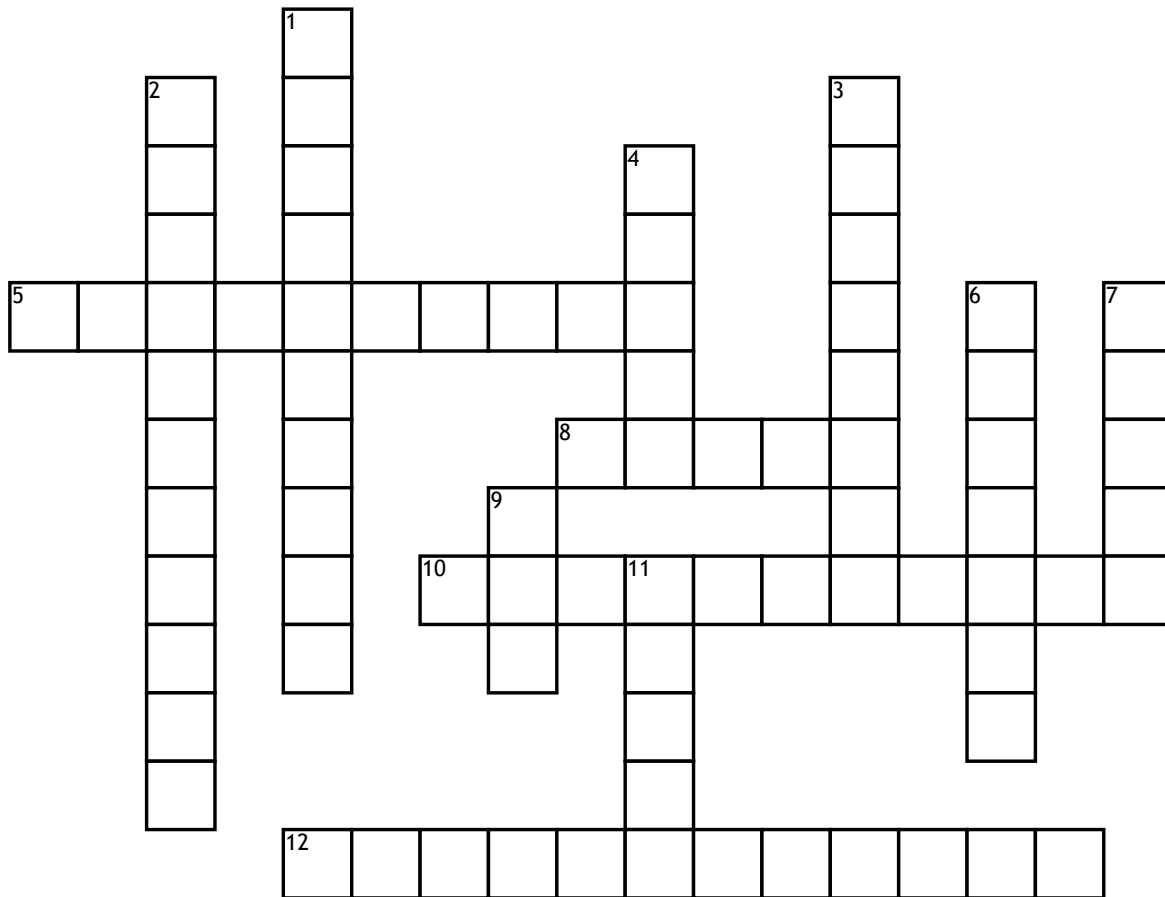


Ultra 6-9



Across

5. In Ultra 9, what activity do you do for 5 minutes?
 8. In which Ultra must the swimmer do a continuous swim for 200m?
 10. In Ultra 7, you need to do a continuous swim of (blank) meters, front crawl.
 12. In Ultra 8, which stroke does one have to do for 5 m?

Down

1. In Ultra 6, in the Water Smart section what is the second cause of boating accidents?
 2. In Ultra 7, when you shallow dive into deep water, you need a (blank) entry; hands first feet last
 3. What stroke/ skill do you only have to do once in Ultras 6-9?

4. Ultra 6, when doing a head first surface dive, how many front crawl strokes do you need to do?
 6. In Ultra 9, when completing the Water Smart portion, you have to encourage (blank)
 7. In Ultra 6, you need to tread water for (blank) minutes
 9. In Ultra 9, what is the objects weight for eggbeater?
 11. In Ultra 8, how many lengths must one do for interval training?