



Link to USA Swimming's instructional videos:

On the [USA Swimming Website](#) – you will find the link below to download videos that USA Swimming has just released. It is a new series of video resources to aid in the education of officials. Videos include tutorials for the officiating of all four strokes, relays and the individual medley.

DOWNLOAD VIDEOS

Please use the following link to download the videos to use offline for training your officials.

<https://www.yousendit.com/download/bXBIV0o0YXk4NVV3anNUQw>