

# DESIGN YOUR OWN SWIMMING CAP!

Submit your entry on **Instagram**  
tagging **@Better\_UK**  
with the hashtag **#designmycap**  
Closing date: Friday 5<sup>th</sup> June 2020

Our shortlist to vote on will be posted on  
Monday 8<sup>th</sup> June 2020 - good luck!

Name:
Age:

