

## New Starting Blocks - October 2021



In conjunction with Team Ipswich, we have invested in new starting blocks for Crown Pools – they are like the image above.

To assist clubs prepare for using the new starting blocks at county competitions starting with the Development Meet 23/24 October 2021, please see the information below –

- The starting blocks are 0.73 metres above the surface of the water
- They remain at the shallow end of the pool – depth is 1.0 metres

Swim England Guidance states that:

- Only swimmers who have achieved the standard of Swim England Competitive Start Award may dive off the blocks no higher than 0.75m above the surface of the water
- Only swimmers, who have achieved the standard of the Swim England Preliminary Competitive Start Award may start from the side of the pool.

Clubs must therefore ensure that any swimmer wishing to start from the blocks meets the above criteria. If not, the swimmer will be required to start the race in the water. Due to the location of the timing pads, it is not possible for the swimmer to start on the edge of the pool.

