



Question: What has 70 legs? Grumbles and shivers in the cold.

Answer: A swim team woken up with a fire alarm an hour before it had to get up. Luckily it was a false alarm. However we already had our fire marshals' chosen by Melana and it worked well. It was a good thing that she had worked on our fire drill because it was her that inadvertently set it off. There was a real division in the camp for the 1st time. This was over whether we should be awarding the "Dick of the Day" award, or as Lauren put it "Wally of the week". It goes to show that the fire drill practice we had on the tour in Turangi last January really paid off - Thank you Trevor.



The Opening ceremony was our 1st engagement of the day, held at Canberra stadium. The home of the Canberra Raiders and the ACT Brumbies. The stand we sat in was the Gregan Larkin stand, and we looked across to the Mal Maninga stand.

It was here that Melana made up for her faux pas. She did a great job making

sure that the team was fed, and had enough to drink during the 3 hours of the show. We were quite the envy of the other NZ teams; one of their managers even came down to ask where we got it from.



1300 school children dancing in and out of time was not every

ones cup of tea, but it was a chance to meet people from other teams. Jared showed the other Boys how easy it was to make 'friends' and get phone numbers. They did try to put his lesson into practice.

It was a great scene as all the teams marched onto the stadium. It really brought home the size and number of countries taking part.

Once on the stadium, the teams were welcomed to the land by one of the elders from the local aboriginal people. The sound of the didgeridoo and their chanting was very special. Speeches were kept to a minimum as it was a hot day.

With the ceremony done, it was back to our dorms - a gruelling 6min walk for most – and a 35 minute hell tour for some. In the afternoon we had our first chance to get in the water, the AIS has three pools, two 50m and one 25m. Their wall of honour at the pool was great, a real who's who of swimming. The pool itself has had a number of world records swum in it. These were not lost on our swimmers, the pool training was great. The swimmers were all pleased to be in the water, a chance to get to feel their competition arena. The team has decided to use their silver cap for heats and black for finals. All will want to use their black one before they go home.

