

## Athletics Category



### Swimming

1. Demonstrate your swimming ability in accordance to the Red Cross Aqua Quest level 11.

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OR

2. Complete all of the followings :
- a) Tread water in deep water, for a minimum of four (4) minutes.
  - b) Front crawl for 100 metres.
  - c) Back crawl for 100 metres.
  - d) Elementary backstroke for 50 metres.
  - e) Breaststroke for 50 metres.
  - f) Sidestroke for 50 metres.
  - g) Butterfly stroke, 3 x 10 metres.
  - h) Endurance swim for 400 metres continuously, using any stroke or combination of strokes.

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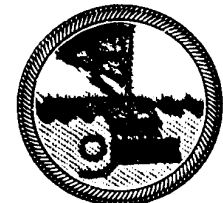
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### Water sport



1. Be a regular participant in a water sport activity. For team water sport demonstrate participation for a full season.
2. Show by your participation that you understand the rules, safety precautions, and sportsmanship connected with that sport.
3. Discuss how your own skill in the sport can be improved

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