



Fig. 1A



Fig. 1B



Fig. 1C



Fig. 1D

Figure 1: **Forward Start**

- 1A. Twist hand at chin level - Short whistles
- 1B. Arm overhead - swimmer steps onto starting block
- 1C. Arm moves to shoulder level - signal to "take your mark"
- 1D. Arm moves to side of body - starting signal

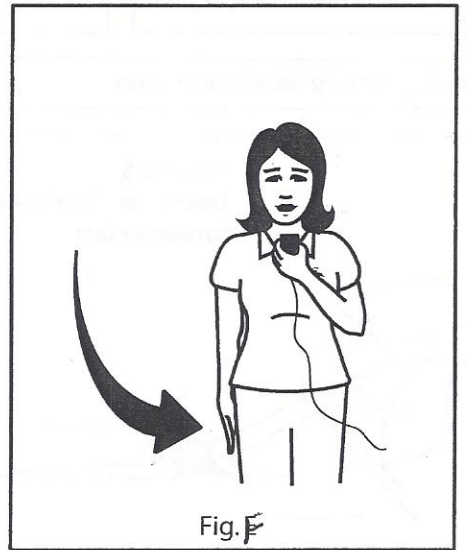
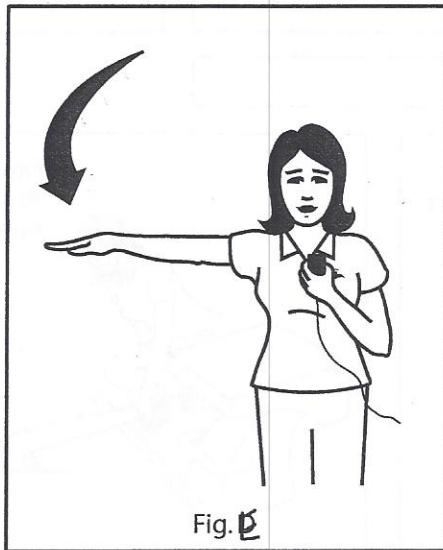
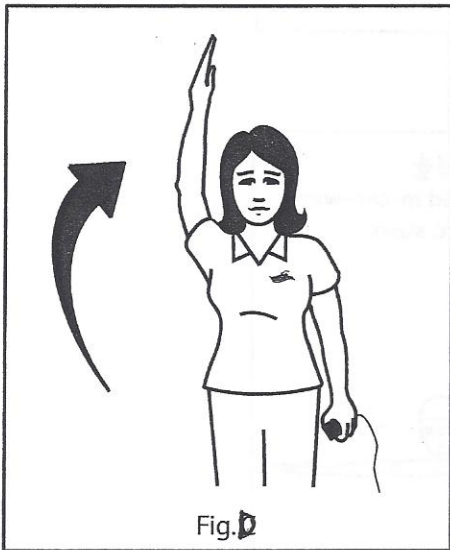
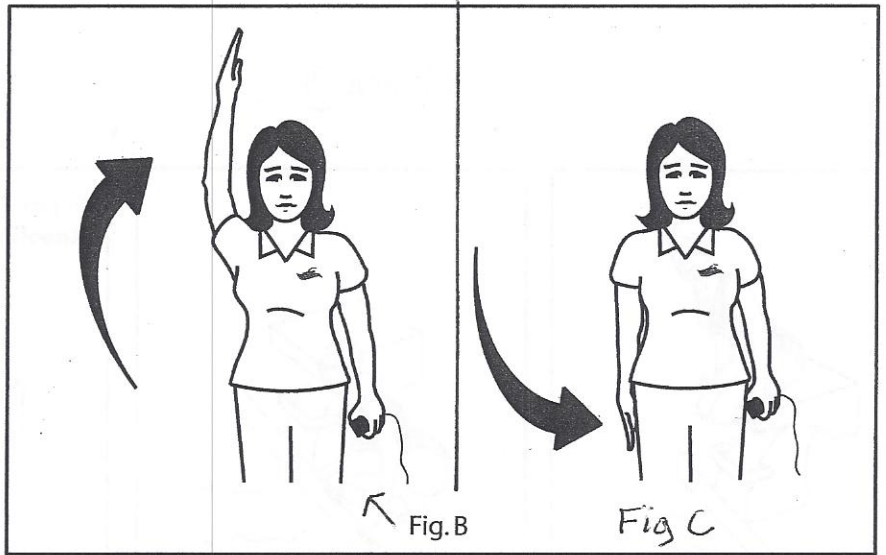
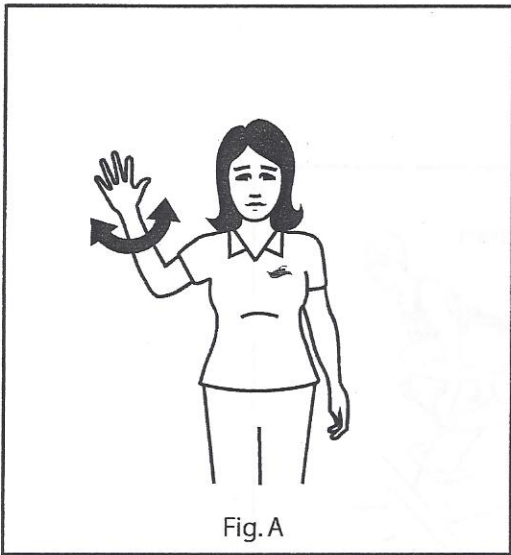


