ASA SWIMFIT AWARDS

Rules:-

a) The teacher will be able to confirm the distance you have swum during a training session.
b) All distances recorded on the cards must be signed by a Club Official – see list below to see who can sign.
c) If a swimmer arrives late or gets out early from a training session, no distance will be counted.
d) Any distance being claimed for must be valid (i.e. swam that day in a specific training session)
e) No distance can be back dated, so if you forget to bring your card you cannot claim the distance you have just swam.
f) If you lose your card, you have to start again - you cannot transfer any distances from your previous card.
g) Orion Club Officials who can sign your card are Junior, Neptune, Aquarius Liaison Officers, Swimfit Co-ordinator, Coach, Teachers, plus other officials as displayed on the Club website.
h) There will be a charge for all awards

Date	Metres	Running total	Signed*

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