



THE ULTIMATE LOCKDOWN CHALLENGE

8 - 22 APRIL 2020



make sure to follow the rules...

ELIGIBILITY

This competition is open to all active, financial, and registered Swimming Canterbury West Coast, Nelson Marlborough, Otago, and Southland members, within the SNZ database.

GO AND EXERCISE

You must do **INTENTIONAL PHYSICAL ACTIVITY**. That is an activity done with the intent of being active that elevates your heart rate. Backyard cricket, running, and yoga are examples.

Look out on social media for updated daily tallies.

Let us know what you're doing! Take a photo or video - and email, message, or tag your region in your posts/stories.

STICK TO COVID-19 LOCKDOWN RULES

No touching public equipment, social distancing (2m rule), stay in your bubble, and stay in your neighbourhood.

RECORD YOUR MINUTES

Record the number of minutes of intentional physical activity **AT THE END OF EACH DAY** using this link:

<https://forms.gle/6FYbZPY8CkXBdkxk9>

Weekly individual prize winners to be announced each Thursday.

Overall club winner to be announced Thursday 23 April.

enter and be in to win...

WEEKLY INDIVIDUAL PRIZES

The top three participants each week will win a \$50 SwimT3 voucher, redeemable online or in-store.

OVERALL WINNING CLUB

The overall winning club will win \$300 in cash to spend however they wish, perhaps on lane hire or new equipment. This will be calculated by participant minutes divided by total SNZ registered member numbers.