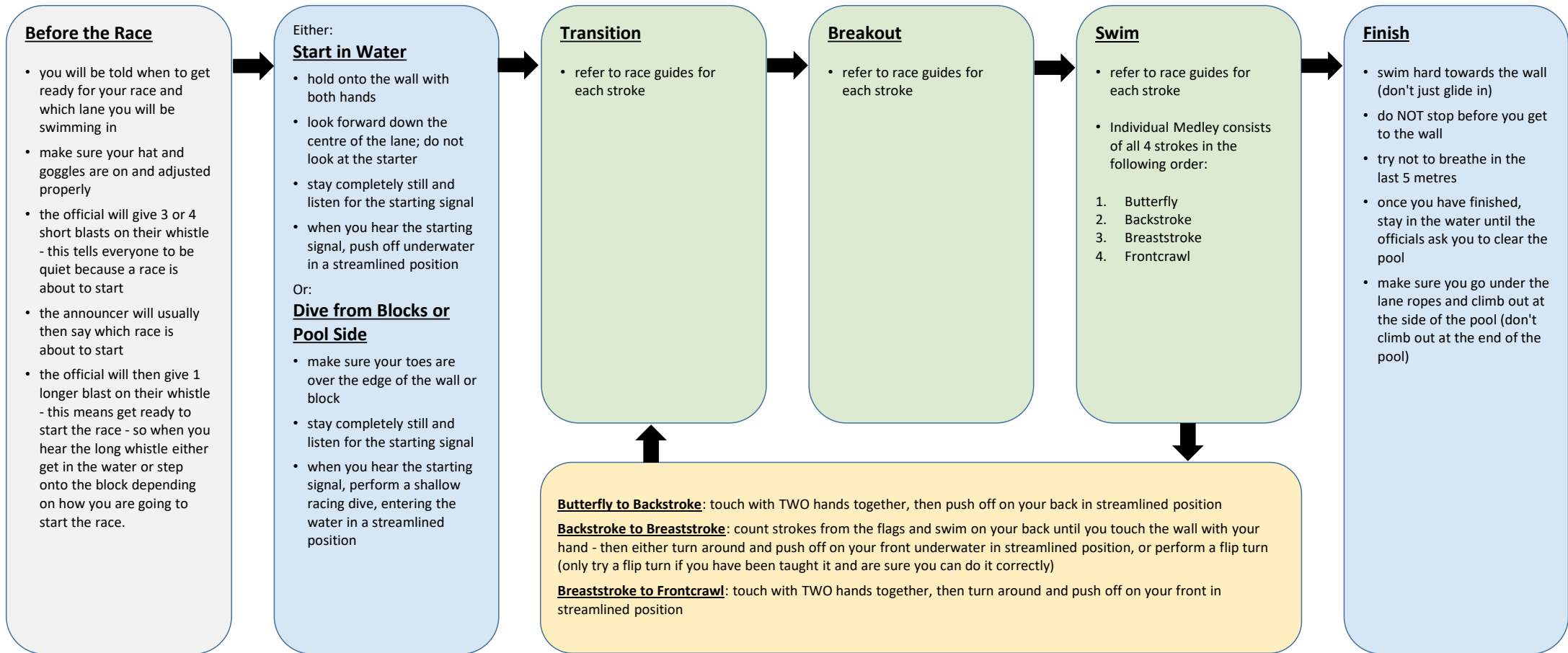


Race Guide: Individual Medley



You must NOT dive from the blocks, or at the shallow end of the pool, until you have passed your competitive start award. If you are unsure, speak to your teacher or coach before the race about how you should start.

Common Reasons for Disqualification

- starting or moving before the starting signal: once you are under starters orders (in the water or on the blocks) you must stay still - if you wobble or twitch you can be disqualified, even if you don't actually start the race too early
- performing the strokes in the wrong order
- any of the reasons shown on the race guides for each stroke