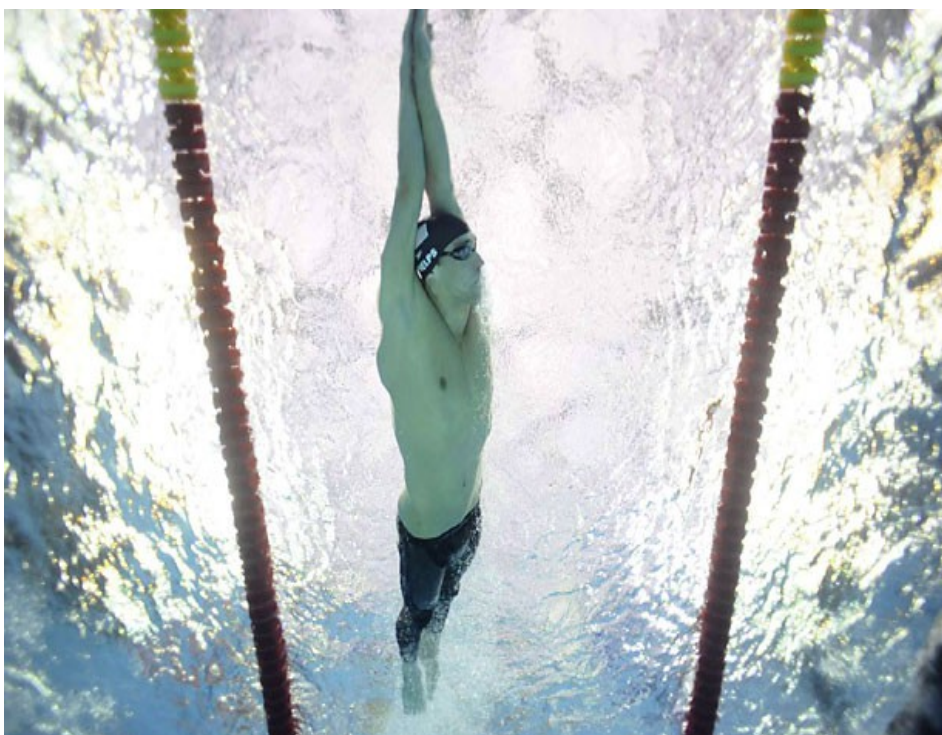


STREAMLINE POSITION

Streamlining in competitive swimming is the best hydrodynamic position to make when going through the water. A streamline's goal is to cut through the water and offers the least resistance to the fluid's flow.

To make a streamline, the swimmer raises their arms above their head and puts their arms together, **squeezing the head in-between it.**

Streamline Position from a Turn



Streamline Position from a Start



Streamlining is so effective that it is proven that dolphin kicking with a streamline underwater is **faster** and **takes less energy than** swimming on top of the water. Swimmers are not allowed to swim underwater more than 15 meters (or 16.4 yards).

ALL SWIMMERS SHOULD ADOPT THIS POSITION ON EVERY START AND TURN