

Million Metres RECORD CARD



Name:
Club Code:
MSA number:
Signature

The Vorgee Million Metre Award acknowledges a members progress from the 'learn to swim' beginner to the distance swimmer and are intended to stimulate members to strive for greater fitness. The awards are for 1 mil, 2 mil, 3 mil, 4 mil, 5 mil, 7 mil, 10 mil, 15 mil & 20 mil metres. All registered members who complete these millions are entitled to apply for an award for the distance swum. Applications must be made to your Branch enclosing a signed copy of this record card to confirm the distance swum and an application form (www.mastersswimming.org.au).

Date	Distance Swum	Progressive Total	Date	Distance Swum	Progressive Total	Date	Distance Swum	Progressive Total

