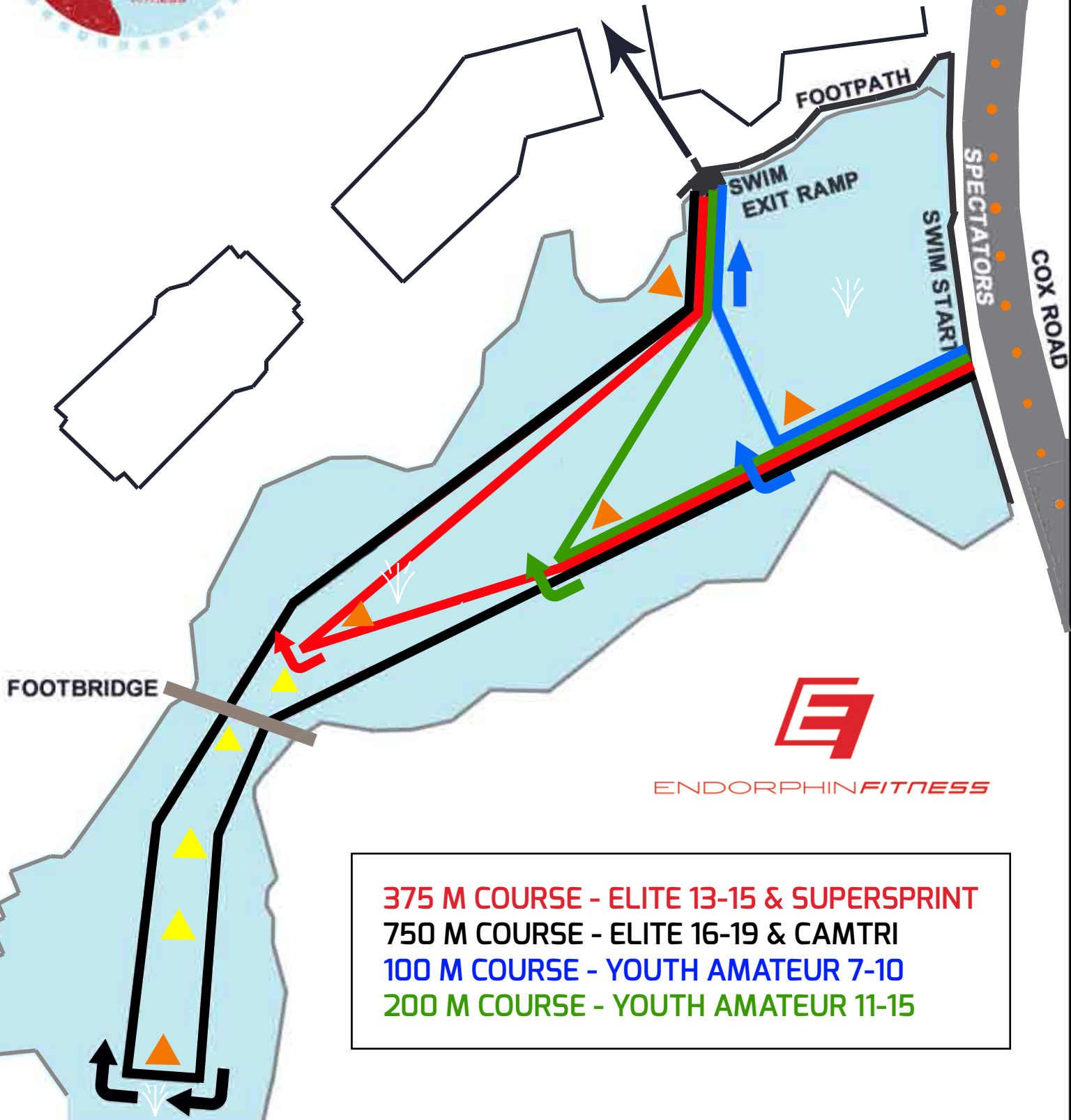




SWIM COURSE

TO TRANSITION



ENDORPHIN *FITNESS*

375 M COURSE - ELITE 13-15 & SUPERSPRINT
750 M COURSE - ELITE 16-19 & CAMTRI
100 M COURSE - YOUTH AMATEUR 7-10
200 M COURSE - YOUTH AMATEUR 11-15