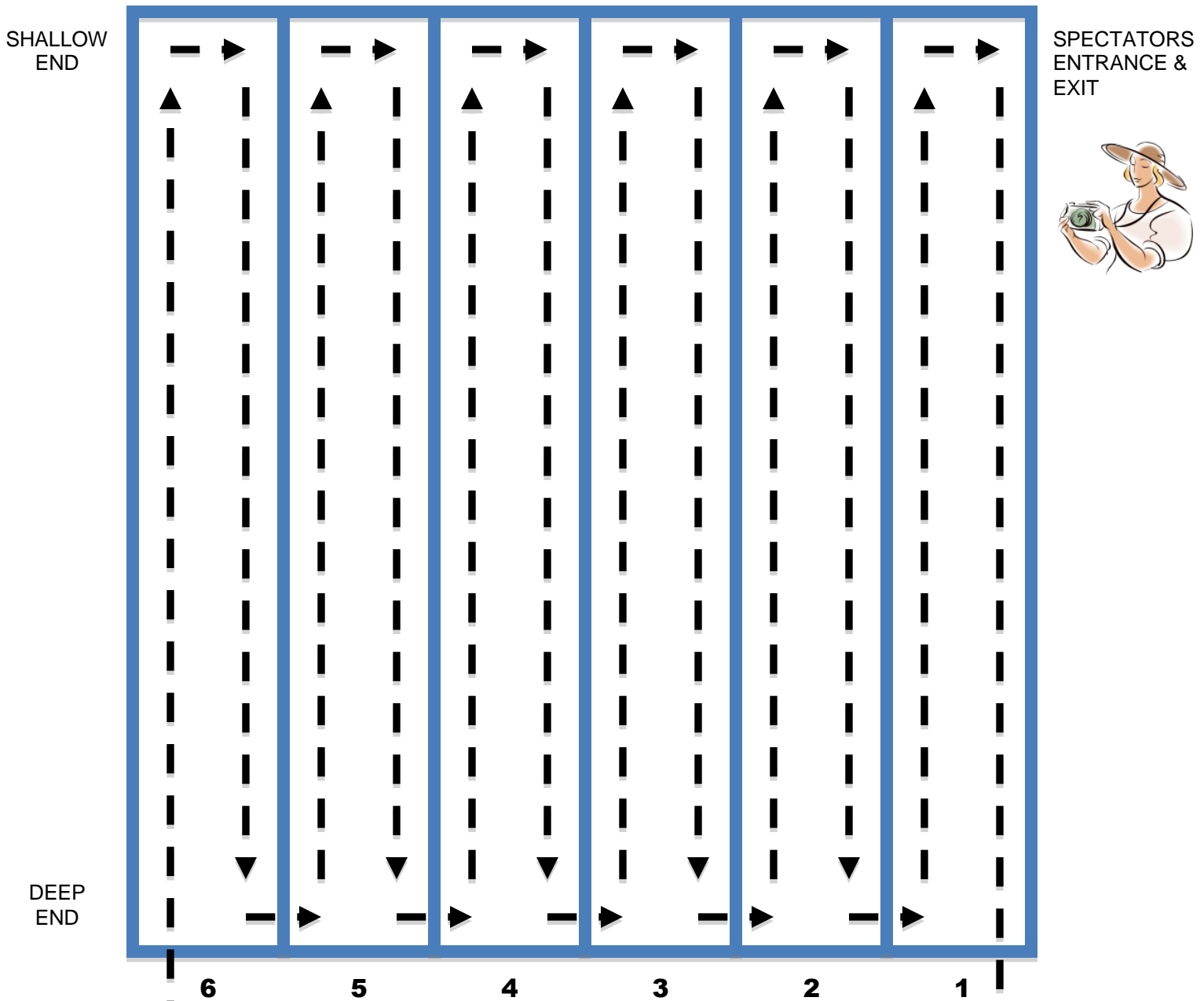


Brennan Park 25 m Swimming Pool



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**