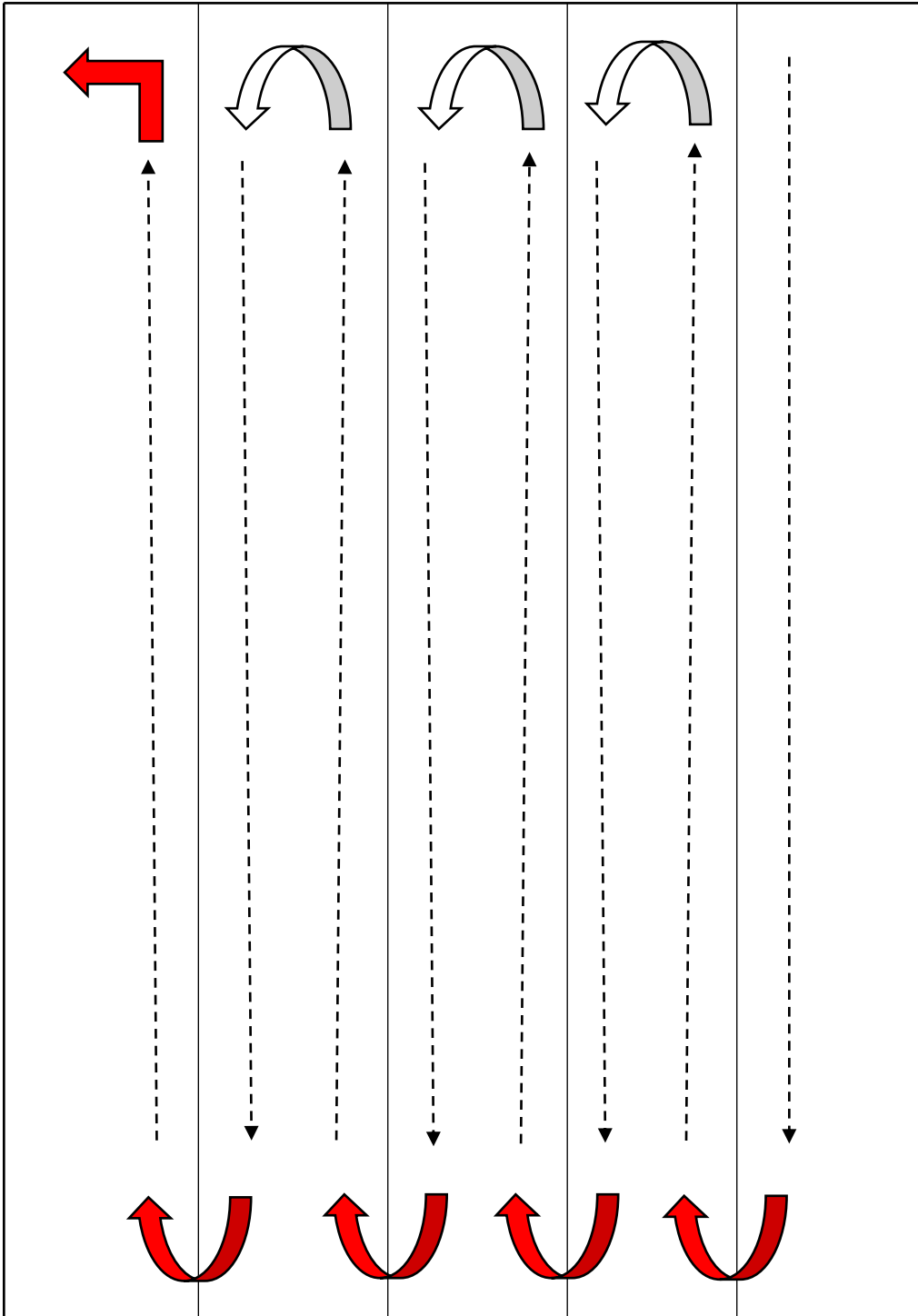


Swim Diagram

7-8yr START (50 yd) 9-10yr START (100 yd) 11-12yr START (150 yd) 13-14yr START (200 yd)

Exit to Transition



Swimmers duck under lane lines on this end of pool only