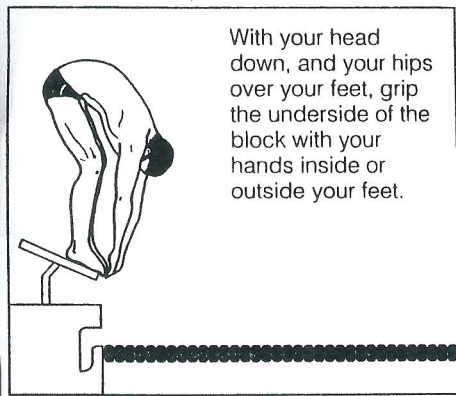
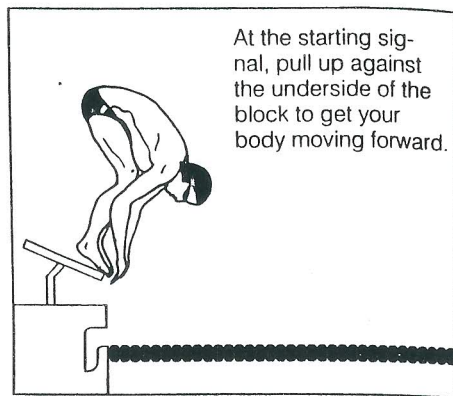


# GRAB START



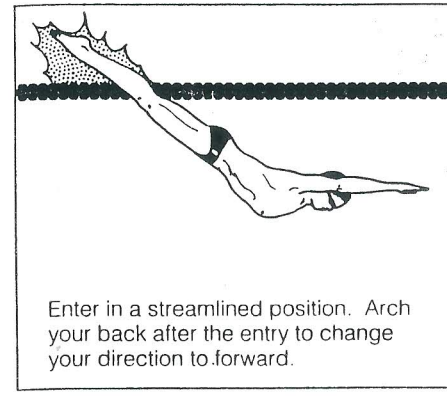
With your head down, and your hips over your feet, grip the underside of the block with your hands inside or outside your feet.

a



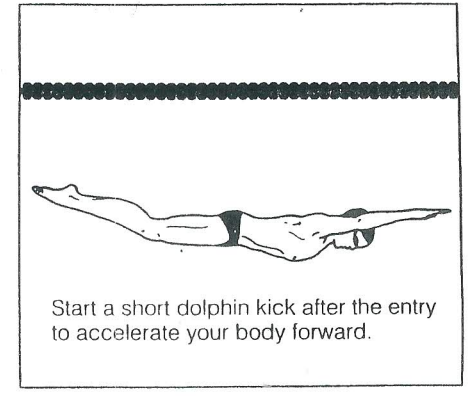
At the starting signal, pull up against the underside of the block to get your body moving forward.

b



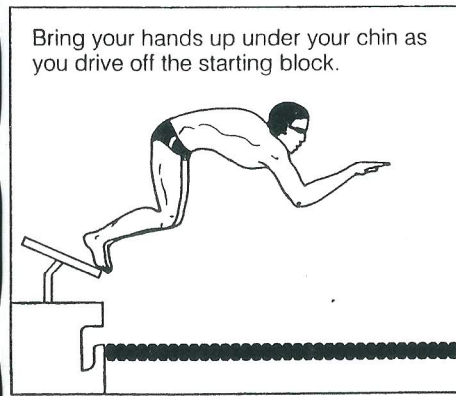
Enter in a streamlined position. Arch your back after the entry to change your direction to forward.

g



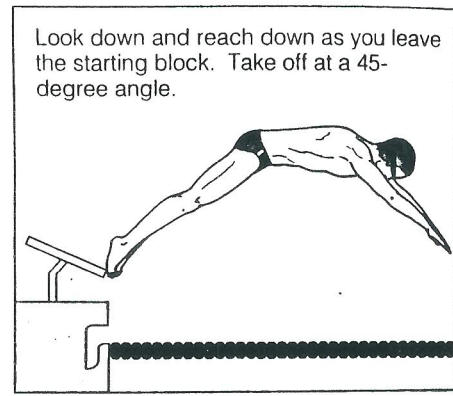
Start a short dolphin kick after the entry to accelerate your body forward.

h



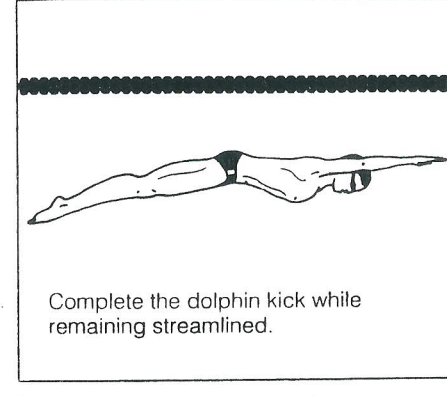
Bring your hands up under your chin as you drive off the starting block.

