



**MASTERS
SWIMMING**
Queensland

LANE WARRIORS

An MSQ Annual Distance Swimming Program

A FITNESS CHALLENGE PROGRAM—MSQ

The program calculates every distance you swim, long or short—every time you get into the pool.

WHEN:	1st January
UNTIL:	31st December
HOW:	Add up your personal distances Swum every time you swim laps
WHAT:	Calculate the distances you've Swum on the spreadsheet
THEN:	Your club must return the sheet By the end of January of each Year and then wait for the results

3 AGE GROUPS

NEW

18—34
35—60
61 +

How does it differ from the Million Metre Program?

- It doesn't matter what stroke you swim
- Include kicks and drill
- Flippers and pull buoys permitted
- No minimum distance required
- It's only about swimming to increase your fitness
- It's in 3 age group categories
- Calculate your distance on the spread sheet, each time you swim laps—regardless of your stroke or how far you swim
- Top 5 awards in each age group
- A certificate for each participant
- Top 3 clubs of the year
- The spreadsheet must be entered individually

Masters Swimming Queensland

PO Box 1279
CAPALABA BC
4157

TEL: 07 3245 1571
FAX: 07 3390 2887
EMAIL: administrator@mastersswimmingqld.org.au

