

11TH July

CONGRATULATIONS

Best Times recorded after Meet 1;2;3&4

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
	800Fr	8:46.56 NZR
Laura	400Fr	4:20.65
	400IM	4:55.22
	800Fr	9:07.16
Sam L – S	400IM	4:58.37
	50Fly	29.02
	200Bk	2:16.67
Emma	200Fly	2:19.53
	100Fly	1:04.86
Clair	100Fr	58.11

Boys

NAME	EVENT	TIME
Mens	4 x 50Med	1:43.54
Gareth	50Bk	26.31 NZR
	50Bk	25.57 NZR
	200Bk	2:01.47
	100Bk	54.44 NZR
	200Bk	1:58.55
Starn	400Fr	4:10.73
	50Br	29.31
Meet Record	100Br	1:02.68
	50Br	28.89 NZR
Meet Record	50Br	28.72 NZR
	Nielson	100Fr
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
Neil	100Fly	56.28
	50Fr	26.27

SCORES ON THE DOORS

Gary's Guys

230

Trevors Troops

385

La Porchetta

-65

SIMON SAYS

We are now at the AIS with two competitions to go. Having had two pool sessions you should now feel fresh and ready for a strong finish. Just remember it's never over until it is over and it's up to you to bring that something extra that will be the difference between good and great.



Quote of the Day
 "If you always do what you've always done, you'll always get what you've always got"

CONGRATULATIONS SWIMMERS OF THE MEET

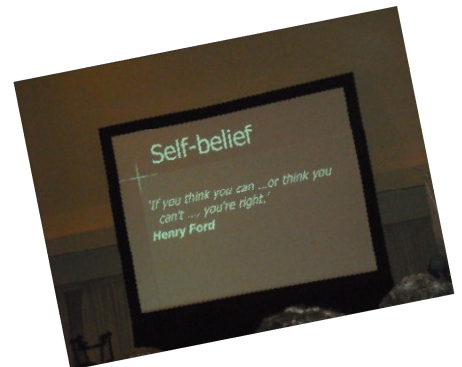
- Session #1 Mens 4 x 50 Medley Relay
Laura
- Sessions #2 Laura & Gareth
- Sessions #3 Starn & Sam Lee
- Sessions #4 Bianca & Gareth

HOT GOSSIP

Rumour has it the blue T shirts have been over worn and under washed. Either time for a change or time for a wash!



Out manoeuvred by Trans Taman Troop Leader Trevor en route to Dinner. Jack, Thomas & Neilson Lose Fight with revolving door.



Points Update: Day 6
 Ashley +10 For picking up litter at the pool

RESULTS

	Points
Australia Green	462
Australia Gold	446
New Zealand	279

Kay's Corner:
 You have been really good so far guys, don't blow it now.