TUGGERANONG TRIFECTA
Postal Swim

July-August 2025

Sanctioned by Masters Swimming Australia
Sanction No: PS 03/2025

Three swims, each in a different stroke: 400m, 800m, 1500m

Entry fee: $20 per swimmer

Welcome to Tuggeranong Masters Swimming ACT's postal swim!

This one will warm you up. Just the thing for those wintry days!
Double dip - a postal swim for you, and some Endurance 1000 points for your club.

BRAND NEW AWARD FOR 2025!

All 2025 participants will be able to choose to receive one of our fabulous new microfibre towels (30x80cm) in either red *or* blue as well as a certificate.

Entry Conditions

All three swims must be completed **between 1 July 2025** and **31 August 2025**.
You do not have to complete all swims in one day.
Each swim must be in a different stroke, and individual medley is allowed for 400m or 800m.
Swims may be completed in either a 25m or 50m pool.
Only one entry per swimmer.
Entries must be signed by a club official, e.g. secretary, president, recorder.
Entries must be postmarked/sent no later than **Sunday, 14 September 2025**.
Swimmers must be financial members of Masters Swimming Australia, or of their own country's official masters swimming national body.

Please send all entries from one club together via your club coordinator.

Send entries electronically by email to: postal-vikings@googlegroups.com
Payment by bank transfer to: Tuggeranong Masters Swimming ACT
St George Bank BSB 112-908 Account Number 484 809 534

Entry Form for Tuggeranong Trifecta 2025

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Please sign the participant agreement before attempting any of the swims:

I understand that I should not participate in this event unless I have an appropriate level of fitness and training. I verify that I am aware of the risks involved, and that I am sufficiently fit to take part in this event. I will not hold Tuggeranong Masters Swimming ACT responsible for any injury or illness sustained as a result of taking part in this postal swim. I also accept full responsibility for any costs incurred.

Swimmer's signature: _____

Name _____

Preferred Towel Colour (please indicate) **RED** or **BLUE**

Registration Number_____ Male/Female ____ Age Group_____to _____

E-mail Address _____

Club Name _____ Club Code _____

Club Postal Address: _____

_____

Swim

Distance	Stroke	Pool	Time	Date	Timekeeper
400m	FR BA BR BU IM	25m / 50m	: :		
800m	FR BA BR BU IM	25m / 50m	: :		
1500m	FR BA BR BU	25m / 50m	: :		

Club Official

Signature _____

Position _____

Date _____