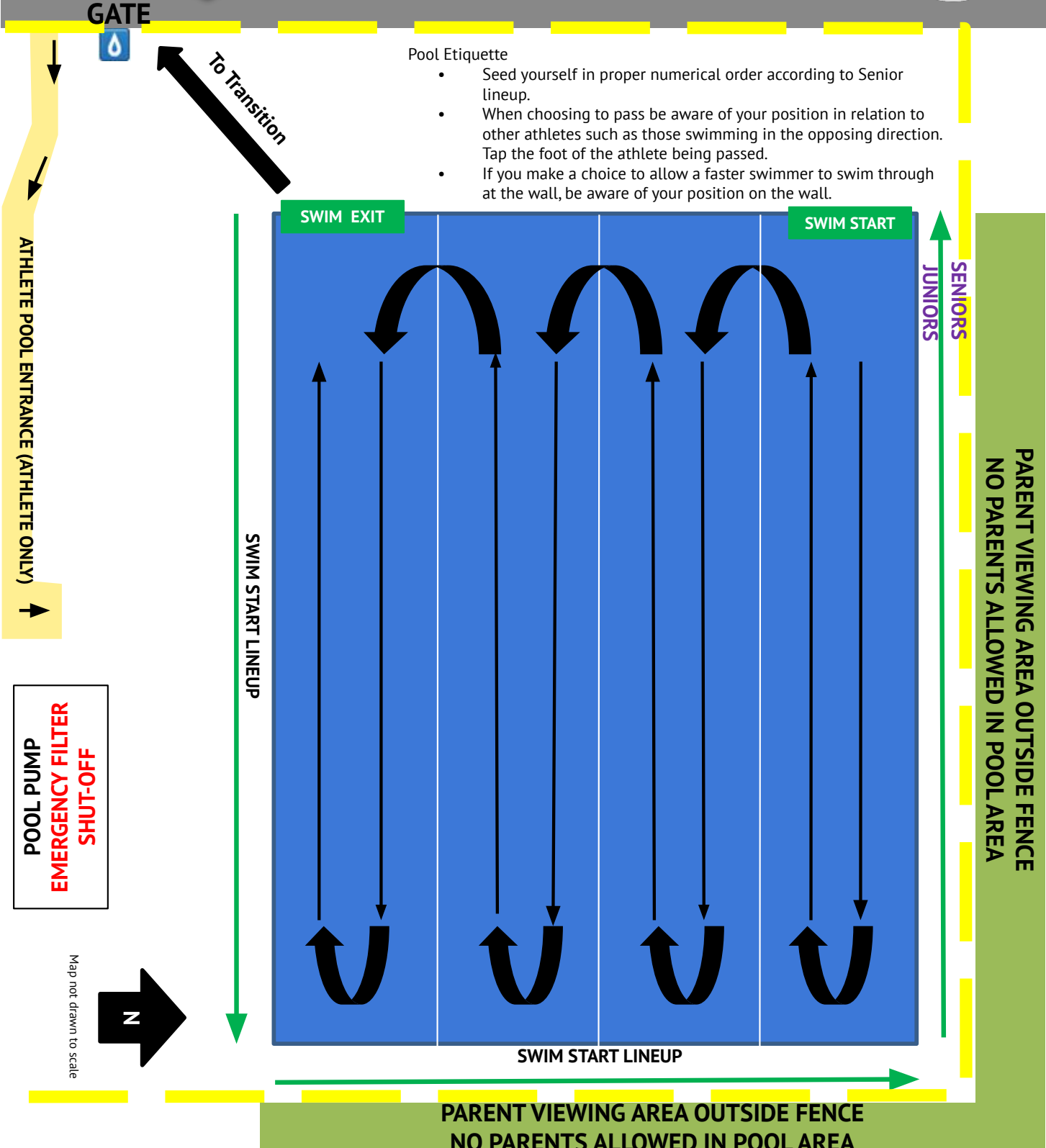




SENIOR (11 -15yr) SWIM

200M

4 LAPS



Pool Etiquette

- Seed yourself in proper numerical order according to Senior lineup.
- When choosing to pass be aware of your position in relation to other athletes such as those swimming in the opposing direction. Tap the foot of the athlete being passed.
- If you make a choice to allow a faster swimmer to swim through at the wall, be aware of your position on the wall.