Updated July 2017

# 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)

There is an excel spreadsheet that will automatically calculate your progressive total - all you need to do is enter the date & distance swum and watch the millions of metres quickly add up! Visit the MSA website.

| Date | Distance Swum | Progressive Total |
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