Figure 2: Backstroke Start

- A.** Twist hand at chin level - Short whistles *C2*
- B.** Arm overhead - Swimmer enters water; drop arm to side while swimmer enters water
- D.** Arm overhead - Swimmer returns to backstroke start position
- E.** Arm moves to shoulder level - Signal to "take your mark"
- F.** Arm moves to side of body - Starting signal

Figure 3
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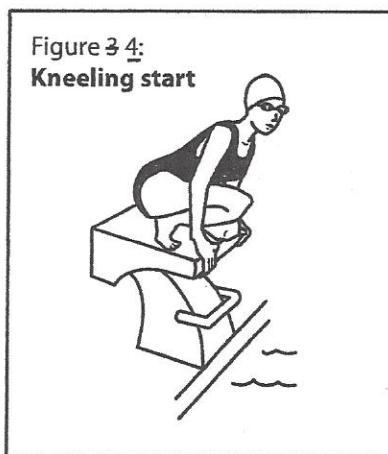
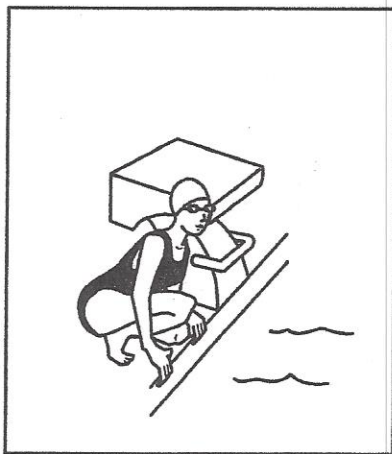
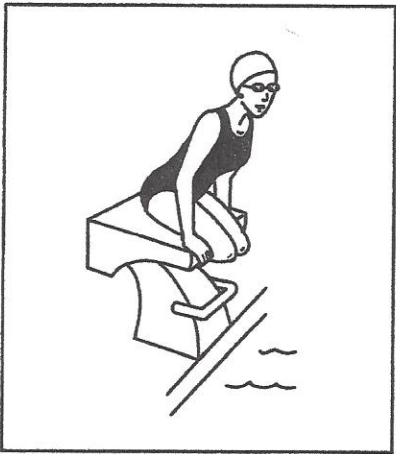
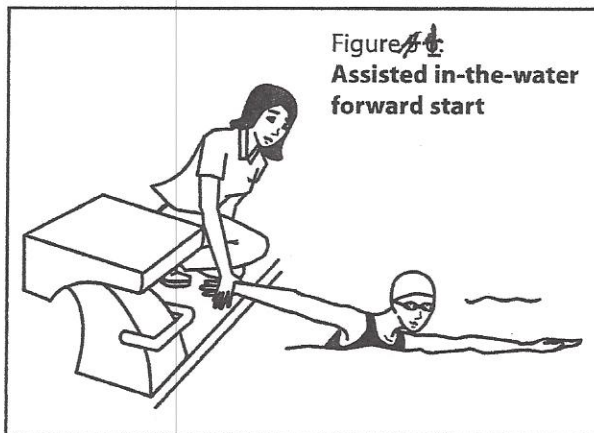
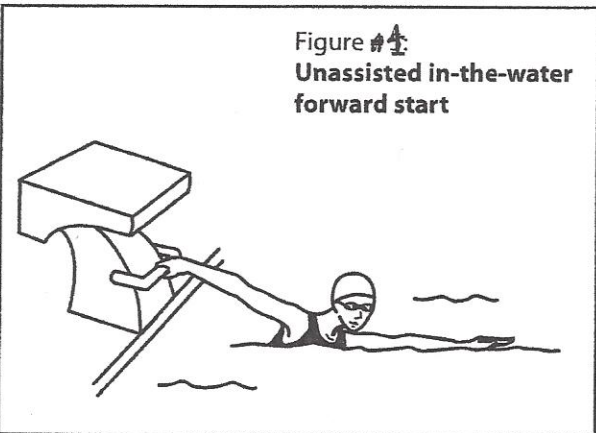
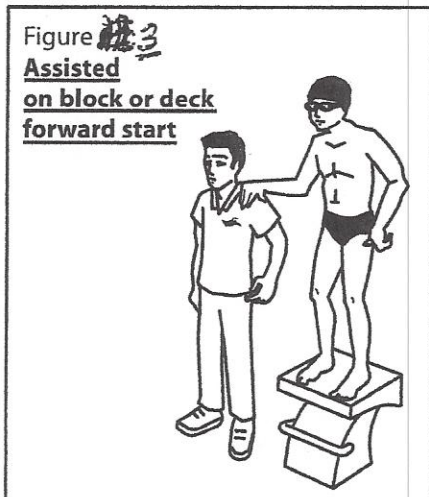


Figure 2 3: **Sitting on block or deck**



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 Figure 4

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 Figure 4



← Figure 3