

## 400 Meter Swim – War Memorial Pool

This pool swim will be run in the 50 meter War Memorial Pool at Ridgeview Park. Swimmers will be seeded from fastest to slowest and will be started, one at a time, every 15 seconds. The pool is eight lanes, and will give participants a full lane for each 50 meter leg of their swim, and will allow for convenient passing of other competitors, when needed.

