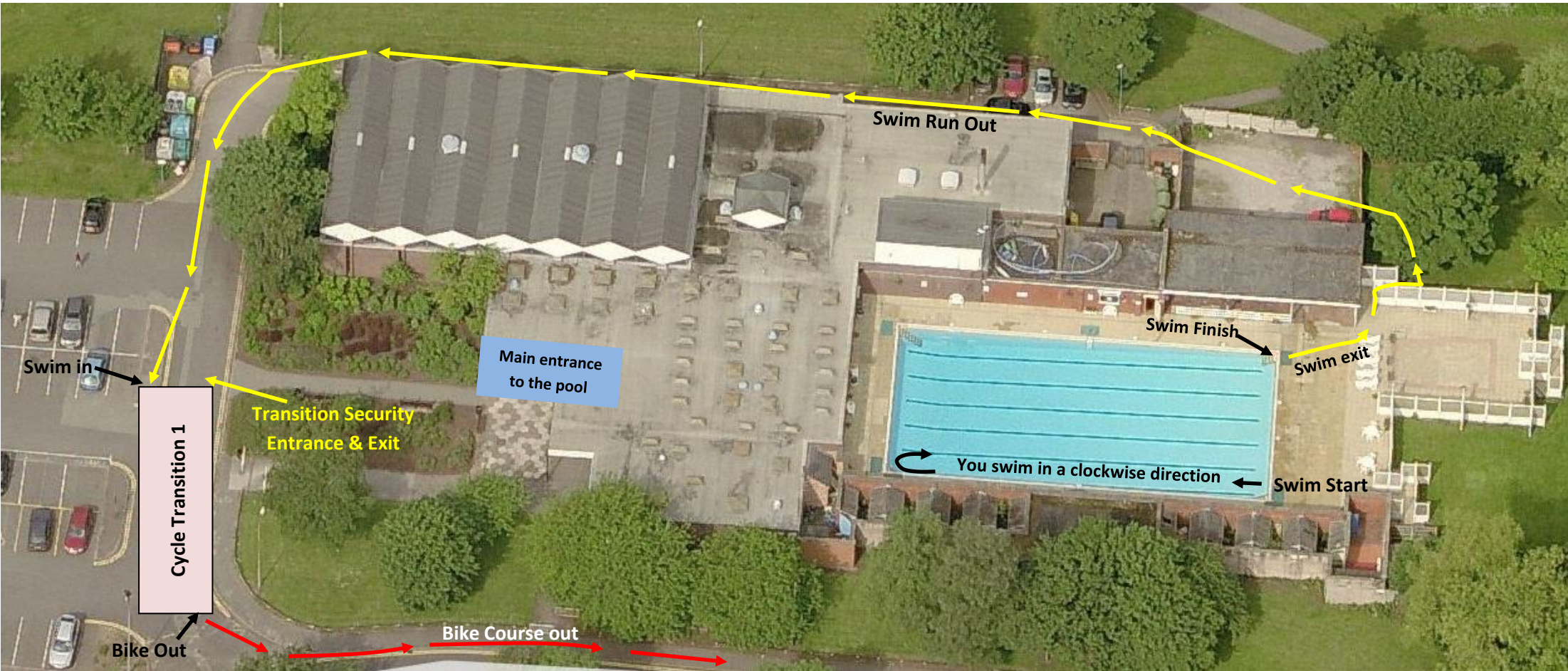


# North West Swim Course & Cycle Transition One



## North West Triathlon– Swim Course and Cycle Transition One Information

### Swim course details

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

**Super Sprint & Fun 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.
- ❖ You will swim clockwise in the pool, Sprint & Relay will be doing four lengths per lane, Super Sprint & Fun will be doing two lengths per lane. Once you have completed your allocated lengths in your 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.
- ❖ 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