

# SHELLHARBOUR SLSC SWIM FORM 2009-2010

version 1.1

This is to certify that .....of Shellharbour SLSC can swim  
.....in.....mins.....sec. DOB.....AGE.....

SIGNED.....

DATE.....

CONTACT TEL NO.....

**Must be signed by accredited swim coach -ALL DETAILS MUST be filled in or times not accepted.  
Min requirement is 25m plus 1min survival float**

**U/8 25m (any stroke)+ 1 min survival float**

U/9 25m (any stroke) + 1 min survival float - **150 metre open water swim.**

U/10 25m (freestyle) 1.5min survival float - **150 metre open water swim.**

U/11 50m (freestyle) 2 min survival float - **200 metre open water swim.**

U/12 100m(freestyle) 2 min survival float - **200 metre open water swim**

U/13 150m(freestyle) 3 min survival float - **200 metre open water swim**

U/14 200m(freestyle, in less than 5 mins ) - **200 metre open water swim**

PLEASE NOTE;

If anyone is to compete, they **MUST** also complete open water swim relevant to their own age group to be eligible to compete.