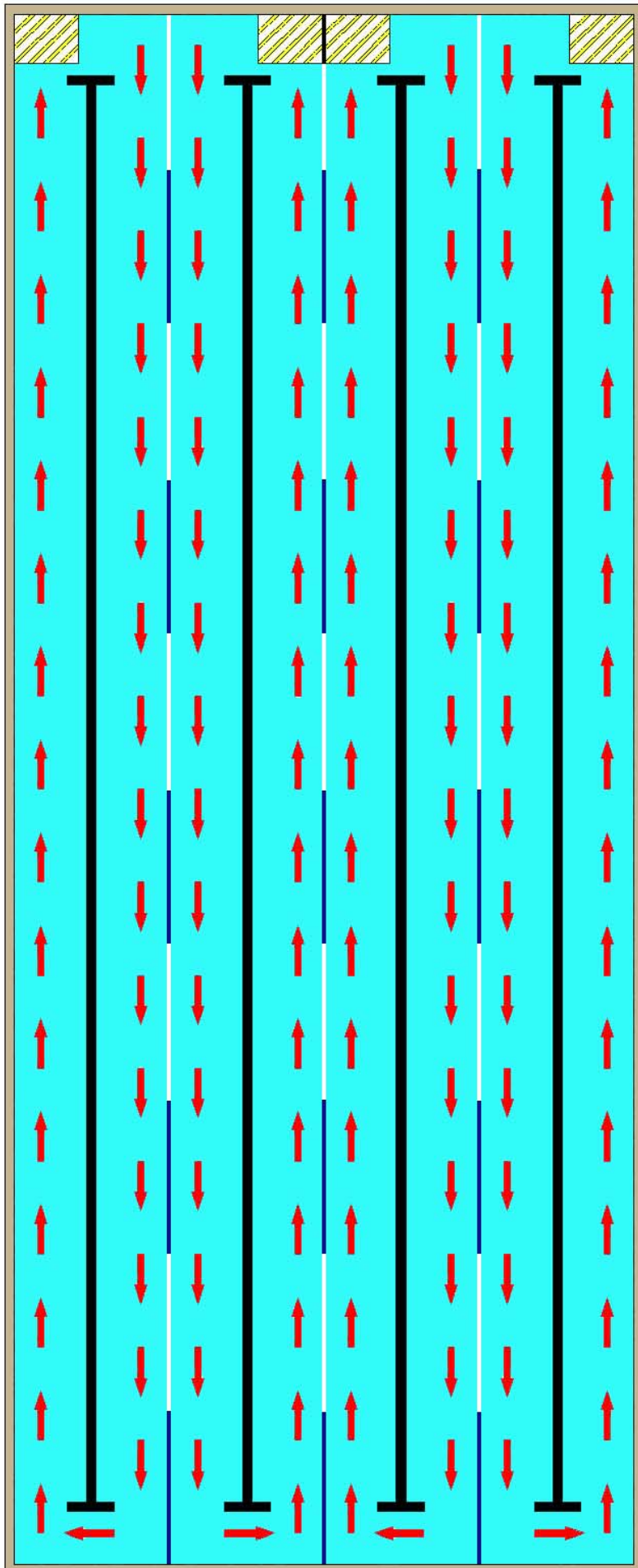



Changing Rooms

Lane 1 Lane 2 Lane 3 Lane 4



 Keep this area clear after each set to allow all swimmers to complete their set fully and not have to cut the set short.

Leave a 5 sec gap between each swimmer. The 2nd roof beam at each end of the pool is approx. a 5 sec gap when the swimmers toes pass the beam. Don't use this gap as an aim to catch the person in front, swim at your own pace. If you are constantly catching the person in front change the order. Swim in order of CSS pace

Swim to your own CSS, don't use someone else's just because you "are similar swimmers"

Pool Cover