GRAL Racing Starts Checklist

Team: Year:

Page

of

* Please use this for all swimmers 10 & under

* This list must be available should someone from any team or GRAL request it

* This list must be updated for each meet

* Remember that swimmers MUST NOT dive in water that is less than 4' deep.

* It is advised to teach diving in the deepest water available and appropriate.

¹ These swimmers are certified to dive from the side (mark with "O"); otherwise mark with "X"

² These swimmers are certified to dive from the blocks

Swimmer Name	Sitting	Kneeling	Compact	Stride	Shallow Start ¹	Blocks ²