c



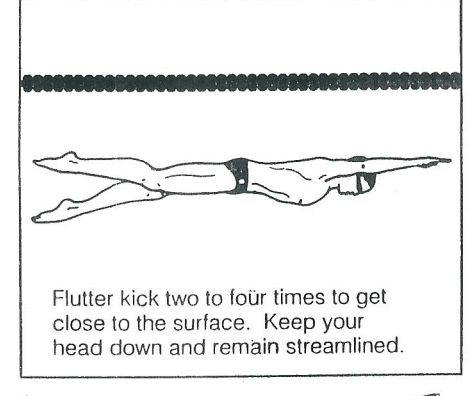
Look down and reach down as you leave the starting block. Take off at a 45-degree angle.

d



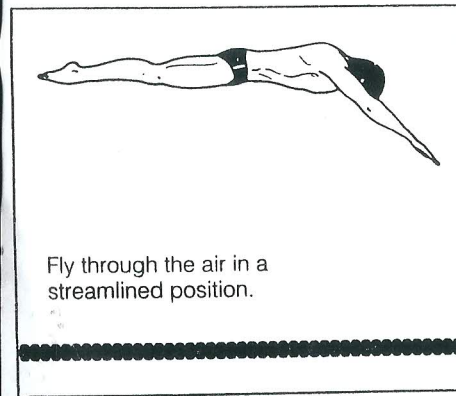
Complete the dolphin kick while remaining streamlined.

i



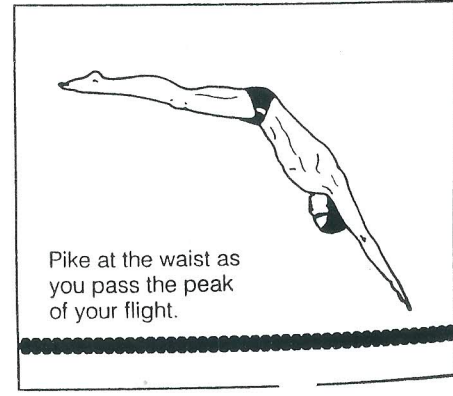
Flutter kick two to four times to get close to the surface. Keep your head down and remain streamlined.

j



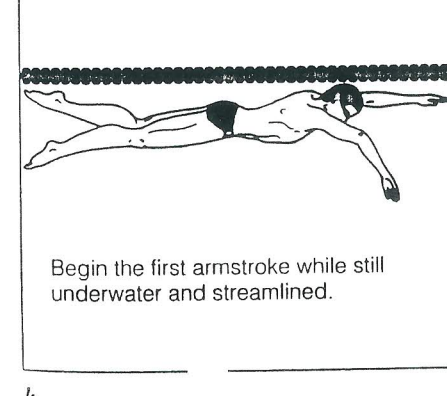
Fly through the air in a streamlined position.

e



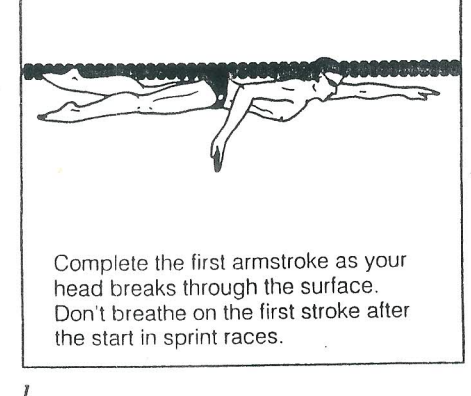
Pike at the waist as you pass the peak of your flight.

f



Begin the first armstroke while still underwater and streamlined.

