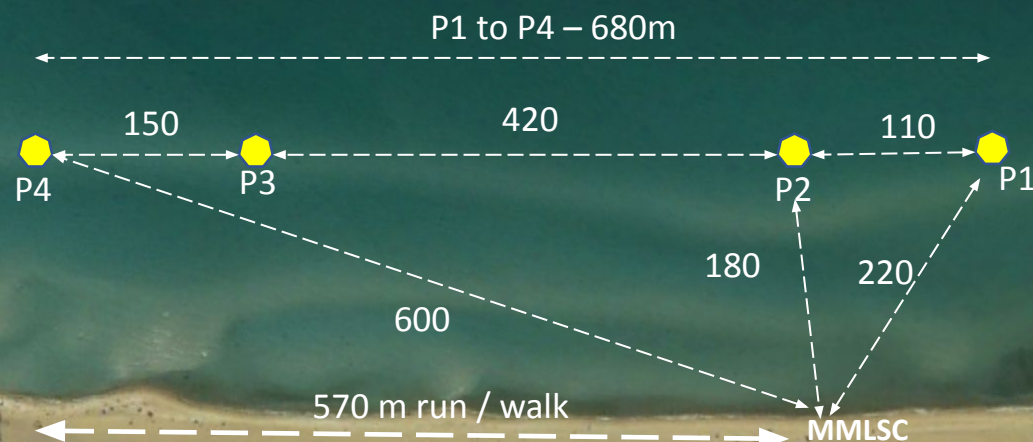




Please keep to the LEFT when swimming between the poles



	MMLSC	P1	P2	P3	P4
MMLSC	0	220	180	460	600
P1	220	0	110	530	680
P2	180	110	0	420	570
P3	460	530	420	0	150
P4	600	680	570	150	0

## MMLSC Icebergers

Swim distances & routes

Club Times

Weekdays 7am-8.15am Weekends 7am-9.15am

Please ensure that club is locked and alarmed if  
you are last to leave

Routes	Meters
LSC - P1 - P4 - LSC	1500
LSC - P2 - P3 - LSC	1060
LSC - P1 - P4 - P1 - LSC	1800
LSC - P4 - LSC	1200