



# IAN TOWNSEND

DIRECTOR OF AQUATIC PROGRAMMING - HAC

HEAD COACH MICHIGAN LAKESHORE AQUATICS - 2019-2025

HEAD COACH MID MICHIGAN AQUATICS – 2011-2019

HEAD COACH GRAND LEDGE HIGH SCHOOL – 2004-2019



# NEW BACKSTROKE WEDGES IN 2025-2026

NEW RULE FOR 25-26

BRAND BREAKDOWN

RECOMMENDATION

QUESTIONS?



# MHSAA Rules for Use of the Backstroke Wedge

Based on the rules adopted by the MHSAA, here are the key provisions for the use of backstroke ledges in high school swimming:

**Water depth requirement:** Wedges are permitted only in pools that have a minimum water depth of 6 feet.

**Host team responsibility:** If a host school chooses to use wedges for a competition, it must provide identical ledges for all lanes.

**Optional for swimmers:** The use of the backstroke wedge is optional for each individual swimmer, even if the equipment is provided. A swimmer who does not wish to use it may start from the wall as normal.

**Start Requirements:** With a ledge, at least one toe of each foot must touch the end wall or touchpad. Toes cannot bend over the touchpad top.

**Officials' Role:** Officials should be patient with ledge setup and ensure proper foot contact at the start.



London Rising

# BACKSTROKE WEDGES

## Brands



**Colorado  
TIME SYSTEMS**  
A **PLAYCORE** Company

The logo for OMEGA, featuring the Greek letter Omega (Ω) above the word "OMEGA" in a bold, white, sans-serif font, all set against a solid red rectangular background.



Mae Braun

# FINIS BACKSTROKE WEDGE



**Cost:** \$270 each

## Pros

Most affordable (\$2,160 for 8)

Adaptable to most blocks

## Cons

Ease of use

Length Adjustment

Durability

Removed Manually



**FINIS VIDEO EXAMPLES  
FEATURING MOLLY TOUNTAS  
– JENISON HS**









# COLORADO BACKSTROKE WEDGE

**Cost** - \$825 + Shipping (On Sale in Sept)

## Pros

Attaches to most blocks

Reliable

Retractable

## Cons

Ease of use

Maintenance

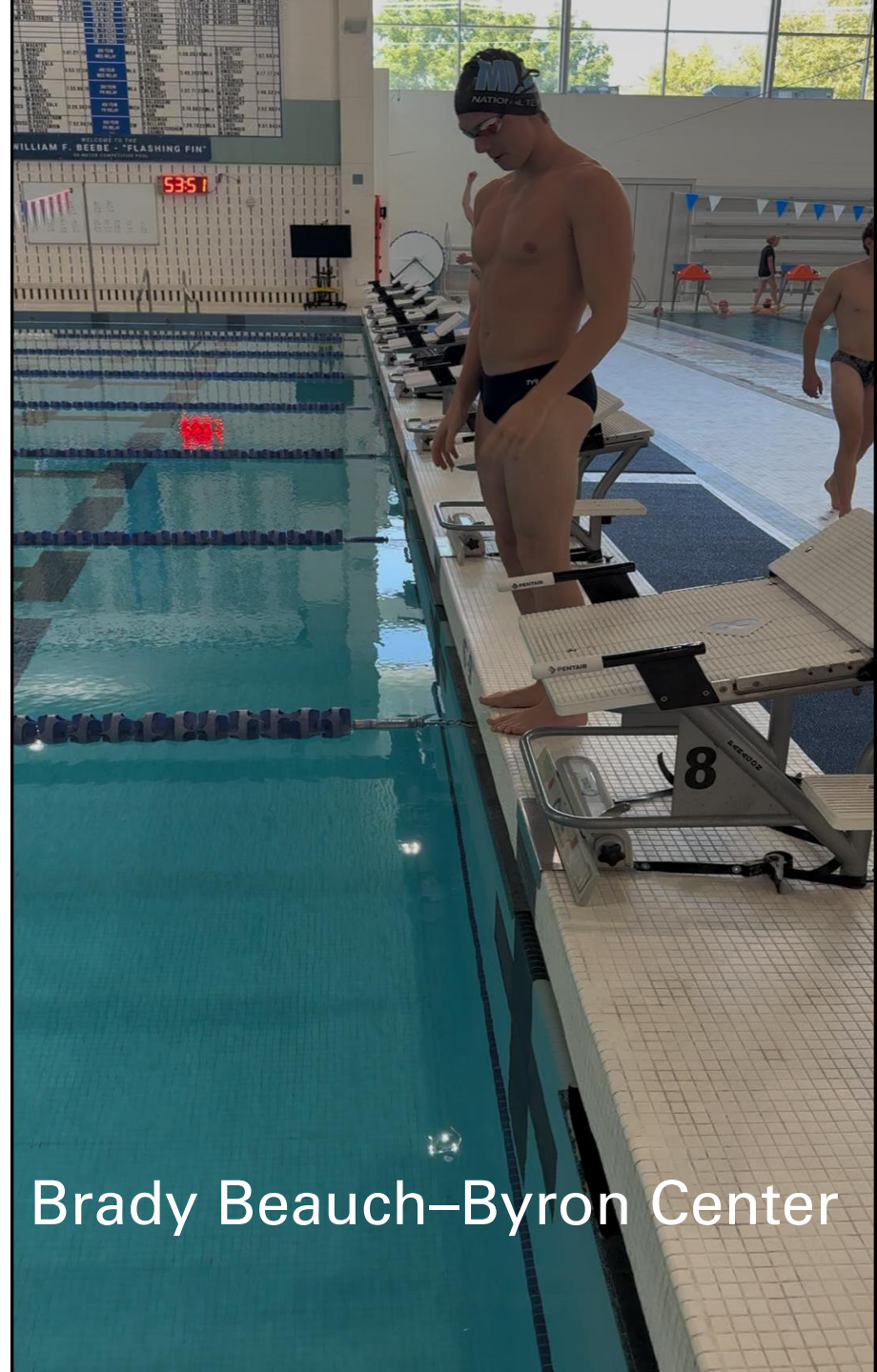
Cost (\$6,600 for 8)

