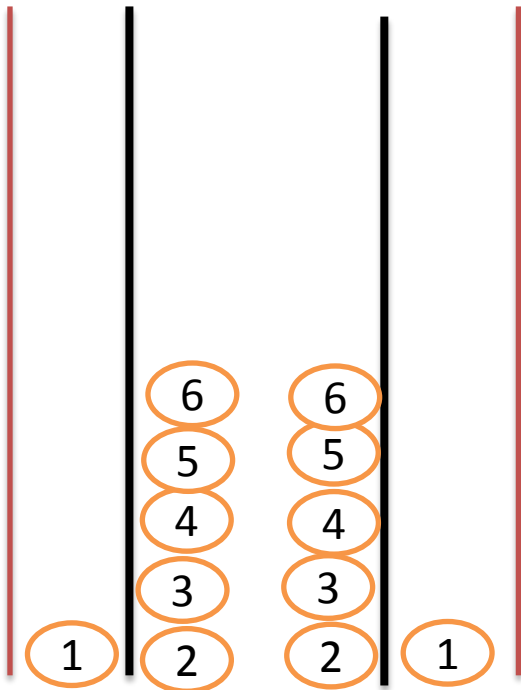
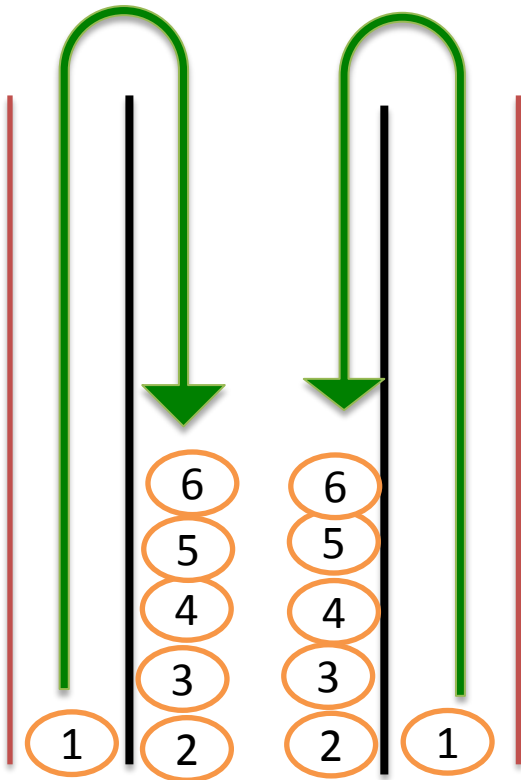


Starting Positions



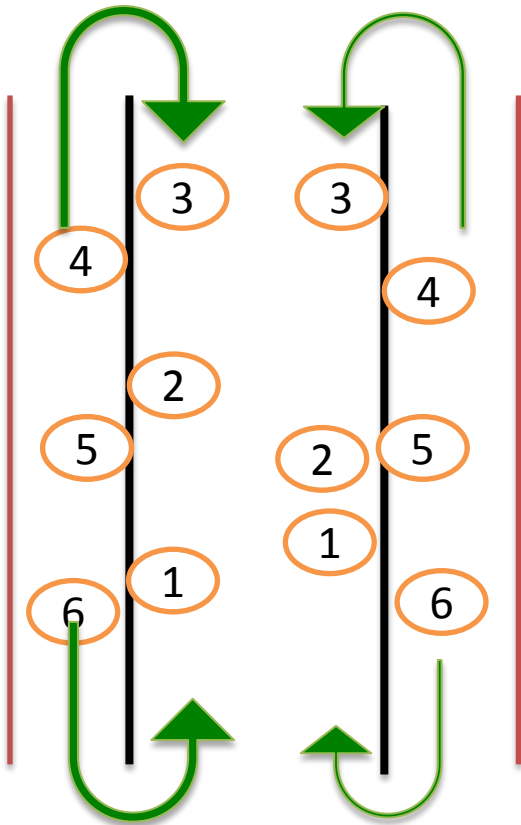
- Line up by your swim number.
- Swimmer 1 will start in the starting position
- Swimmers 2-6 line up behind each other along the black line
- The whistle will be blown in 5 second increments to start each swimmer.
- If the swimmer ahead of you is missing, do not start on their whistle, be sure you wait for yours. E.g. swimmer 3 starts on the 3rd whistle regardless of how many swimmers are ahead of you.

Starting



- When the swimmer ahead of you starts, move into the starting position, wait for your whistle, then go.
- Swim up the outside (by the rope or wall) and down the middle (sharing the middle lane with the swimmers next to you). Always swim near but not on the black line.

Passing



- If you need to pass the swimmer ahead of you, tap their feet 2-3 times, then swim to the end of the lane, where they will have stepped aside to let you pass.

- If you feel your feet tapped 2-3 times, swim to the end of the lane, the step to the side and let the swimmer pass, then resume swimming. Note, its easiest if you step away from the lane you'll be swimming into. For example, if you are turning right, step to the left.

- NO PASSING until you have completed one lap.

**NOTE: You won't race to the finish line against the person you're racing in the pool!
So play nice and let people pass if they need to!**