

## RESOURCES FOR SWIMMERS

Please familiarize yourself with the  
ASI Member Protection Policy  
and other important information via the link at  
**[www.elthamswimmingclub.com.au](http://www.elthamswimmingclub.com.au)**

National and State Qualifying times  
Competition Details  
And other useful information  
**[www.swimmingvictoria.org.au](http://www.swimmingvictoria.org.au)**

MetroNorth Competition Details  
Blue Book  
**Follow the district links from the Swimming Victoria  
website**