



# Swimming Up Hills 2020

**Postal Swim of 5,900m distance**  
*(it's not so hard this year, so get cracking!)*  
hosted by Hills AUSSI Masters

Participants will receive a very fetching **Swimming Up Hills T-Shirt** and Certificate to mark their achievement.

**Hills Masters challenges all masters swimmers to participate in our Swimming Up Big Hills 2020 postal swim - what better way to tune up your fitness, add to your endurance swims, prepare for the summer open water swimming season or just get together with your club mates & crank out some extra laps... and of course there is the T-Shirt, AND the certificate!**

## Conduct & Timing of Swims

Swimming Up Hills is open to all financial members of Masters Swimming Australia (MSA) and affiliated international Masters Swimming bodies.

Swims are to be timed and witnessed by a Masters Swimming member and **conducted** between:

**1 August and 31 October 2020.**

## Swimmer Safety

Swimmers should be prepared with adequate training and be confident they have the **fitness levels** required to safely complete these distance swims.

Swimmers and club officials should make themselves aware of the [National Safety Policy](#) from the MSA website and ensure that these requirements are met at swimming venues. Relevant processes found there and in the current [Insurance Manual](#) are to be followed in the event of any incident, injury or accident.



Sanctioned by:  
Masters Swimming Australia  
sanction no: **07/2020**

## Event Format

5,900m total distance, swimming up hills over three months, comprised of:

≈ 1 x 1500m  
≈ 5 x 400m  
≈ 3 x 800m

- 25m or 50m pool
- Freestyle, or formstroke of choice
- Usual criteria for recognition of Top 10 or Endurance 1000 of swims applies
- Individual registration and payment via MSNSW online entry system. This should be completed before starting the swims.
- Following registration, you will be provided with a link to record the details of your completed swims online – to be submitted by November 1, 2020

**Entry Fee is \$25**

**Register and pay online here**

or follow the links from the [MSNSW website](#)

*all enquiries to:*

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