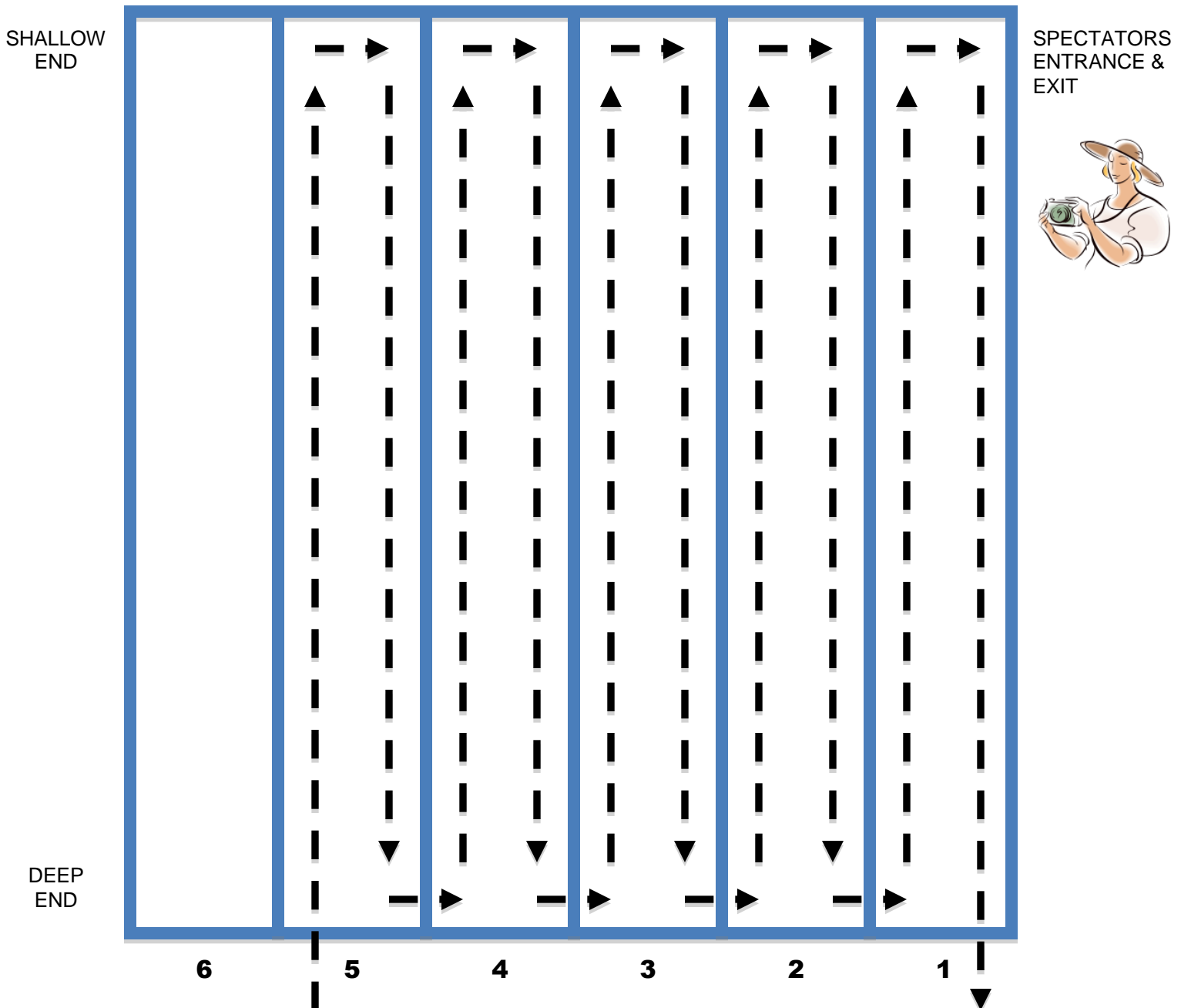


Brennan Park 25 m Swimming Pool



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

**Green Heat
Meets at 9:10 AM**

**250 m
12/13 Year Olds
Individual Male &
Female, Relays**