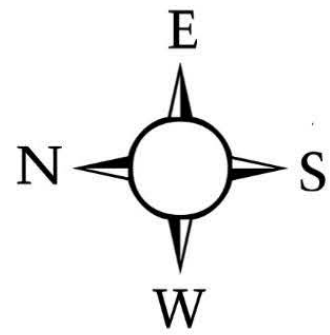
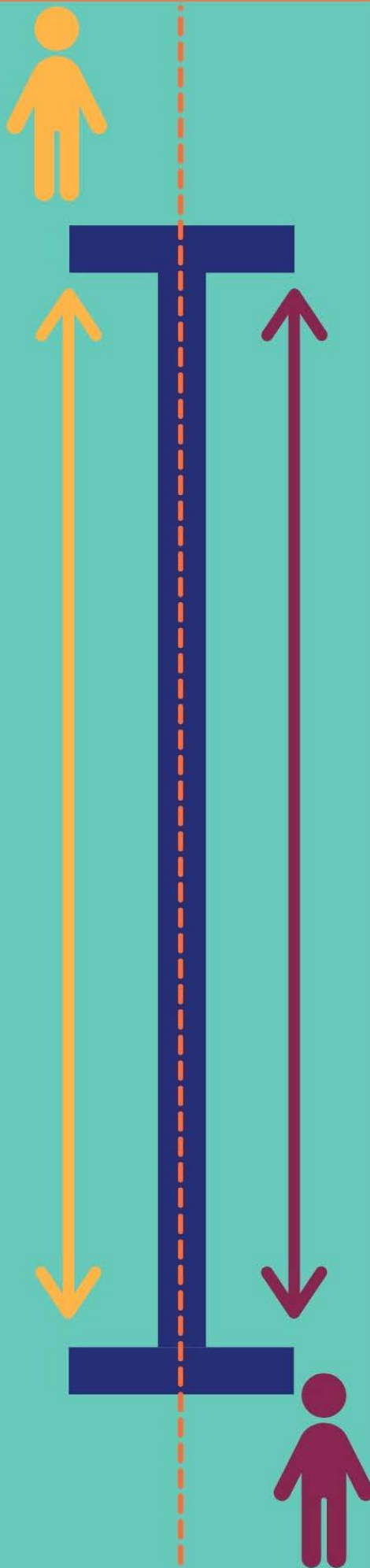


Lane Split Format:

- For 2 swimmers, individuals can split the lanes and stay on one side of the lane for the duration of their swim.
- Avoid using wide strokes when sharing lanes.
- Use this format when sharing a lane with an independent exerciser.



- Don't rest at the center of the wall. Take the corner on your side and rest there to avoid collisions.