

WARM UP LANE ALLOCATIONS & SWIM DIRECTIONS

9	8	7	6	5	4	3	2	1	0
70+	60-64	45-54	45-54	18-34	18-34	35-44	35-44	55-59	65-69
ANTI CLOCK	CLOCK	ANTI CLOCK	CLOCK	ANTI CLOCK	CLOCK	ANTI CLOCK	CLOCK	ANTI CLOCK	CLOCK