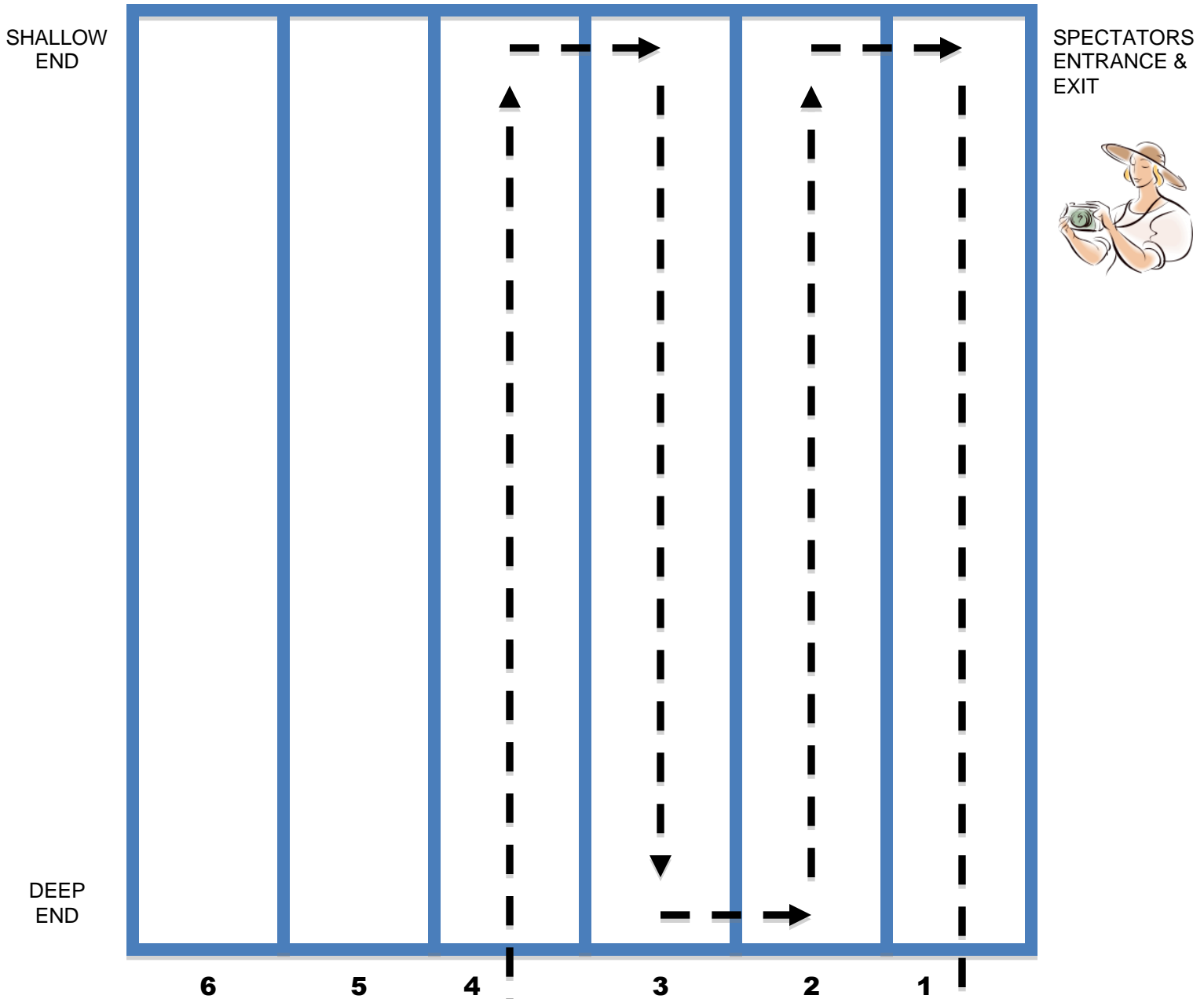


# Brennan Park 25 m Swimming Pool



## 8/9 Group (100 m/4 lengths)

- Swimmers Enter Pool in Lane 4 at 10-second intervals
- Swim one length, touch wall, duck under rope to continue swimming in next lane; continue to Lane 1 (One way lanes)
- Exit in Lane 1

Exit Pool to Transition Area

**Pink Heat**  
**Meets at 9:20 AM**  
**100 m**  
**8/9 Year Olds**  
**Individual Male & Female, Relays**