

100 x 100m



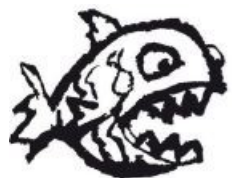
Test your endurance
Rest and refuel breaks throughout
Swim up to 100 x 100m in a fun environment

Choose from

- ◆ 50 x 100m
- ◆ 75 x 100m
- ◆ 100 x 100m

Nominate your time cycle when you enter
Pull buoys, fins, snorkels and paddles allowed!
All swimmers welcome

Entry + cap + food = \$50 / \$45 Roughies members
Register at www.yarraroughies.com



YARRA ROUGHIES MASTERS SWIM CLUB

**Sunday
30 April 2023
Fitzroy Pool**

7.30am—1pm
(swimming starts 8am)

Fitzroy Swimming Pool
160 Alexandra Parade
Fitzroy 3065

For more information contact yarraroughies@live.com

Yarra Roughies Masters Swimming Club Inc No. A0044051X

www.yarraroughies.com