



All season we have been asking ourselves:
“How **FAST** can we go??”

Now I ask you:
“How **FAR** can you go??”

Coach Chad has set the **gear1  challenge** for all Sea's the Limit members. The challenge looks to see how many laps we can swim in a set time limit. We are all trying to set our own personal boundaries and achieve our best. This is a new way to see what we can do.

Each swimmer will be given a **gear1  challenge** 'LAP LIMIT'. This limit is set as a target for the number of laps Chad challenges you to do. The time limit for all swimmers is **2 hours**. Breaks may be taken during that time; however, laps must be **SWUM ONLY -- NOT WALKED**.

This challenge also works as a fundraiser for our club. We challenge **EACH** swimmer to raise as much as possible; and, in return, earn fantastic club merchandise. The more funds you raise, the more gear you can walk away with.

Will **YOU** accept the **gear1  challenge**?

Botany Aquatic Centre
Sunday, 2nd March 2008
3:00 to 7:00pm