

FREE STYLE INDY

Elite Individuals/Masters 35-44

For Time: *10 Minute Time Cap* 100 Points

500 Swim

Tie Break at the first 100m mark

Variations:

Intermediate Individuals/Scaled Individuals/Masters 45+:

400m Swim

Tie Break at the first 100m mark

Event Description:

On the call of 3,2, 1... Go! Athletes will dive in and begin their swim. The swim takes place in a 25-meter pool. The athletes will swim 500m. Your tie break time will be recorded at the 100m mark. Diving into the pool is permitted, however there are no dive blocks. Any type of stroke is allowed. Flip turns are permitted; however, the athlete must show contact with the wall, regardless of how they turn around. Touching the lane dividers or the bottom of the pool is not permitted unless you are at the end of the lane.

Your time is recorded when you touch the wall on the last length. If you do not complete the event, your score will be cap + completed reps. 25m=1pt.

FREE STYLE TEAMS

Elite & Intermediate Trios

For Time: *10 Minute Time Cap* 100 Points

Athlete One: 250m Swim

Athlete Two: 100m Swim [Symbol] *Tie Break Time: at the end of the 100m swim*

Athlete Three: 50m Swim

Variations:

Scaled Trio Teams

400m Swim

**Tie Break Time: at the end of the 200m.*

**Teams may partition between members as they see fit.*

Workout Description

Athlete one will begin standing on the deck, on the call of 3,2,1.. Go! they will begin their swim. Diving is allowed, however there will be no dive blocks. While athlete one is swimming the other two team members will remain standing on the deck. When partner 1 touches the wall to finish their swim, partner 2 will enter the pool and begin. Once athlete two is finished, athlete three will conclude the final leg of the swim event. Athletes are required to complete 25m without assistance. Your team score is total time to complete the distances required. No partial lengths will be credited. 25m=1pt. Any stroke is acceptable. Flip turns are allowed.