



100 Yard - Serpentine Pattern Swim

A group instructional/ safety brief will be held prior to the first swimmer entering the water

Time starts once each athlete crosses the timing mat.

All Athletes will have to safely enter the water (no diving) and then immediately begin their swim

Each athlete will swim up each lane and transition to the next lane while remaining in the water (under the rope) to start the next lane sequence

Once a swimmer completes their first lane sequence the next swimmer will enter the pool

Passing is allowed when necessary but athletes should respect swimmers in the water

Timing does not stop after exiting the pool or during transition (Timing is Start Mat to Finish Line)

Parents/ Guardians can view their athlete from the observation area however you can not enter or assist in the transitions area

