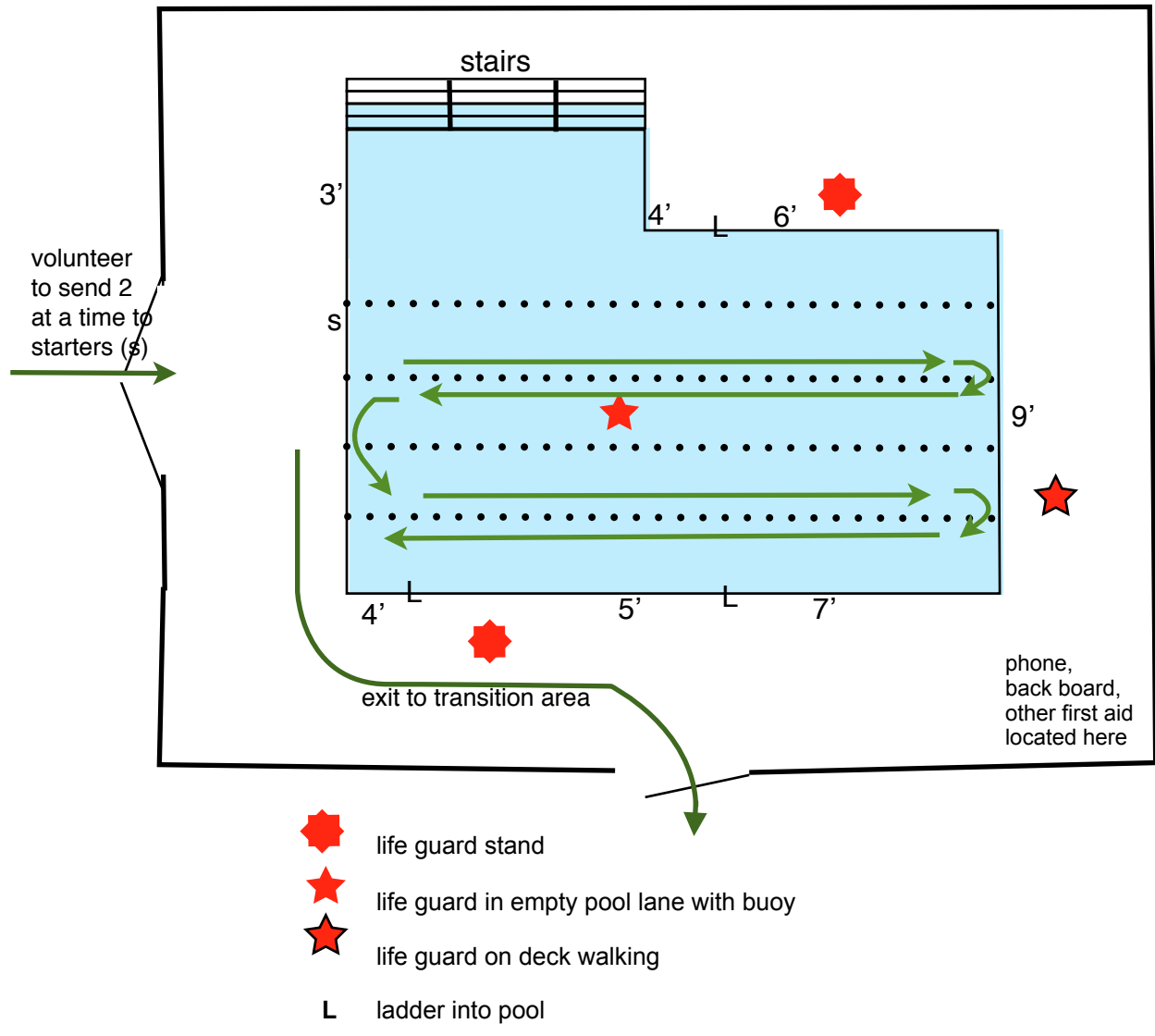




JUST TRYAN IT

A Non-Profit Organization Supporting Families Fighting Childhood Cancer

SWIM - LONG COURSE (4 lengths)



This is a snake Swim:

- 1) Swimmers will be lined up according to bib number.
- 2) They will enter the pool area on the shallow side.
- 3) Everyone is starting at the same place in turn. When prompted, racers will get in the water and hold onto the wall.
- 4) Racers will be given a signal to start. They are to swim down and back on the right hand side of the lane leaving room for another racer to pass on the left. Racers must touch the wall before moving to the adjacent lane. They should swim under the lane lines to switch.
- 5) At the end of two laps (4 lengths), racers are to get out of the water and follow to the side door for exit to the transition area. Volunteers will be at the end of each lane to assist racers with getting out of the water and directing them to transition.