

CHANGE TO POLICY 4.5.2

4.5.2 Following are several definitions/descriptions contained/used in the procedure:

- A. General Warm-up: Circle swimming only, entry into the water shall be ~~sit~~ and slide for all competition. three-point entry for all competition.
 - B. Sprint: One directional swimming from starting end only, racing starts from starting blocks are permitted.
-Rest of Policy will remain the same.

RATIONALE: The swimmer is still entering the water with a safe approach but is not risking snagging high performance suits that they may be wearing.

Submitted: Age Group, Senior and Tech Planning Committees.
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