

Armadale Masters Swimming Club



Hi Swimmers,

We had 18 swimmers turn up on Saturday for round 1 of this year's Club Championships. 7 PB's were swum on the day and 7 new club records set.

Please see the attachments which has all the information including times, placings, records and championship rules.

Just to clear up any confusion the %age improvement is shown as a number (i.e. 1.69%) and a slower %age time is shown as a -% (i.e. 1.78%). Whereas a time improvement (seconds) is shown as a - (i.e. -8.59) and a slower time is shown as a number (i.e. 16.23). Clear as mud I know. If you have any questions please feel free to ask me.

Well done everyone and look forward to seeing you all at the next round on the 2nd of April.

Thanks to Heather Croft and Heather Adams for starting us off and thanks also to Roger who was our judge of turns and finishes

Regards,

Jeff