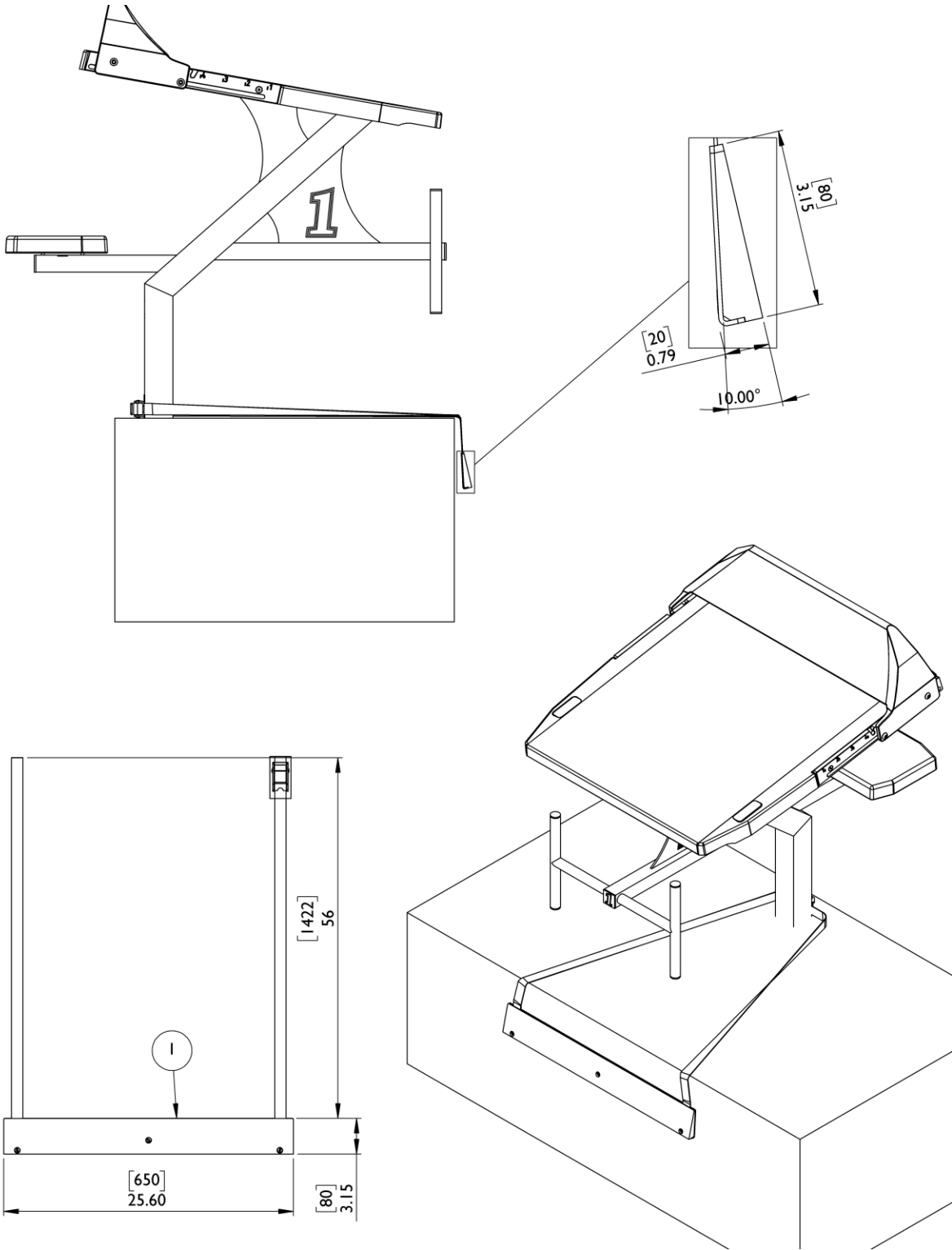




Product Name:
Backstroke Start Training Device
Part Number:
03-650T

All dimensions shown are in [mm] and inches



Product Specifications

General Notes: The **Backstroke Start Training Device (03-650T)** is a backstroke start ledge that fastens to starting blocks with a cam buckle around the frame. Backstroke start devices assist swimmers in backstroke races by providing the swimmer a better launch angle resulting in a faster start, critical in competitive swimming. The ledge has no pre-set values and is designed for training and simple use. No additional accessories are required to use this device.

Application: The Backstroke Start Training Device is held tight to the backstroke bar by pulling one polyester strap through a cam buckle sewn to the other strap. The Backstroke Start System is designed for use by coaches training swimmers to use a backstroke ledge. The Backstroke Start System is UV-stable, weather-resistant, and safe to use outdoors. **This backstroke ledge conforms to FINA standards as long as it is set at the appropriate water depth.**

Specifications:

- ① **Backstroke Ledge:** The backstroke ledge is marine-grade HDPE. Its surface is anti-skid with a diamond raised texture. Two 1" wide, 5' long polyester straps are fastened to the ledge with 316L stainless steel hardware. Length is sufficient to use on all S.R. Smith starting block models.
- ② **Cam Buckle:** One stainless steel cam buckle is sewn onto a polyester pad to prevent damaging the starting block finish. The opposite strap can be tightened, but not loosened, when threaded through the cam buckle.

Part	Description	Shipping Dimensions	Shipping Weight
03-650T	Backstroke Start Training Device	2.5" X 3.5" X 34.5" (63mm x 89mm x 876 mm)	3 lbs (1.4 kg)

Specification Number:	SRS-339		S.R. Smith, LLC P.O. Box 400, 1017 SW Berg Parkway Canby, Oregon 97013 Tel: (888) 677-7776 (503) 266-2231 Fax: (503) 266-4334 www.srsmith.com
Product Description:	Backstroke Start Training Device		
S.R. Smith Part Number:	03-650T		
Revision:	A0	Date: 5/4/20	
Written By:	C. Redelfs	Date: 5/4/20	
Approved By:		Date:	