



MINIMIZE YOUR
TURN TIME
FOR A FASTER RACE

TURN TIME

Turn time can make or break a win. Optimizing this metric is often the quickest route to shaving time off a race. Turn Time is measured as the time from the start to end of a turn.

OPEN TURNS

Calculated from the moment the hands touch the wall until until feet hit, just before the push off. For the fastest turn, bring your knees in as quickly as possible after touching the wall, and remember its ok to be a little on your side.

FLIP TURNS

Measured from head drop to push off. You can save time by leaving your arms back so they are ready to streamline right away. Also, turn early! The earlier you turn, the earlier you'll be going in the "right" direction.

SAVING TIME

Tuck tightly during the rotation: increases rotation speed and decreases turn time.
Accelerate into the wall, to generate extra momentum to carry you faster through the turn.