

Cheshire - Swim Course & Cycle Transition One



Swim Course and Cycle NEW 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 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 anti clockwise in the pool, Sprint/Relay will be swimming 4 lengths per lane; Super Sprint/Fun/Pink Wave, 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, then make your way across the pool to complete you 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).
- ❖ Safety in the pool: **NO** diving in, **NO** tumble turning, **NO** backstroke