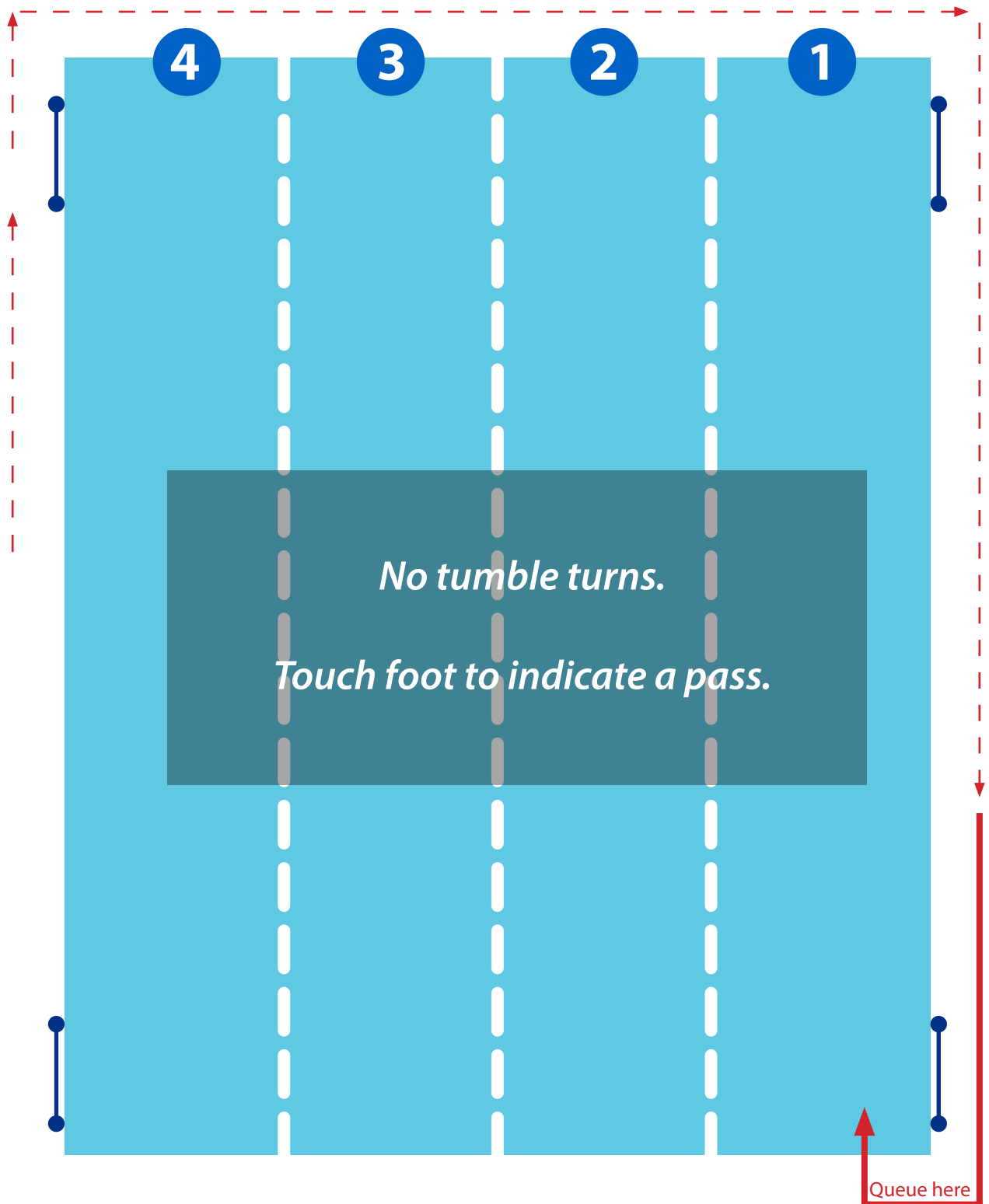




Swimming Layout



***Start queuing to the side 10 mins before off time.
One entrant in the pool every 30 seconds.***

Sauna

Check you have a number visible.



