

# Spring Migration Triathlon

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## *Swim start instructions*

- Race numbers are assigned in order of estimated swim times submitted, for example 1 is fastest, 2 is 2<sup>nd</sup> fastest, etc.
- Participants will line up on the west side of the pool in order of race number.
- Participant #1 starts with the clock, and then one person starts every 20 seconds.
- The lowest numbers (fastest seeded swim times) will swim first and progress to the slower swim times.
- The pool is 25 meters and 8 lanes. The swim pattern is a “serpentine” style lap swim; up and back in the same lane, duck under the lane line, up and back in the same lane, duck under, etc... for a total of 400 meters.
- The seeding process and 20 second start interval helps keep distance between swimmers, but passing is allowed as long as it does not interfere with another swimmer.
- Participants can move up or back in line on race day if submitted swim time has changed.