



START

END

diving area

When swimmer ahead of you gets HERE, you will be allowed to start.

Swimmers will line up in swim time order (faster swimmers before slower swimmers and walkers).

- swimmer 1 will cross timing pad at start, DROP into water (no diving) and swim to bottom of lane 1 then duck under lane line to lane 2.
- Successive swimmers will cross timing pad and DROP into water at direction of starter (delay between swimmers determined by number of participants)

When swimmers reach top of lane 8 (END), they will move across zero depth entry and pool deck to enter transition area at north access to transition – crossing timing pad to register swim time.

Swimmers may access pool house via South access point if they prefer to change clothes before bike/run – **RECOGNIZE / BE AWARE - TRANSITION TIME COUNTS!**

slide

entry to transition

To pool house

pool house / changing areas / rest rooms