19.59	SQUIRES	Julie	35	19/02/94	VMV	109342 3	LC
* AGE: 20-24									
50	FR	0:31.84	STACY	Eliza	20	19/02/94	VMV	116877 5	LC
50	FL	0:35.02	STACY	Eliza	20	19/02/94	VMV	116877 3	LC
100	BA	1:30.03	STACY	Eliza	20	19/02/94	VMV	116877 2	LC
400	FR	5:51.82	STACY	Eliza	20	19/02/94	VMV	116877 3	LC

ROSTER FOR ATTENDANCE REGISTER

HAROLD HOLT	KOROWA	HAROLD HOLT
Monday & Wednesday	Tuesday & Thursday	Saturday & Sunday
4, 6 Apr - M. Donoghue	5, 7 Apr - J. Morphet	9, 10 Apr - G. Kerridge
11, 13 Apr - G. Farrands	12, 14 Apr - J. McCoy	16, 17 Apr - S. Potts
18, 20 Apr - E. Gibson	19, 21 Apr - J. Jensen	23, 24 Apr - J. Jeffrey
25, 27 Apr - G. Sutton	26, 28 Apr - P. Niere	30 Apr, 1 May - C. Tasker
2, 4 May - A. Ross	3, 5 May - K. Gaudin	7, 8 May - M. Klemm
9, 11 May - J. Dickey	10, 12 May - C. Hogg	14, 15 May - M. Hampel
16, 18 May - I. Clarke	17, 19 May - S. Horan	21, 22 May - W. Woods
23 , 25 May - L. Steer	24, 26 May - C.McCall	28,29 May - C. Neal
30 May 1 Jun - S. Stanford	31 May 2 Jun - M. Bean	4, 5 Jun - L. Starratt
6, 8 Jun - A. Clarkson	7, 9 Jun - G. Salter	11, 12 Jun - V. Robert
13, 15 Jun - L. Rockell	14, 16 Jun - S.de Bomford	18, 19 Jun - E. Brimer
20, 22 Jun - B. Allender	21, 23 Jun - P. Devine	19,20 Jun - R. Hogg

This new **"Duty Roster"** requires your presence during April, May and June. Please mark the dates in your diary.

If you are not able to attend on the day allocated, please arrange for a replacement from the up to date membership list, that will be kept with the register, or contact Co-ordinator **Ed Bond** on 889-1483 (H) or 578-0885 (W).

DUTIES - BOTH VENUES

Collect **$4.00** fee and mark off name in register. Put name, address & telephone number of any visitors in the back of register (visitors pay same fee). Issue receipt for any money other than entry fee (e.g. subs, tracksuits, bathers etc). Coaches will inform you if they are having a free swim, but at Harold Holt you **must** include them in your **Red Ticket Total** that goes to Reception.

New members subscriptions of **$45.00** must be accompanied by a Application for Membership Form. This form **must** be completed in full. Remember to check **date of birth** on a drivers licence or passport.

Please encourage all Members to bring "gold" coins. (i.e. $1 and $2 coins.) in preference to silver. If you do happen to receive a large amount of silver coins, please use two bags to avoid bags splitting.

Most important - please ensure that all cash slips have the correct venue, day and the correct date, along with your name.

KOROWA

Duties at Korowa are detailed on attendance register. Have a look next time you are there. An up to date membership list with telephone numbers will be kept with register at all times. Refer to roster to see who you pass tin and register on to.

HAROLD HOLT

Locker key is kept at Reception to be collected on the way in. **The cash tin is to be kept in the safe at all times, so ask for the tin when you ask for the key at Reception.**.The attendance register is kept in the locker. The Duty Manager will open the safe for you. **Return the tin and key to reception when finished.** Club members who work at the pool only pay **$2.00**. We do not include them in the tickets we give to pool.

Social Things

SUNDAY PANCAKES

Sunday, May 1st

After training at Harold Holt Pool
$3 for pancakes, homemade toppings, juice.

CASUAL AFTER TRAINING EATS

Thursday, May 12th

Jaya Malaysian
157 Burke Road
GLEN IRIS 8.45pm BYO
Entrees $1.50 - $4.00
Mains $6.80 - $14.00

Please indicate at training if you plan to eat out as a booking is required.

MID YEAR DINNER

Saturday, July 23rd

Alasya's Turkish Restaurant
$20.00 per person

Further details to be advised

END OF YEAR ANNUAL DINNER & PRESENTATION NIGHT

Saturday, October 29th

Malvern Valley Golf & Reception Centre

Mark these dates in your diary **NOW**, go, pick up a pen and w r i t e.

Help! As many of you are aware the Social Club Committee has depleted in numbers due the numerous job transfers of our members. If you are interested in helping with the organisation of social events eg. Sunday Pancakes, please notify the existing members below.

Social Club Contacts:
Leigh Rockell 529 1296, Rob Christie 527 5487, Sue Murray 531 1681