



## SOUTHWEST AQUA SPLASH & DASH



- 100 & 200 Yard Swim will be done as a time trial start.
- 100 yard swimmers will swim 1 length in 4 lanes to complete their 100 yards.
- 200 yard swimmers will swim up & back in each lane until completing 4 lanes.
- Your swim time will start with the timer and end when you finish at the wall.