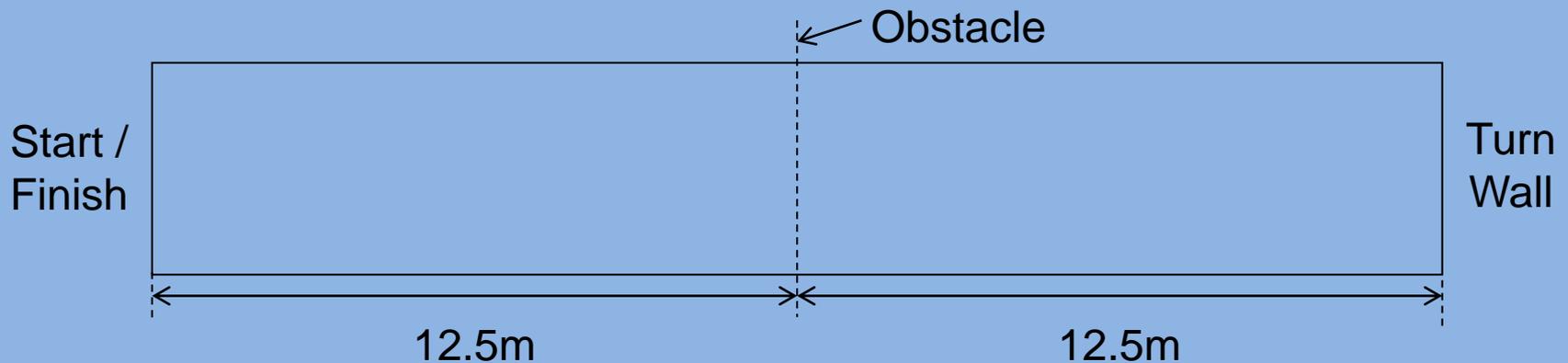


200m Obstacle Swim / 4x50m Obstacle Relay

The competitor swims 200m freestyle during which they swim under the immersed obstacle eight times. In the relay event, four competitors each swim 50m freestyle passing under the obstacle twice.

The obstacles consist of rectangular frames (typically made from plastic tubing) with mesh in the middle. The obstacles are suspended from the lane ropes and extend 70cm below the surface of the pool.



Overview

There are two main methods for swimming under an obstacle. Whichever method you choose, you should aim to dive and surface smoothly at a shallow angle. With practice your dive will become a seamless extension of your normal swimming stroke – minimising disruption and maximising your speed.

Technique 1 - Pushing off the floor

This method works best in shallow pools with non-slip floors...

- 1) Keep your eyes on the gate as you approach.
- 2) When you are 2m/3m away, spear the water with your hand and do a dolphin kick...
- 3) ...your body should follow your hand down under the gate.
- 4) Use a single powerful breaststroke arm-pull to swim down to the floor of the pool.
- 5) Touch the floor with your hands directly under the gate...
- 6) ...plant your feet between your hands and push off hard to the surface.



Obstacles – Basic Technique

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Technique 2 - Swimming under the gate

This method works best in deep pools or those with slippery floor tiles...

- 1) Keep your eyes on the gate as you approach.
- 2) When you are 2m/3m away, spear the water with your hand, dive down and do a dolphin kick...
- 3) ...your body should follow your hand down under the gate.
- 4) Use one breaststroke arm-pull to swim under the gate...
- 5) ...and a single breaststroke arm-pull and leg-kick to swim out the other side
- 6) Use a series of dolphin kicks to swim to the surface.

