

PROJECT H₂grOw

Project H2grOw is back!

Swimming Australia invites new and continuing athletes to track their maturation and swimming performance with Project H2grOw. The team is measuring at this competition, and all athletes are requested to come and have their height and weight recorded. Measurements take less than 5 minutes to complete and participation in the project is free.

For any **new participants**, not previously measured, please scan the QR Code below for more information or email h2grow@swimming.org.au.

<https://redcap.sydney.edu.au/surveys/?s=4PWRHF8LNR>

