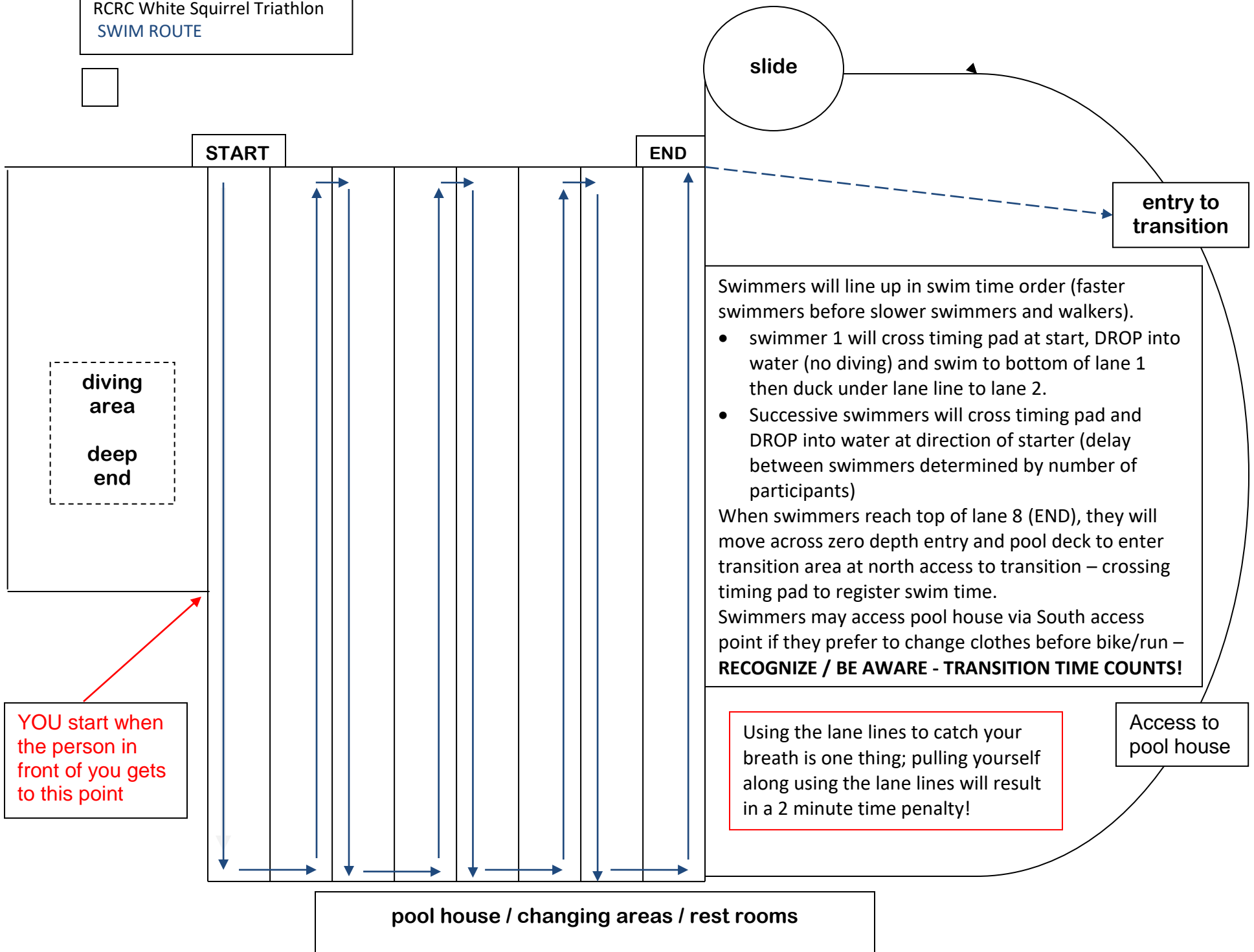


RCRC White Squirrel Triathlon  
SWIM ROUTE



START

END

diving area  
deep end

YOU start when the person in front of you gets to this point

slide

entry to transition

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!**

Using the lane lines to catch your breath is one thing; pulling yourself along using the lane lines will result in a 2 minute time penalty!

Access to pool house

pool house / changing areas / rest rooms

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