



Kennebec Valley YMCA Splash N' Dash

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

425 Yards Swim | 5K Run

August 11th 2018

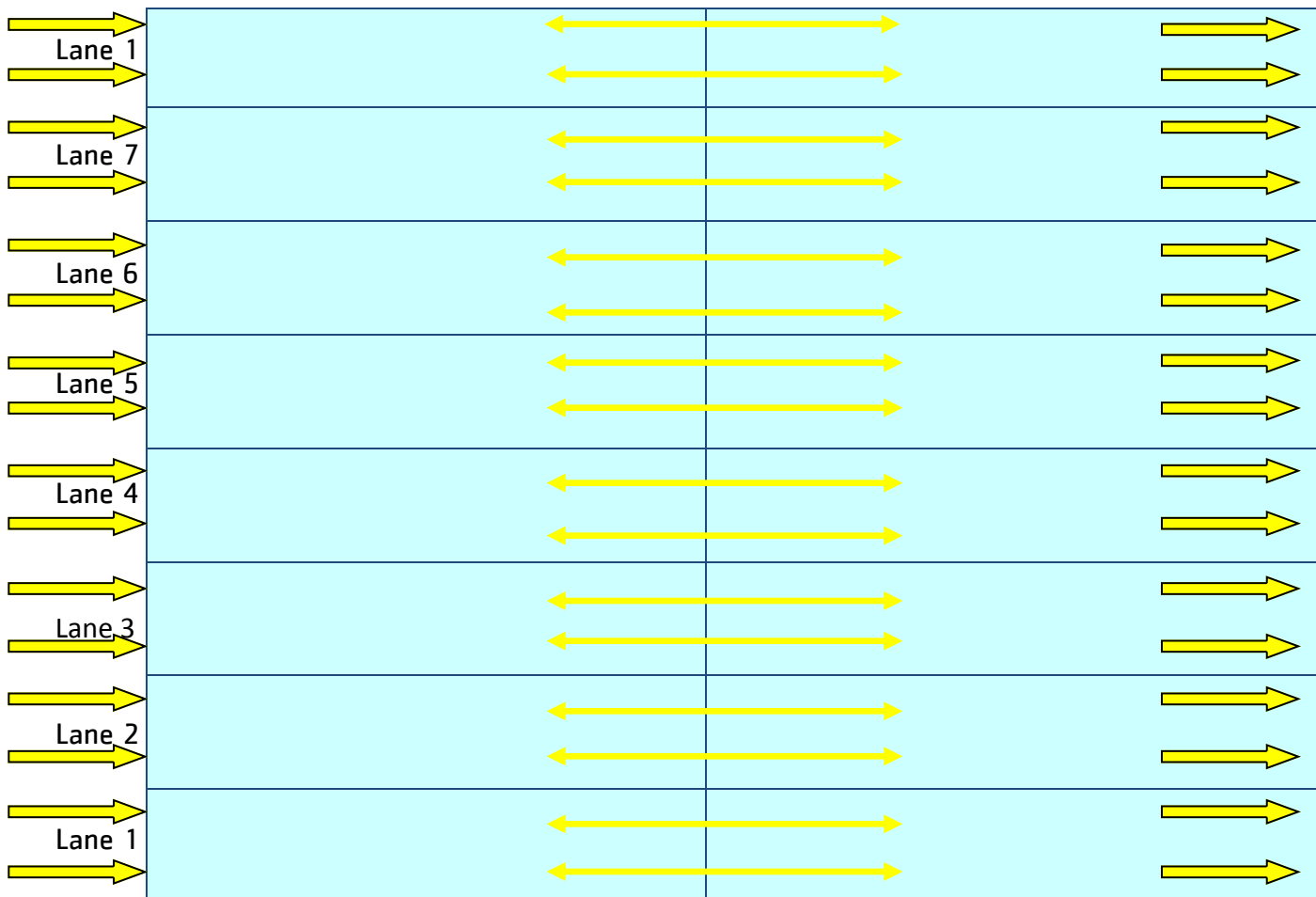


Saturday, August 11th, 2018, 8am
At The Kennebec Valley YMCA, 31 Union St., Augusta, ME

Swim Route Map (425 Yards)

Deep End

Shallow End



25 Yard Pool



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Swim Route Description (425 Yards)

Wave starts– approximate start times subject to change

Begins in the deep end of the pool in the water – no diving

Two swimmers per lane – no specific lane assignments

Warm-up lap is allowed once the entire lane is completely empty

Water start “Ready,” “Set,” and then go on the starter box horn

Any stroke is legal, can touch bottom but no forward progress

17 lengths

Count their own lengths

Exit the shallow end of the pool

Exit the outside door at the right at the shallow end of the pool