



Swim sighting

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Three steps to better swim sighting

We show you the basic steps necessary for getting it right on race day

Posted: 21 July 2014 by Joe Beer

Are you all at sea when it comes to swim sighting? We share three key tips to help you get it right for race day, and make sure you don't end up heading in the wrong direction.

Once you've become comfortable with all three tips, you should be able to follow the correct course without losing race position, correct yourself when needed, and – as a last resort – take a breather without stopping.

Step one



Looking forward while taking a breath is a tricky balancing act. Keep head up enough to see fully, but low enough to keep the lowest eye socket only just above the water line.

Step two



When a wave, fellow competitor or sunshine causes mis-sighting, press more firmly below your body with one hand while lifting the head fully out of the water. The legs will drop, though, which increases drag, so use sparingly.

Step three



If all else fails, using the odd bit of breaststroke will give you a higher vantage point to spot your sighting point, breathe and change muscle use. It may slow you down but at least you can restart in the right direction.

(All images: Jonny Gawler)

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