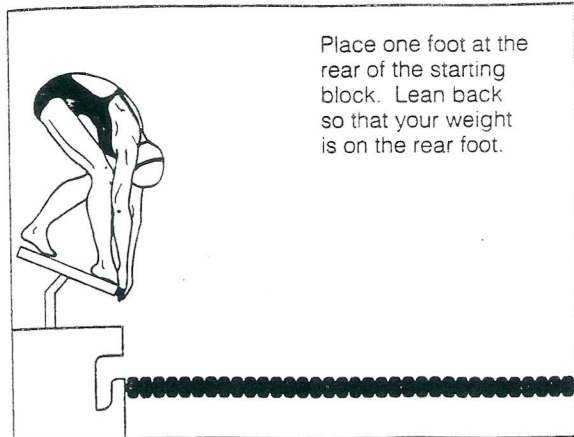
k



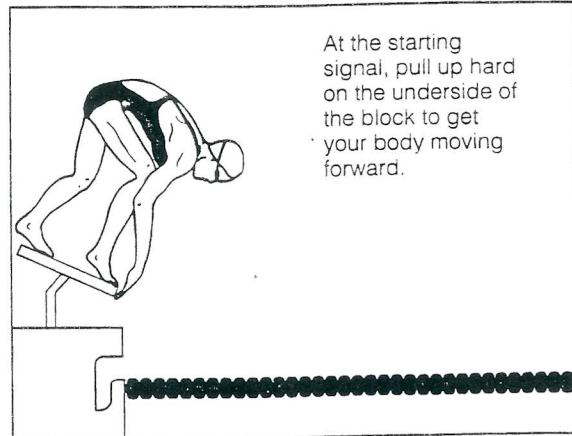
Complete the first armstroke as your head breaks through the surface. Don't breathe on the first stroke after the start in sprint races.

l

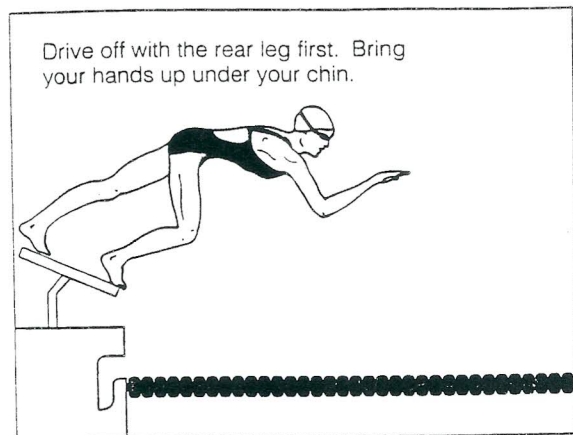
# TRACK START



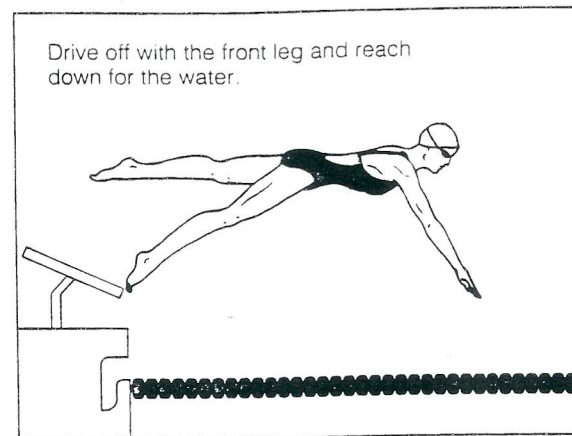
a



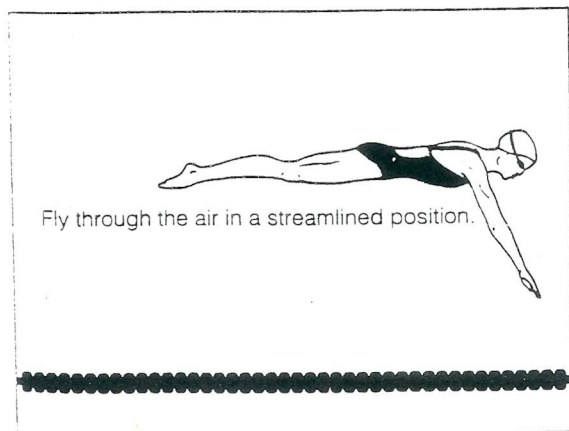
b



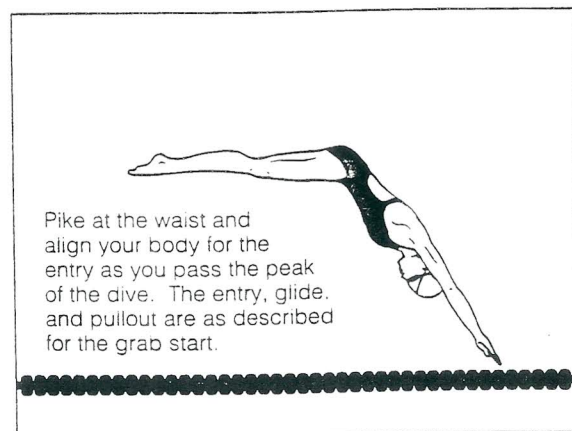
c



d



e



f

