



Armadale Masters Swimming Club



Hi Swimmers,

The numbers were down a little at Aerobics and Training on Thursday night. Four members in the training lanes and only three members doing Aerobics, where is everybody?

Jeff Sanders was looking for a different stroke/distance combination to swim so decided on 800m backstroke and established a new Club Record in the process, well done Jeff.

Just remember that the Aerobic rules changed this year and you no longer have to swim 5 400m or 800m to receive points. Every individual 400m or 800m swim now attracts points.

Graham.