

# SWIMMING



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# Swimming

Swimming is both an individual and team water sport. Swimmers compete in races and the first swimmer who completes the distance is the winner.



Male swimmers wear swimming trunks, while female swimmers wear one-piece bathing suits.



They both can wear caps and goggles.

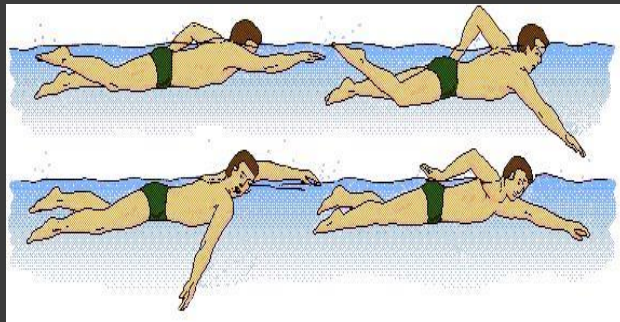


Swimmers usually swim in a pool that is divided into lanes.

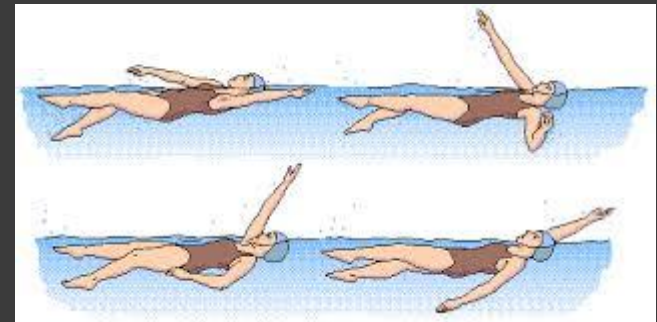


# Swimming races are held in four major categories of swimming strokes:

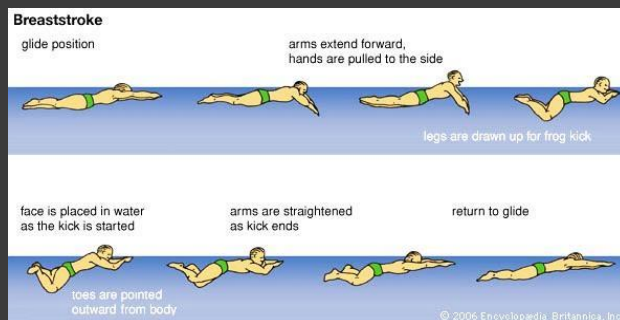
## 1. Freestyle



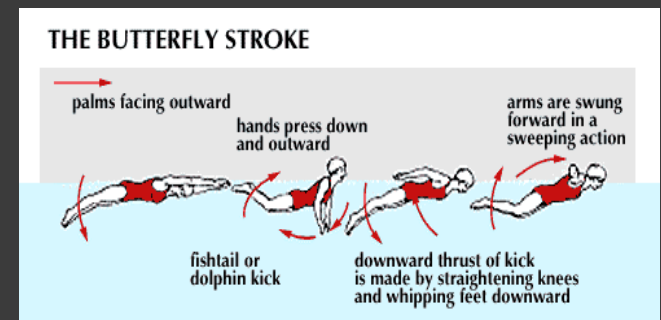
## 2. Backstroke



## 3. Breaststroke



## 4. Butterfly



The freestyle also called "the front crawl" or the "Australian crawl".



## References:

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