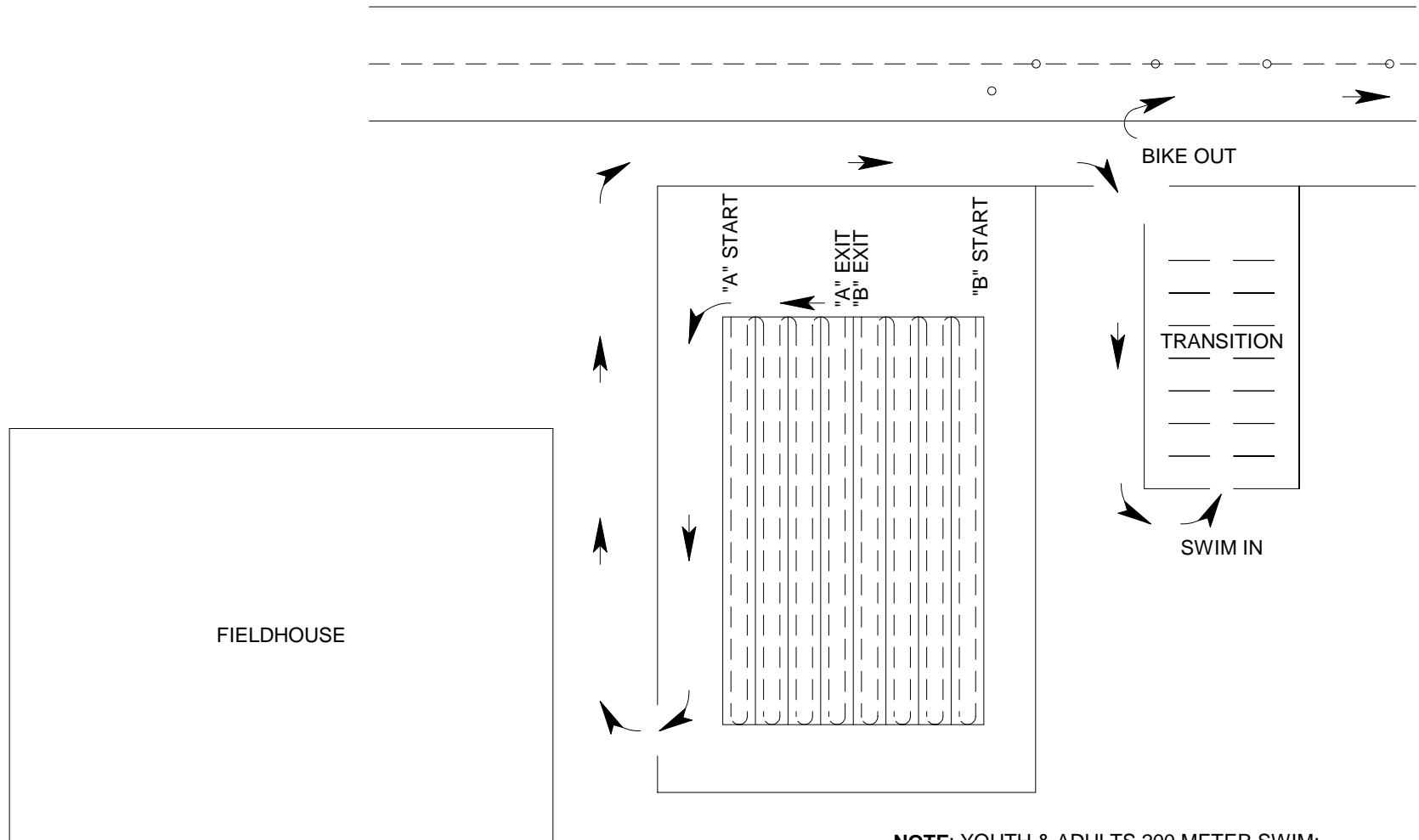


STARR TREK TRIATHLON YOUTH AGES 11-13 & AGE GROUPERS 200 METER SWIM

TEXAS A&M UNIVERSITY - CORPUS CHRISTI



NOTE: YOUTH & ADULTS 200 METER SWIM:
2 SWIMMERS START A SNAKE SWIM 4 LAPS (8 LENGTHS)
EVERY 15 SECONDS WITH GROUP "A" SWIMMERS STAYING
ONRIGHT HAND SIDE OF LANE AT ALL TIMES & GROUP "B"
SWIMMERS STAYING ON LEFT HAND SIDE OF LANE AT ALL
TIMES WHILE SWIMMING THEN ENTER TRANSITION