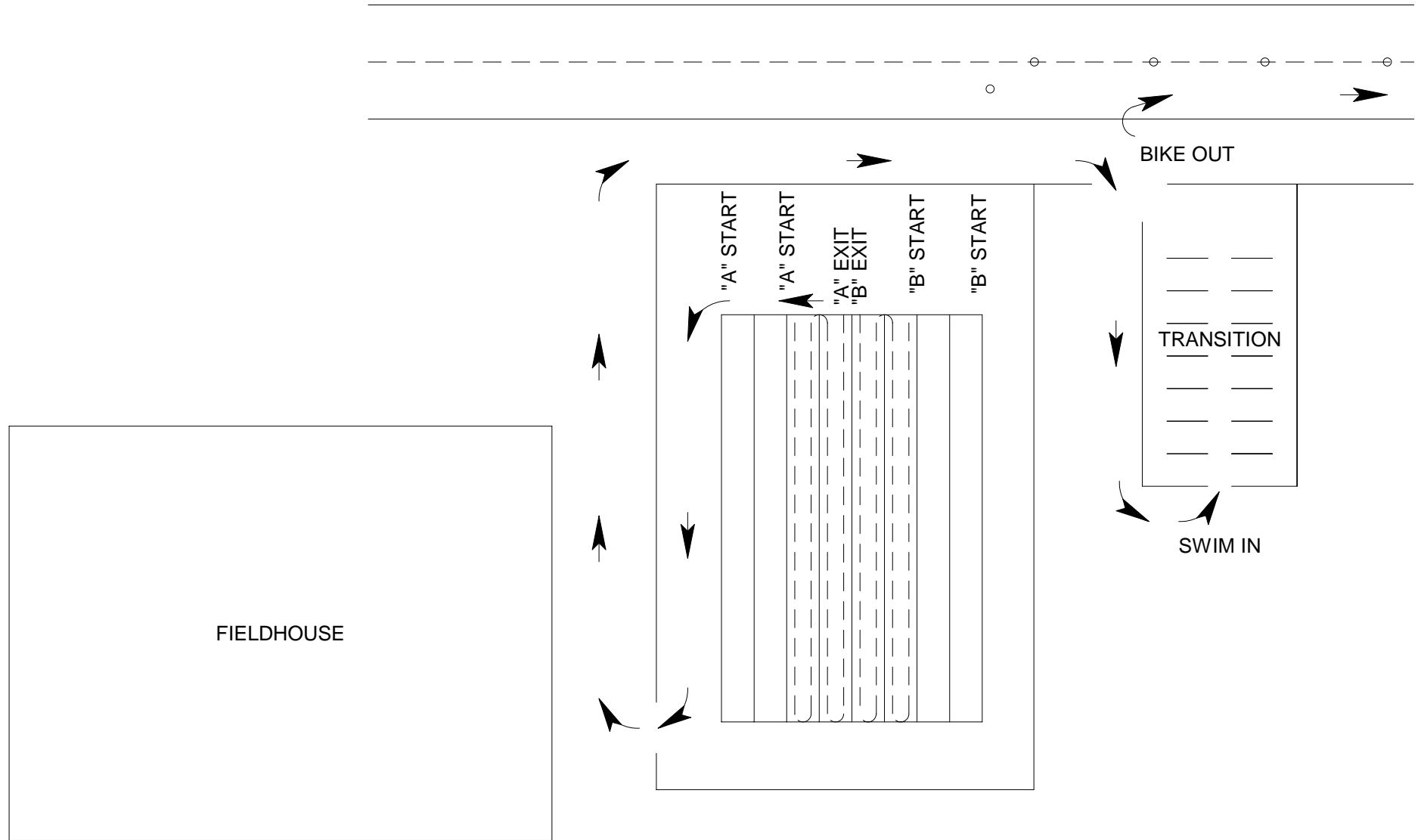


STARR TREK TRIATHLON

YOUTH AGES 7-10 100 METER SWIM

TEXAS SWIMMING ASSOCIATION CHRISTI



NOTE: YOUTH 7-10 100 METER SWIM:
 2 SWIMMERS START A SNAKE SWIM 2 LAPS (4 LENGTHS)
 EVERY 15 SECONDS WITH GROUP "A" SWIMMERS STAYING
 ON RIGHT 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