

Stratford & Warwickshire Triathlon – Swim (Sprint & Sprint Relay)

When queueing, make sure you are all in number order, that way you will go into the pool at the start time you have been given.

Start

Safety in the pool:

NO Diving, NO Backstroke, NO Tumble Turning

Swim clockwise on the outside of the lane.

4 lengths per lane = 12 lengths in total

When you have completed 4 lengths, go under the rope to start your next 4 lengths.
When overtaking, do it in the middle of the lane, then move back to the outside of the lane

Finish

To the cycle Transition

**CAUTION: Wet
Slippery Steps**

Race
Brief
Area

Stratford & Warwickshire Triathlon – Swim (Super Sprint, Fun & CRUK)

When queueing, make sure you are all in number order, that way you will go into the pool at the start time you have been given.

Start

Safety in the pool:

NO Diving, NO Backstroke, NO Tumble Turns

Swim clockwise on the outside of the lane.

2 lengths per lane = 6 lengths in total

When you have completed 2 lengths, go under the rope to start your next 2 lengths.
When overtaking, do it in the middle of the lane, then move back to the outside of the lane

Finish

To the cycle Transition

**CAUTION: Wet
Slippery Steps**

Race
Brief
Area