NWA: Swimmers

NWA: *SKINS* … 6 x 50m on 4:00

Date: _____

Venue: _____

Average of six (6) swims compared with official pre-skins pb .. lowest differential wins.

NAME / Stroke	**PB**	1	2	3	4	5	6	**Av.**	**Diff.**	**Place**

PB = known pb or max. effort trial before commencement of series.

Swimmers may choose their SKINS Challenge .. stroke or kick; official 50 swim pb times, or **PB** (above) and choice must be retained for the six (6) swims. Times are rounded up, e.g. 28.72 = 28.8; 31.13 = 31.2.

Thanks to Bill Sweetenham .. good one