

**SEATING**

Halesowen/Stourb'e  
Wyre Forest

**SEATING**

Droitwich/Bromsg'e

**SEATING**

Ledbury

**SEATING**

Hereford/Lucton

S  
H  
O  
W  
E  
R  
S

**WARM UP /COOL DOWN POOL**

Evesham

Worcs

S  
E  
A  
T  
I  
N  
G

S  
E  
A  
T  
I  
N  
G

Pershore

Sandwell

Redditch

**RACE POOL**

S  
P  
E  
C  
T  
A  
T  
O  
R  
S

Swimmers  
marshalled  
for  
Racing

**STARTING BLOCKS**