

# BACKSTROKE START LEDGE - (LBH) BackStroke Handle Model:

The Anti Wave BackStroke Start Ledge provides a simple and easy to use Ledge for swimmers to perform highest performance backstroke starts in both training and competition. Designed in close collaboration with the Australian backStroke swim team and top level Australian coaches, the ledge is simple to install and adjust by the swimmer or coach while in the pool or on the pool deck. The Ledge locks securely into place once set, and is quickly removed from the Block when used in competition or training.



## **For BackStroke Handle Attachment:**

The ledge attaches securely to the BackStroke Handles. Compatible with all standard block types.

## **Heavy Duty Straps:**

Heavy Duty nylon straps are rated to withstand even the strongest of swimmers' starts. Load rated to 13kN.

## **Fixed Settings for Events:**

For competition meets the Ledge may be fixed securely at a uniform fixed position at water level, as used at FINA WCH Event 2019.

## **Adjustable Settings for Training:**

For training, the height of the Ledge can be adjusted by the swimmer while in the pool, or the coach on pool deck. The simple marine nylon stayput latch locks the Ledge into place securely once desired height is chosen.

## **Anti Slip Surface:**

Includes custom Anti-slip surface which is secure and also gentle on the feet. Croc-Grip non slip tape is installed on the crucial upper edge, where most pressure is applied when using correct start techniques.

## **Simple Manual System:**

Simple, trouble free manual movement ensures no moving parts to break, and reliable installation, adjustment and removal each and every time.

## **Quick Easy Removal from Block:**

During competition, the Ledge is quickly and easily removed from the Block.

## **FINA Compliant:**

The BackStroke Ledge is FINA Compliant and can be used in both training and competition.



For Ordering Information:  
Anti Wave International Pty Ltd  
Web: [www.anti.to](http://www.anti.to)  
Email: [anton@anti.to](mailto:anton@anti.to)

**anti**  
ANTI WAVE - SINCE MUNICH 1972 AND ON  
SWIM • POLO • POOL DECK • LEISURE • BULKHEAD