



## Take your marks...

Swimland Swim Club hosts these events once per term.

For Paul Sadler Swimland swimmers these events are an excellent introduction to racing, and there is a "no pressure" FUN atmosphere with the initial goal of just completing the swims to the best of their ability.

We welcome all Level 10 and above to come and ...take your marks and earn your ribbons!

For Enquiries: Peter Howes 0422 275 393  
coach@swimlandswimclub.com

## Venues & Dates

PAUL SADLER SWIMLAND  
NARRE WARREN

**Saturday March 18th, 2023**  
Athlete Check In 1:45pm

PAUL SADLER SWIMLAND  
PARKWOOD GREEN

**Sunday March 19th, 2023**  
Athlete Check In 1:45pm



*Click here*  
TO BOOK

EVERYONE SWIMS	CHOOSE YOUR 4 <sup>TH</sup> SWIM
<input checked="" type="checkbox"/> 50 FLY	<input type="checkbox"/> 200 FR
<input checked="" type="checkbox"/> 50 FR	<input type="checkbox"/> 200 BR
<input checked="" type="checkbox"/> 50 BK	<input type="checkbox"/> 200 BK
	<input type="checkbox"/> 200 FLY
	<input type="checkbox"/> 200 IM
	<input type="checkbox"/> 400 FR
	<input type="checkbox"/> 400 IM
	<input type="checkbox"/> 100 FLY
	<input type="checkbox"/> 100 FR
	<input type="checkbox"/> 100 BK
	<input type="checkbox"/> 100 BR
	<input type="checkbox"/> 100 IM

**ENTRIES CLOSE**  
12:00PM 15/03/23



Paul Sadler Swimland Est. 1972  
...Small Successes, Proudest Moments