



## Official's Instructions

### WADE



- There should be a maximum of 15 in each event.
- The course should be at the depth between the water safety person's knees and waist.
- The course should be no further than 15m from the water's edge.
- Competitors commence at the start line.
- The Starting Command is "READY, SET, WHISTLE."
- On the starter's signal the competitors enter the water and round the three water safety markers from left to right and cross the finish line.
- Competitors may wade, dive or swim around the course.

