



VALOR GAMES FAR WEST 2017

Swimming Rules

- Swimmers will be divided into heats based on their gender and reported physical characteristics
- Events offered will be:
 - 25 yard freestyle
 - 50 yard freestyle
 - 100 yard freestyle
 - 25 yard backstroke
 - 50 yard backstroke
- The order of events will depend on swimmer registrations to ensure adequate rest between events
- All swimmers will start from the water
- Swimmers competing in freestyle events may use any style of swimming they choose to complete the distance.