

Hillenbrand Aquatic Center 50 Meter Course
University of Arizona
Firecracker Triathlon – 750m Serpentine Swim

Race #'s 300...10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Start =
NE Corner

Lane 1

EAST

Lane 8

WEST

Finish =
SW corner
Exit thru SW gate

1. Prior to the race start (5:45a Youth, 6:00a Adult), swimmers will line up by race number starting with #1 at the Northeast corner of the pool and extending west along the north side of the pool.
2. Each swimmer will be started separately at 15 second intervals and will swim 2 lengths (down and back) in each of the first 7 lanes and 1 final length in lane 8 for a total of 15 lengths of the 50 meter course.
3. Circle swimming is required. This means you will swim down on the right hand side of each lane and back on the left hand side.
4. After completing 2 lengths in one lane, push off under the lane marker for 2 lengths in the next lane and so on...
5. After completing **1 length** in the lane 8 you will exit the pool area through the gate in the southwest corner of the facility where you will follow the sidewalk to the entrance of the Transition Area.