

Relay Cheat Sheet

The swimmers on the left column go into this side of the pool.

The swimmers of the right columns go onto this side of the pool.

Timers/starting side

Lane 6

Lane 5

Lane 4

Lane 3

Lane 2

Lane 1

Backstroke and Butterfly on this side of the pool.

Medley Relay!

Breaststroke and Freestyle are on this side of the pool.

Medley Relay!

All mixed age 200 freestyle relays start on the side of the timers!