**Swim Out Of Your Skin Meet Entry Suggestion**

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| **GOLD** |  |  |
| 3-4 sessions | 2-3 swims per session | Range of strokes and distances |
| **SILVER** |  |  |
| 2-3 sessions | 2-3 swims per session | Range of strokes and distances |
| **BRONZE** |  |  |
| 2 sessions | 2-3 swims per session | Range of strokes inc 1-2 200m swims |