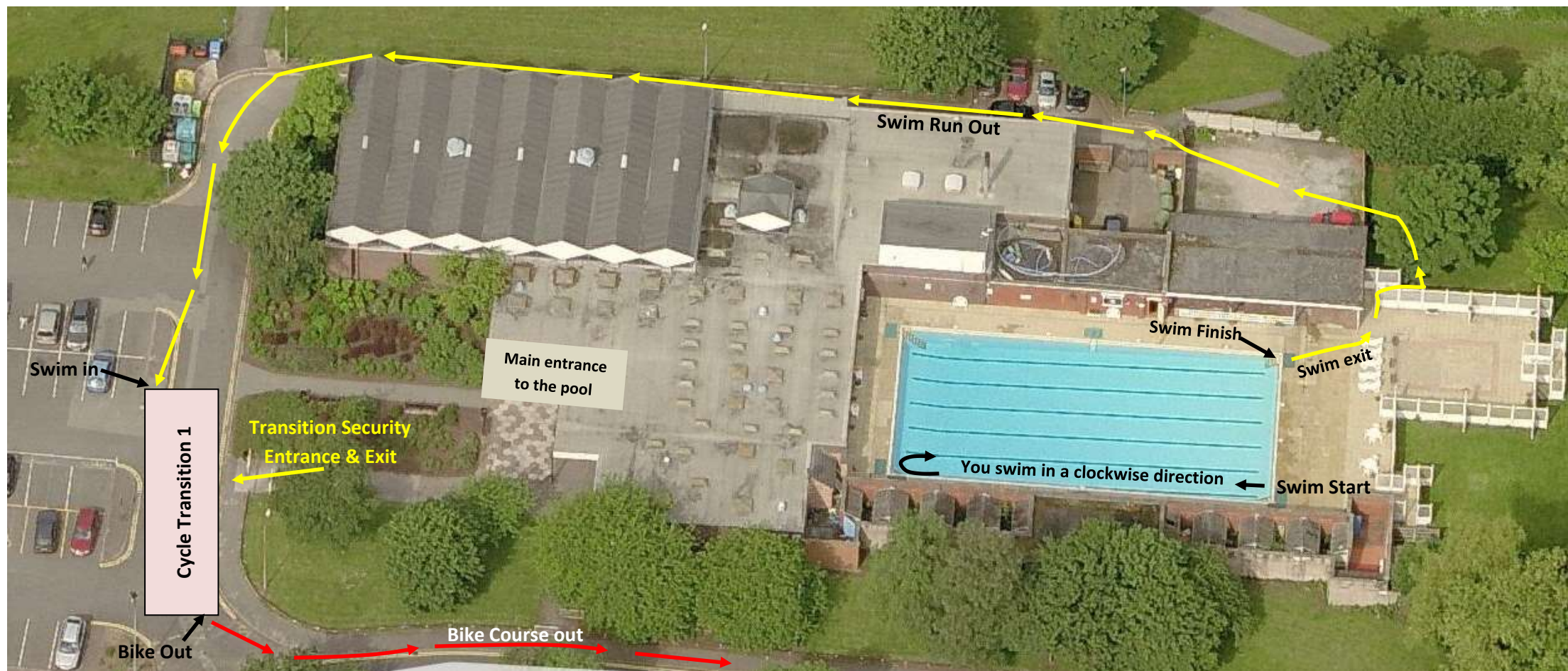


# North West - Swim Course & Cycle Transition One



## Swim Course and Cycle Transition One Information

### Swim course details

**Sprint & Relay x 16 lengths = 500m**

**Super Sprint, Fun & Pink Wave x 6 lengths = 200m**

- ❖ Please make sure you attend the compulsory race safety brief, it gives you important information about the course and all safety issues.
- ❖ Always queue in numerical order, by doing this you will be going into the pool at the start time you were given.
- ❖ Swim clockwise in the pool, Sprint/Relay will be swimming 4 lengths per lane; Super Sprint/Fun/Pink Wave will be swimming 2 lengths per lane. Once you have completed your allocated lengths per lane, you go underneath the lane rope, moving into the next lane, and then make your way across the pool to complete your full amount of lengths.
- ❖ Swim on the outside of the lane, if you need to overtake, move into the middle of the lane, once you have overtaken, move back to the outside of the lane (safety).
- ❖ When exiting the pool, there is a short run (on matting) to cycle transition one.
- ❖ Safety in the pool: **NO** diving in, **NO** tumble turning, **NO** backstroke