



## ***SPRINT SQUAD***

CBSC would like to recognise & reward member's efforts to become truly fast swimmers.

As the 50m events are critical in most team competitions they can be considered the benchmark against which your sprint swims should be measured!

CBSC is keen to see swimmers aspirations raised ever higher and the teaching & coaching team do all they can to support them in achieving times quicker than those in the tables below.

Those individuals who do beat these times will automatically join the "sprint squad" and receive a commemorative swimming hat & certificate.

In time, it is hoped that the club will have a host of individuals from across the age groups wearing "SPRINT SQUAD" hats!!

The times are based on CCASA Age group records (2006) and should prove challenging, yet realistic to beat.

As a host of members have already bettered the below times, they will be awarded their hat & certificate soon!

*GOOD LUCK EVERYONE!*

***Ian Hancock*** – Club Coach

\*Times must be achieved at a recognised meet, with appropriate officials present & must be achieved either as an individual swim or as the first leg of a relay event.

