**VALENTINE MEET**

Entry Suggestion

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| **GOLD/SILVER PLUS** |  |  |  |
| 2 days | 3-4 sessions | 2-3 swims per session | Range of strokes and all distancesInclude at least 1 x 400m event  |
| **SILVER** |  |  |  |
| 1-2 days | 3-4 sessions | 2-3 swims per session | Range of strokes and all distancesInclude 1-2 200m events and consider 400m FR  |
| **BRONZE** |  |  |  |
| 1-1.5 day | 2-3 sessions | 2-3 swims per session | Include at least 1 x 200m event |