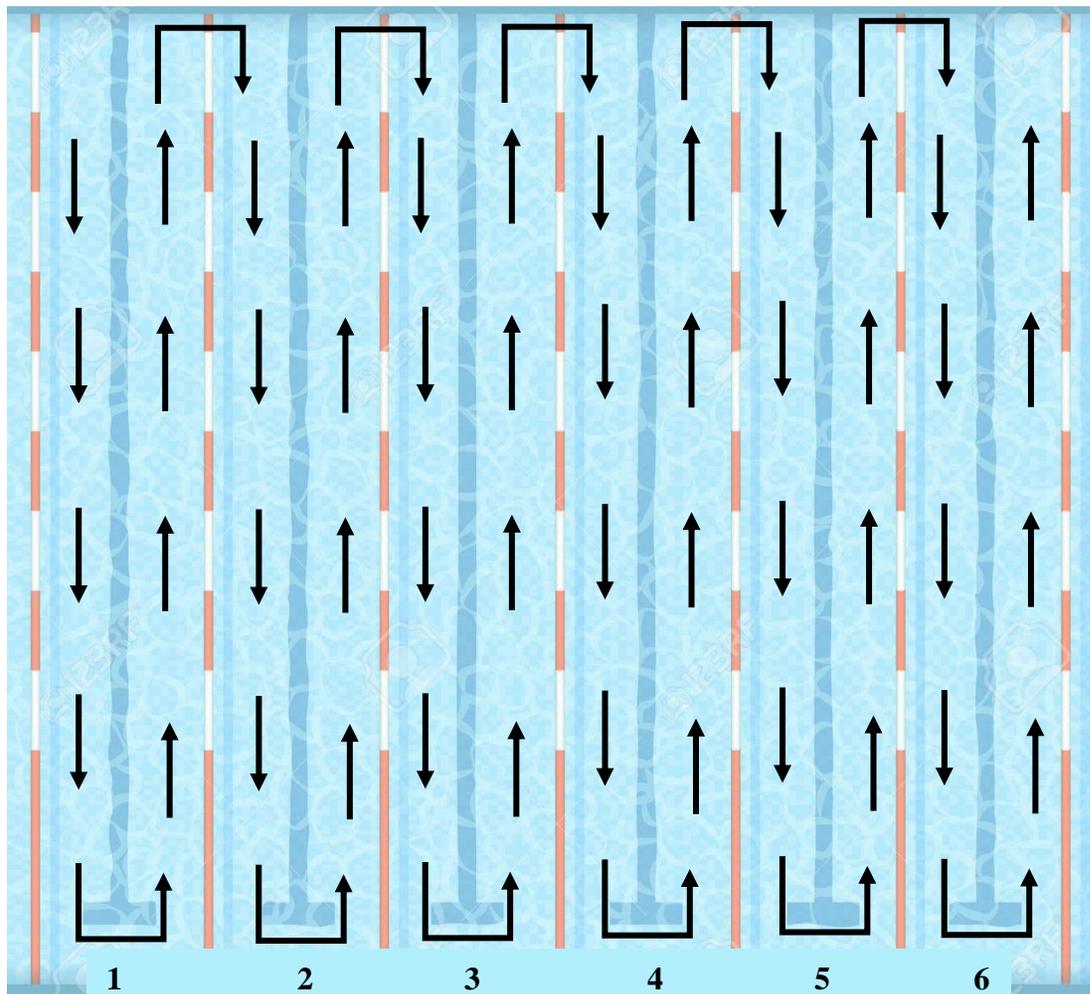


**START**

**FINISH**



Notes on the Swim:

- Swimmers will enter the water one at a time about 10 seconds apart
- Racers will start in lane 1 and snake through all 6 lanes
- Every 2 lengths or 50 yards swam, swimmers will go under the lane line and into the next lane
- When swimming, there should always be a lane line directly on your right side
- Racers will be sent off based on the 100yd pace entered at registration
- If you need to pass someone, please do so at a wall
- Head-first diving at the start is not allowed