

AQUATICS

Events Offered:

🌀 Races:

- 🏊 *Assisted Swim: 10m*
- 🏊 *Walk: 15m*
- 🏊 *Assisted Float: 15m*
- 🏊 *Flotation Swim: 15m, 25m*
- 🏊 *Unassisted Swim: 15m*
- 🏊 *Freestyle: 25m, 50m, 100m*
- 🏊 *Backstroke: 25m, 50m, 100m*
- 🏊 *Breaststroke: 25m, 50m, 100m*
- 🏊 *Butterfly: 25m, 50m, 100m*
- 🏊 *Individual Medley: 100m*
- 🏊 *Springboard Dive: 1m*



**Events are designed for lower ability athletes*

🌀 Relays:

- 🏊 4x25 meter Freestyle
- 🏊 4x25 meter Freestyle Unified Sports®
- 🏊 4x50 meter Freestyle
- 🏊 4x50 meter Freestyle Unified Sports
- 🏊 4x25 meter Medley

When:

- 🌀 [Summer Games](#)

Resources:

- 🌀 Official [Aquatics webpage](#); includes rules and coaches guide
- 🌀 Aquatics [Registration](#)