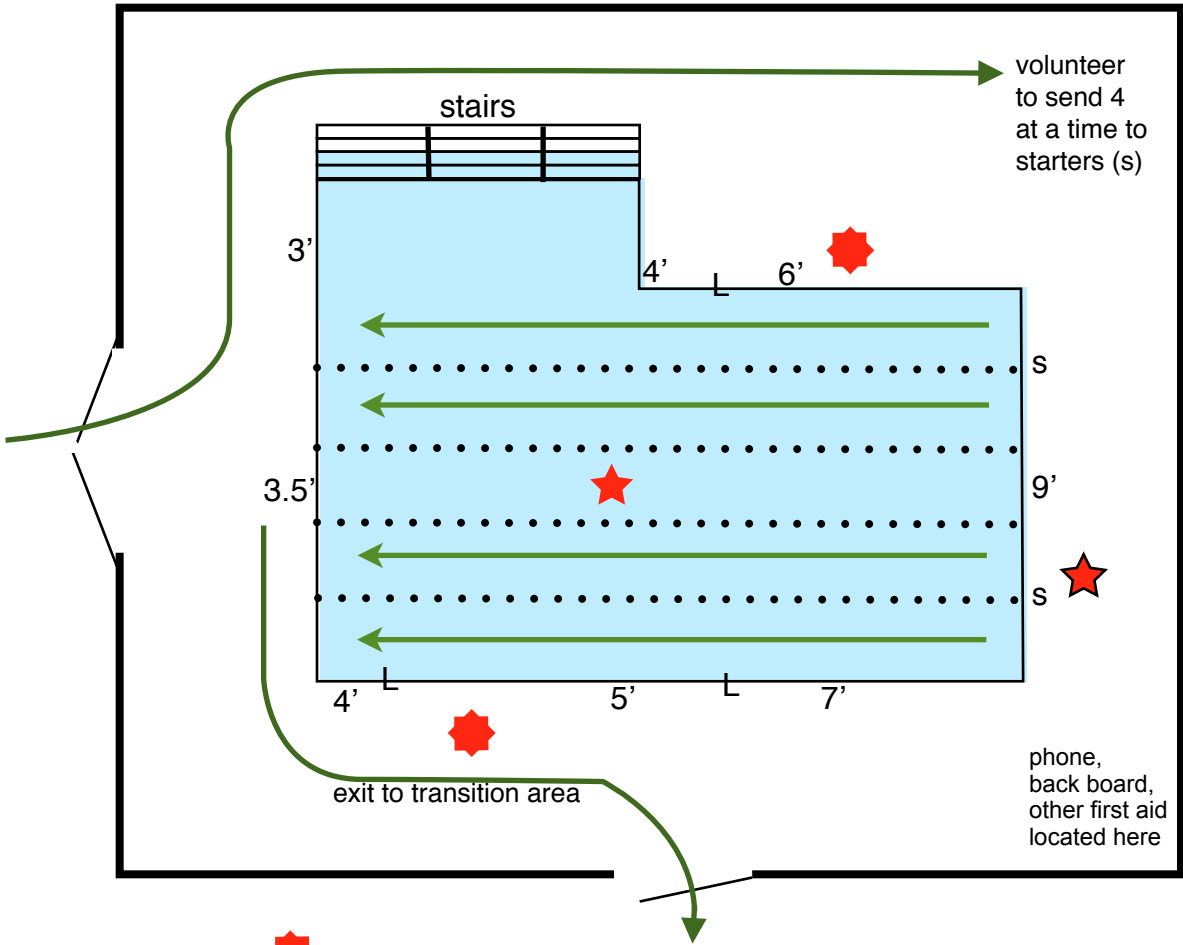




SWIM - MINI COURSE (1 length)



- life guard stand
- life guard in empty pool lane with buoy
- life guard on deck walking
- L ladder into pool

- 1) Swimmers will be lined up according to bib number.
- 2) They will enter the pool area on the shallow side and follow to the deep end.
- 3) A volunteer will assign each racer to a lane 1, 2, 4, or 5. When prompted, racers will go to their lanes and get in the water holding on to the wall. There will be a volunteer to assist any racer with getting into the water.
- 4) Racers will be given a signal to start.
- 5) At the end of one length, 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.