

Swimming Southland Adventure Race & Family BBQ

WHEN: November 9 2008

WHERE: Oreti Beach Main Entrance @ 2pm

Finish race at Sandy Point Water-ski club @
4p.m. Followed by BBQ

COST: \$5.00 payable to Jeremy on the Day

WHAT TO BRING: Running shoes and clothes sun block which can
get dirty and wet. A change of clothes Sausages for the BBQ

WHO: For competitive swimmers 10years and upward

**The Adventure Race is being run and organized by
Adventure Southland. We will need some parent help**

Register by emailing head coach, state whether or not you are
able to help us

Jeremy Duncan at: h2odreams@xtra.co.nz by **November**

5th 2008