First Heat of Each Event		
Last Swimmer Touches the Wall		
Event #	Event 21	
Gender	Girls	
Age Group	7 - 8	
Distance	25 Yard	
Stroke	Freestyle	
Pause		
Heat #	Heat 1	
Step Up/ In	Step Up	
Wait for Referee Whistle		
Distance	25 Yard	
Stroke	Freestyle	
Pause		
Take Your Mark		

All other Heats		
Last Swimmer Touches the Wall		
Heat #	Heat 1	
Step Up/ In	Step Up	
Wait for Referee Whistle		
Distance	25 Yard	
Stroke	Freestyle	
Pause		
Take Your Mark		