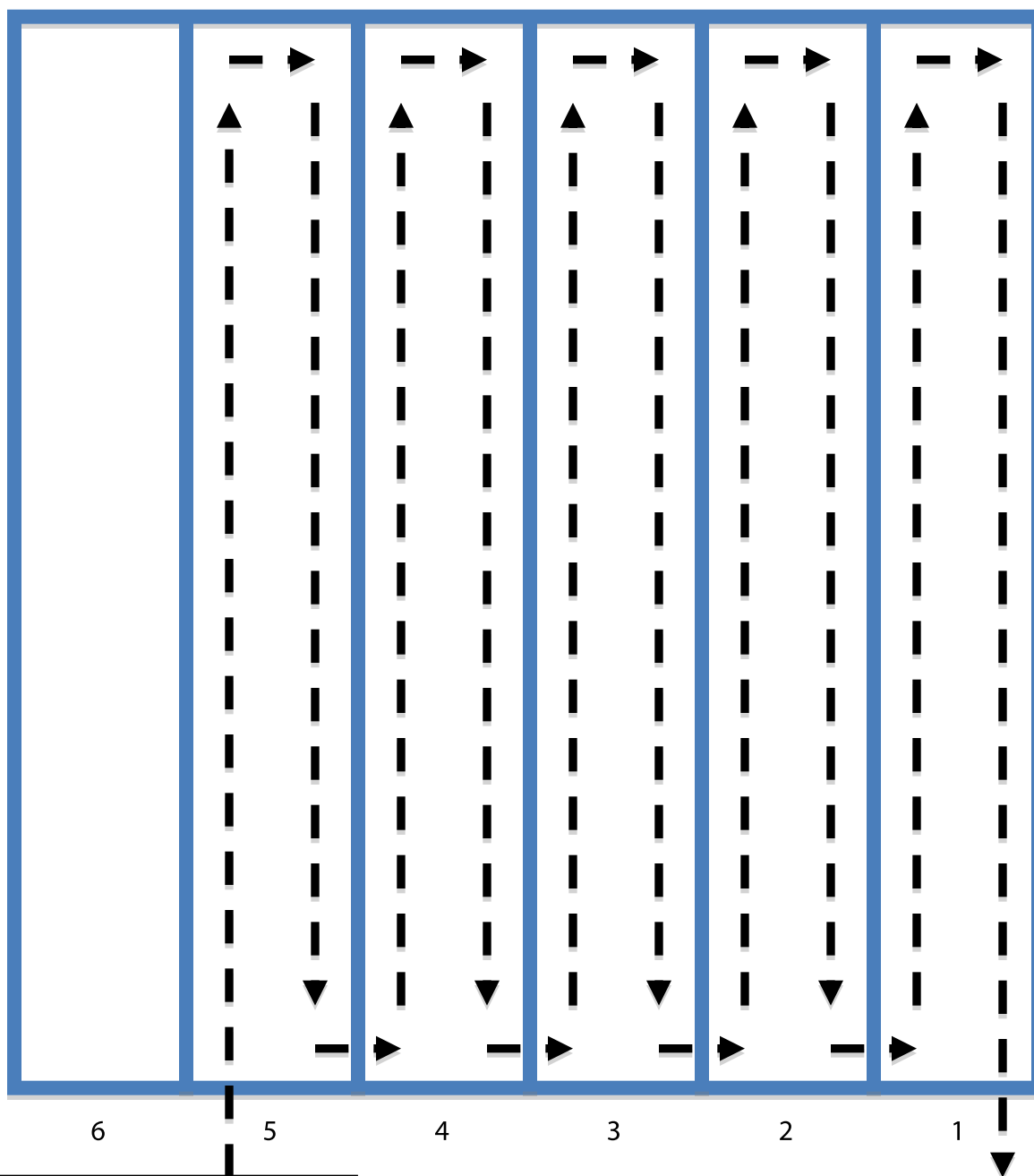


Brennan Park 25 m Swimming Pool

SHALLOW
END

SPECTATORS
ENTRANCE &
EXIT

DEEP
END



12/13 Group (250 m/10 lengths)

- ☒ Swimmers Enter Pool in Lane 5 at 10-second intervals
- ☒ Swim one length, touch wall, return in same lane swimming clockwise (Two way lanes)
- ☒ Duck under rope into Lane 4; continue to Lane 1
- ☒ Exit from Lane 1

Exit Pool to
Transition Area

**Blue Heat
Meets at 9:00am**

**12/13 Year Olds
(250m)**

Male, Female, Relays