

gold 1km swim event guide



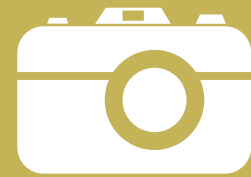
1. Arrive ready for your nominated start time & head to marshalling area ready to swim.



2. Complete your swim & confirm your achievement with time keepers.



3. Receive your token. Redeem this at the certificate table for your gold or silver



4. Proceed to the photographer for a photo.

Congratulations!

guidelines

stroke

Freestyle only

stops

Stops of up to 5 seconds are acceptable between laps.

etiquette

Keep to the left of the lane, allowing passing on your right.

warnings

Warnings may be given by Supervisors for not following guidelines. After 3 warnings, we will ask you to stop swimming, but are welcome to try again at the next event.