

PROFICIENCY 2010

PRE-REQUISITES FOR BRONZE

- COMPLETE A 400M TIMED POOL SWIM IN 9 MINUTES OR LESS
- PROFICIENCY PAPER COMPLETED (100% CORRECT IN PEN)
- COMPLETE 200M RUN/200M SURF SWIM/200M RUN IN 8 MINUTES OR LESS

PRE-REQUISITES FOR SRC

- COMPLETE A 200M TIMED POOL SWIM IN 5 MINUTES OR LESS
- PROFICIENCY PAPER COMPLETED (100% CORRECT IN PEN)
- COMPLETE A 100M RUN/100M SURF SWIM/100M RUN IN 5 MINUTES OR LESS

POOL SWIM MUST BE DONE BEFORE PROFICIENCY DAY AND SIGNED OFF ON CLUB TIME SHEET BY A QUALIFIED POOL COACH

Proficiency Dates for 2010 will be:

Sunday September 12th 2010 – START AT 8AM (REGISTRATION FINISHES AT 10AM)

Sunday September 26th 2010 - START AT 8AM (REGISTRATION FINISHES AT 10AM)

Sunday October 17th 2010 - START AT 8AM (REGISTRATION FINISHES AT 10AM)

Sunday October 31st 2010 - START AT 8AM (REGISTRATION FINISHES AT 10AM)

Sunday November 21st 2010 - START AT 8AM (REGISTRATION FINISHES AT 10AM)

IRB PROFICIENCIES TO BE ADVISED – FOR BOTH CREWMAN AND DRIVER