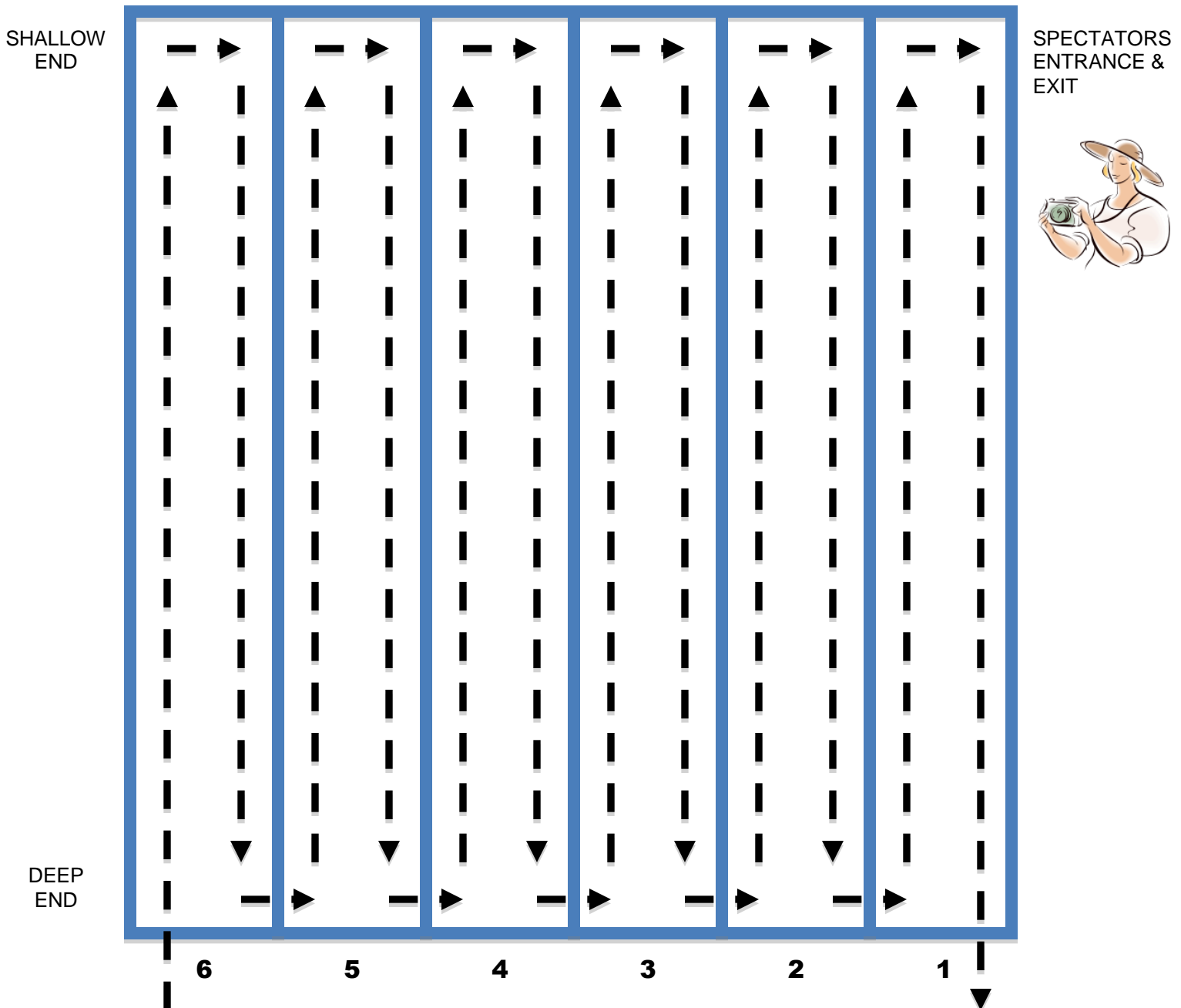


# Brennan Park 25 m Swimming Pool



## 14/15+ Group (300 m/12 lengths)

- Swimmers Enter Pool in Lane 6 at 10-second intervals
- Swim one length, touch wall, return in same lane swimming clockwise (Two way lanes)
- Duck under rope into Lane 5; continue to Lane 1
- Exit from Lane 1

Exit Pool to  
Transition Area

**Orange Heat**  
**Meets at 8:50 AM**

**300 m**  
**14/15+ Year Olds**  
**Individual Male &**  
**Female, Relays**