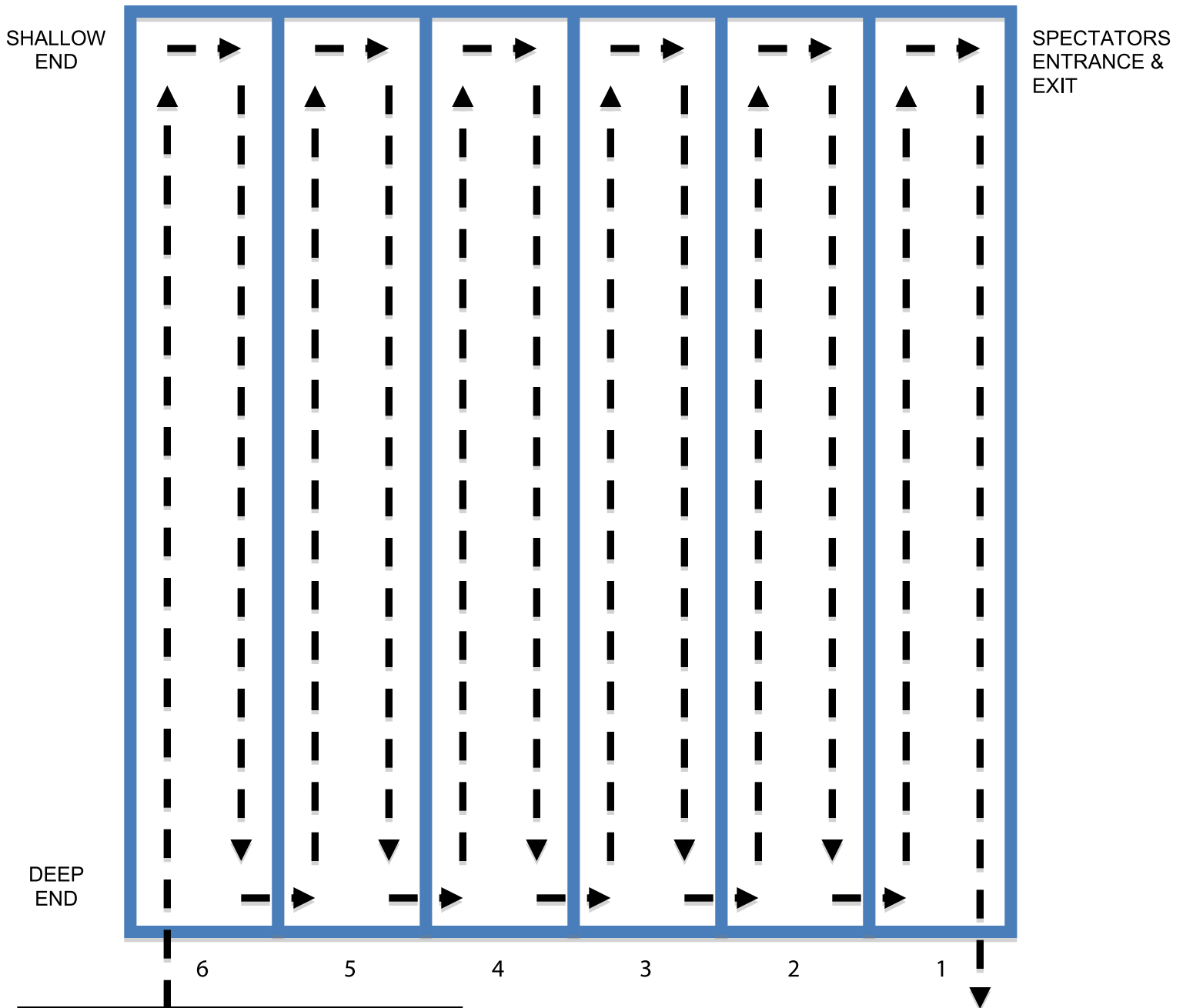


Brennan Park 25 m Swimming Pool



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 8:50am**

**14/15+ Year Olds
(300m)**

Male, Female, Relays