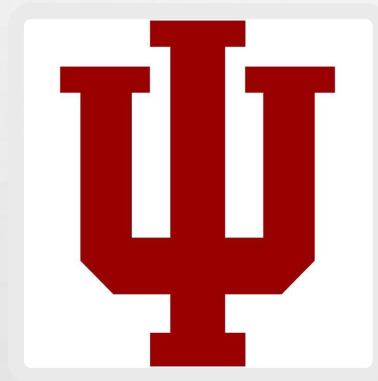


INDIANA UNIVERSITY SWIMMING



PULLEYS WITH VIDEO FEEDBACK



NECESSARY HARDWARE



CABLES (X3)

- 1) TOP ANCHOR
- 2) PULLEY ANCHOR
- 3) WEIGHT HOOK



PULLEY SET (X2)

WE USE A 4 WHEEL PULLEY SYSTEM. THIS WORKS DUE TO THE HEIGHT OF OUR BEAMS. THE SHORTER YOUR HEIGHT, THE MORE PULLEYS YOU WILL NEED, WHICH MEANS THE MORE WEIGHT YOU WILL NEED



ANCHOR WHEEL (X1)

YOU WILL ONLY NEED ONE OF THESE AT YOUR ANCHOR POINT TO THE POOL

HARDWARE CONT.



POWER CORD

AMSTEELBLUE RED 7/64D

POWER TOWER CORD

**LENGTH = 25YDS + DISTANCE FROM SET-UP TO POOL
DECK + HEIGHT OF BEAM TO ANCHOR + 2-3
ADDITIONAL FEET FOR SAFETY**



BELT

**YOU CAN USE ANY BELT, WE USE A VERY
STANDARD EASY TO USE BELT**



CONNECTORS

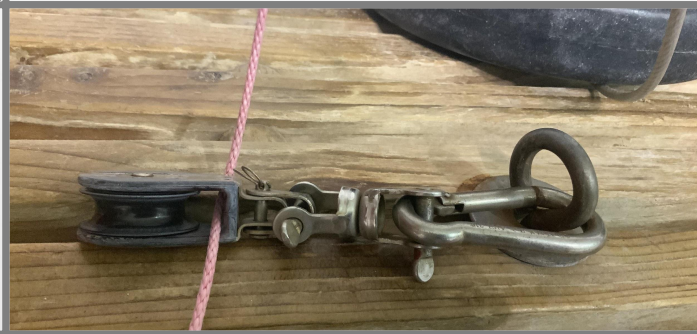
WE USE A SWIVEL U CONNECTOR

HARDWARE CONT.



CARABINERS

**Steel Carabiners with a heavy load capability are necessary
We use 4 in each set up.**



U CONNECTORS

These can be found at your local hardware store



WEIGHTS

These can be any type of weights that are used on a bar system. It's important to have the hole to loop the cable through.

Set-up Anchor Points



TOP BEAM

- 1) 2 Top Anchor attachments
- 2) Important to use Cable attachments
- 3) Secure Cord to Anchor Point

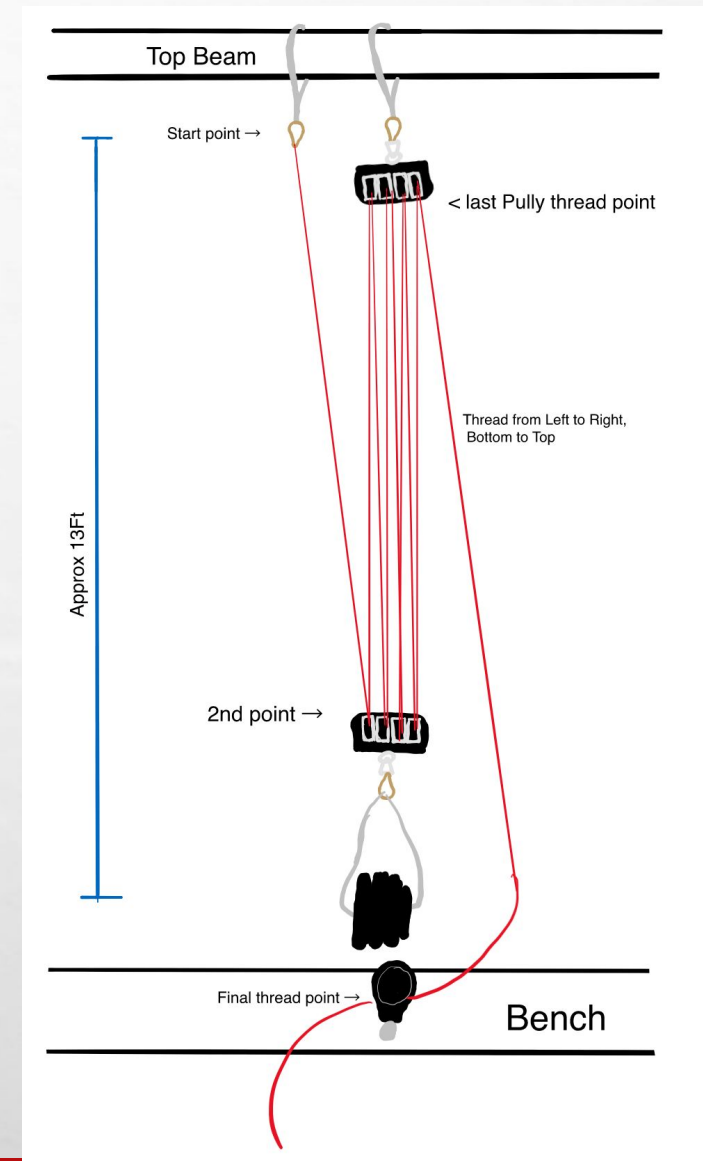


MOUNT BOTTOM ANCHOR

We use a Loop bolt through our bench and secure it using a large washer and 2 standard nuts

Threading the cord

- 1- Secure cord to top anchor**
- 2- Start threading from anchor 1 to bottom pulley**
- 3- Thread bottom to top, left to right through the pulleys**
- 4- The last thread point should be at the top.
Run the cord through the last anchor cord that leads to the water**



SIDELINE SCOUT VIDEO IN ACTION

