

CONGRATULATIONS

Best Times recorded after Meet 1;2&3

Girls

NAME	EVENT	TIME
Anamaria	50Bk	28.75
	100Bk	1:02.31
	50Bk	28.57
Bianca	200Bk	2:16.77
	50Bk	30.89
Katie	100Fr	1:00.62
	400IM	5:00.58
	50Br	33.83
Sam Lee	200Fr	2:04.27
	50Fly	28.73
Laura	800Fr	8:46.56 NZR
	400Fr	4:20.65
	400IM	4:55.22
Sam L – S	800Fr	9:07.16
	400IM	4:58.37
	50Fly	29.02
Emma	200Bk	2:16.67
	200Fly	2:19.53
Clair	100Fly	1:04.86
	100Fr	58.11

Boys

NAME	EVENT	TIME
Gareth	50Bk	26.31 NZR
	50Bk	25.57 NZR
	200Bk	2:01.47
Starn	100Bk	54.44 NZR
	50Br	29.31
Meet Record	100Br	1:02.68
	50Br	28.89 NZR
Nielson	50Br	28.72 NZR
	100Fr	51.12
Ben	50Fly	25.55
	50Fr	24.38
Jack	100Br	1:06.78
	100Fly	56.6
Mitchell	200Fly	2:06.85
	400IM	4:27.23
Tom	200IM	2:05.68 NZR
	100Bk	57.41
Neil	50Fr	26.27

SCORES ON THE DOORS

Gary's Guys

230

Trevors Troops

385

La Porchetta

-65

10TH July

SIMON SAYS

Everybody wants you to do well. Take up the challenges in the next session.

THE CHALLENGE

The challenge that lies before us
Is one that's been in our dreams
To swim for this great country
Time has arrived, it's now it seems

The team is waiting for the first race to begin
With such support from all around us we must surely win

Clair our team captain is of a special breed its said
As she gathers those around her
Her leadership is to behold
The advice she gives "you must be bold"

Staff are awaiting the dreams, the pride
They don't need stating
We have come from parts far and wide
We'll compete and strive
Born from national pride

Life's long journey will continue on
As the challenges are faced
Each and every one
It's all about the small steps
We take along the way
Stumbles and fall are all part of life's great play

How to deal with things that have gone wrong
Is the challenge to change
The lyrics of life's great song
When the day's results are known
You look and see what you have shown
Change the plan but not the goal
Come back again, get on a roll

When we return to love ones
We can share with them
The tales, the struggles that be
Leave behind a story of great pride and endeavour
That future teams will honour forever

Trevor Nicholls

Quote of the Day
"SECOND IS THE FIRST LOSER"

Points Update: Day 5
SIMON -10 LOST PROPERTY
STARN -10 IPOD
LAURA -40 LATE TO MEETING & MADE
TEAM WAIT AFTER SESSION 3
BEN -10 IN WAVE POOL



RESULTS

	Points
Australia Green	343
Australia Gold	337
New Zealand	221

Kay's Corner:
Canberra will be cold, make sure you wear warm clothes, especially socks & shoes!
The Team sends its best wishes to the Team at the World Youth Championships.