



# CENTRAL CAIRNS SWIMMING

Attention all 10 and Under Swimmers

Open to all Club and Non-Club Swimmers

## Elements Air, Dig'N'Dump & Zarraffa's 2023 Junior Tadpoles Come and Try Meet



Saturday 19<sup>th</sup> August 2023

Woree Sports & Aquatic Centre

Gates Open at 9.00 am for 9.30 am start.

### Time to race and show off your skills

- \$10 per swimmer
- **Open to all Club and Non-Club Swimmers**
- Nomination will be taken on the day.
- Giveaways for all swimmers
- Email: [centralcairnsswimming@gmail.com](mailto:centralcairnsswimming@gmail.com)

	Age	Distance	Stroke
1	10 & Under	12 ½ or 25	Freestyle
2	10 & Under	12 ½ or 25	Backstroke
3	10 & Under	12 ½ or 25	Breaststroke
4	10 & Under	12 ½ or 25	Kick Board
5	10 & Under	12 ½ or 25	Butterfly
6	Novelty Races		