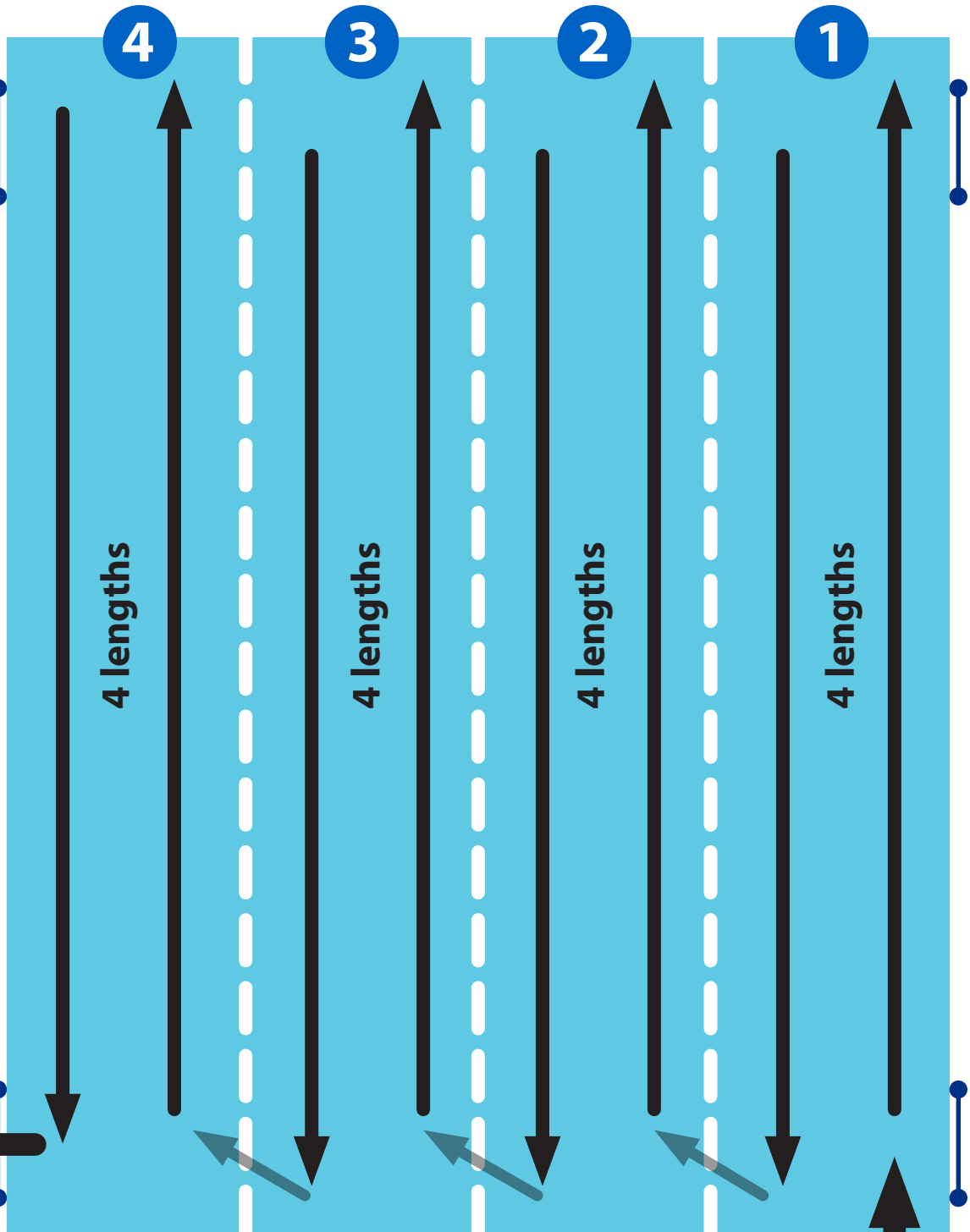
Swimming Layout

Boys changing room

Boys changing room

Girls changing room

Girls changing room



OUT

IN

4 lengths in each lane

16 x 25m = 400m total

Sauna

Count 4 lengths then duck under to next lane x 4 sets