Length Adjustment



**COLORADO WEDGES –  
FEATURING CAMRYN SIEGERS –  
HOLLAND CHRISTIAN**





Brady Beach-Byron Center



Makenzie Baldwin Sectional 2024 Columbus Ohio, 200 LCM Back

# OMEGA BACKSTROKE WEDGE

## FEATURING ELLIOT RIJNOVEAN -

### SEAHOLM HS

**Cost** – \$1,040 each

Must have correct blocks &  
Platforms. Total cost estimate:  
\$33,360.10



### **Pros**

Easy to use  
Rarely fails

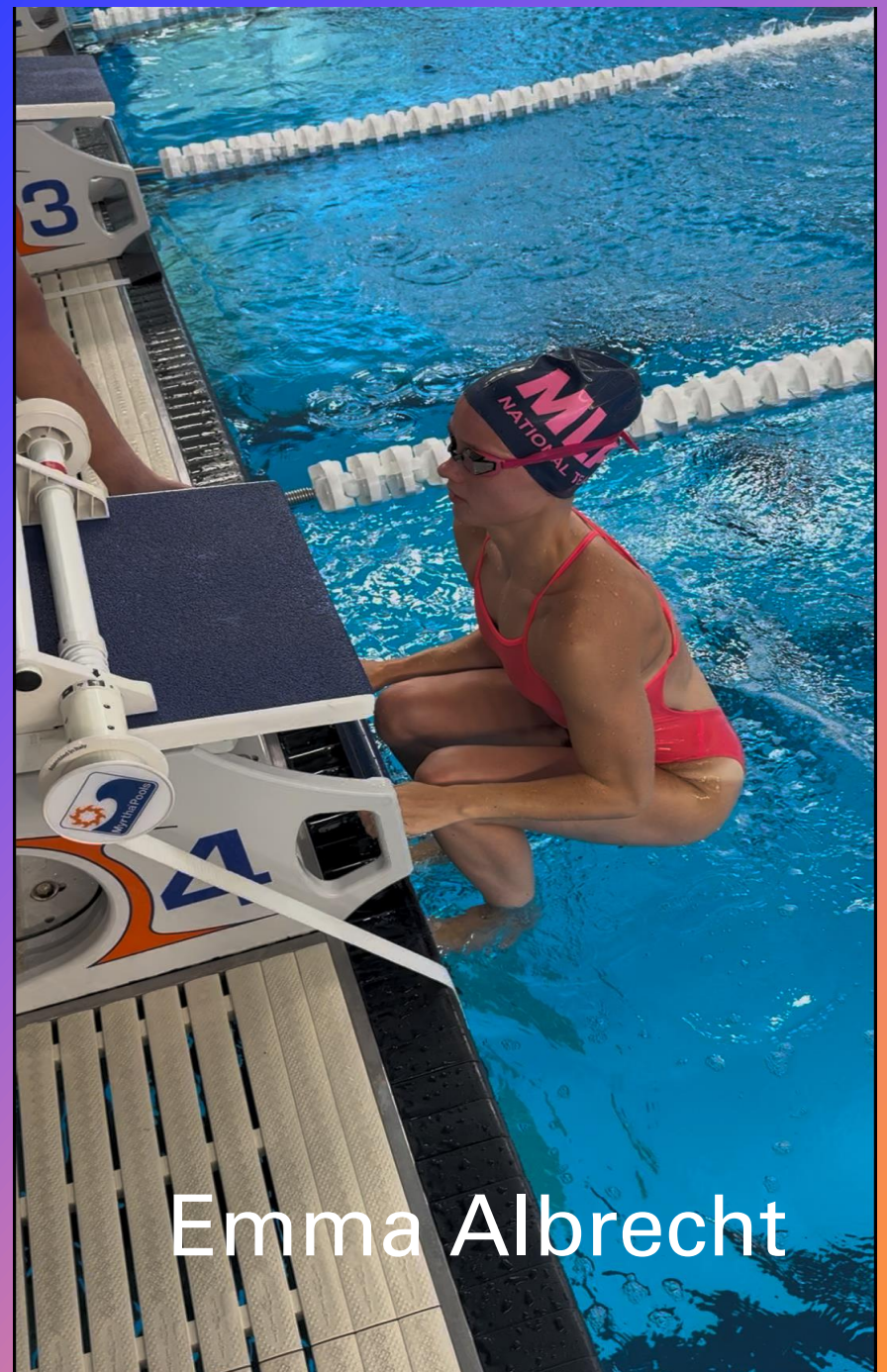
### **Cons**

Cost  
Install  
Removed manually  
Equipment needs  
Remove for non Back Events/Sprint Lanes

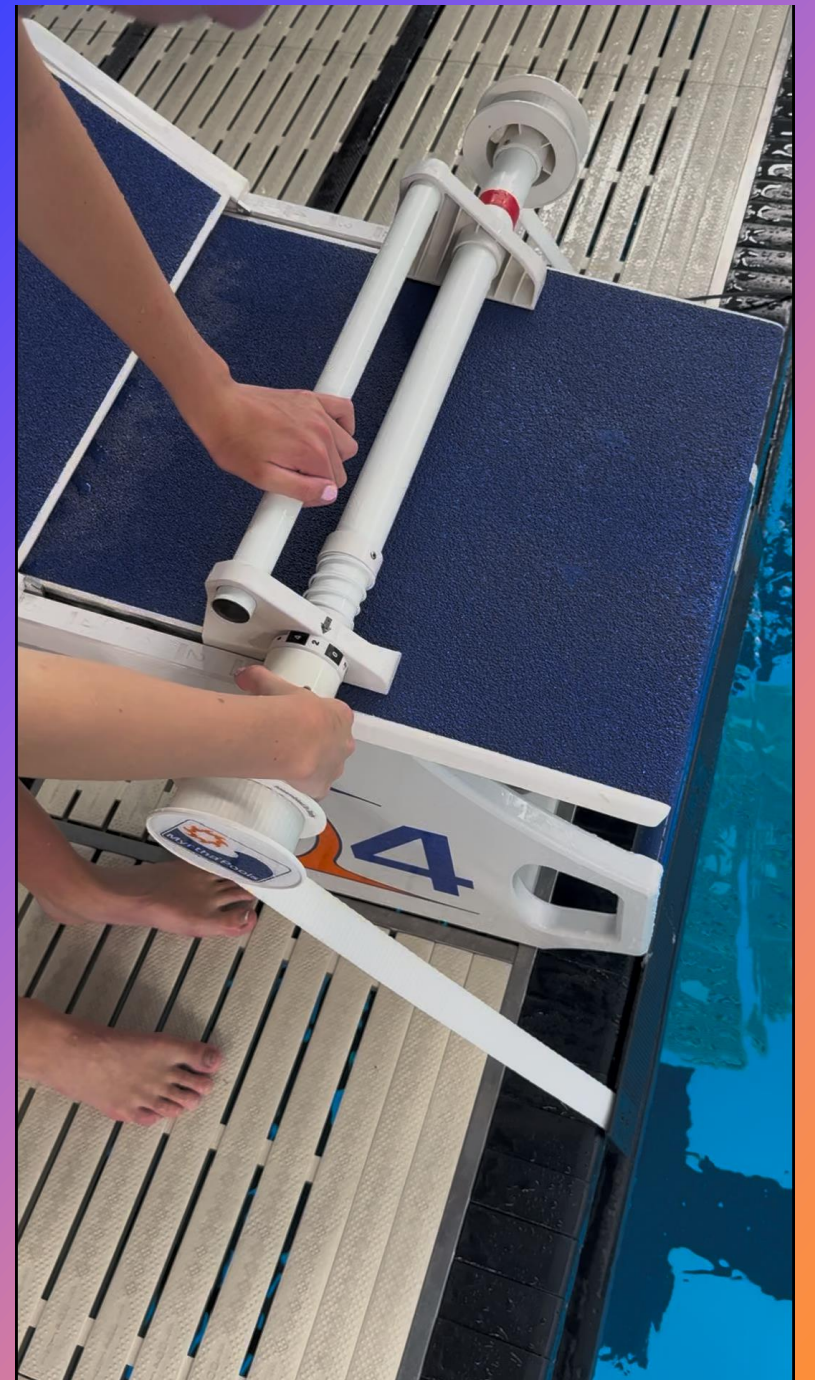




Camryn Siegers



Emma Albrecht



# OMEGA BACKSTROKE WEDGES LINKS

Rijnovean @ Summer Jrs -

[https://www.youtube.com/shorts/BX\\_QJ\\_Cp\\_I](https://www.youtube.com/shorts/BX_QJ_Cp_I)

Rising @ Summer Jrs -

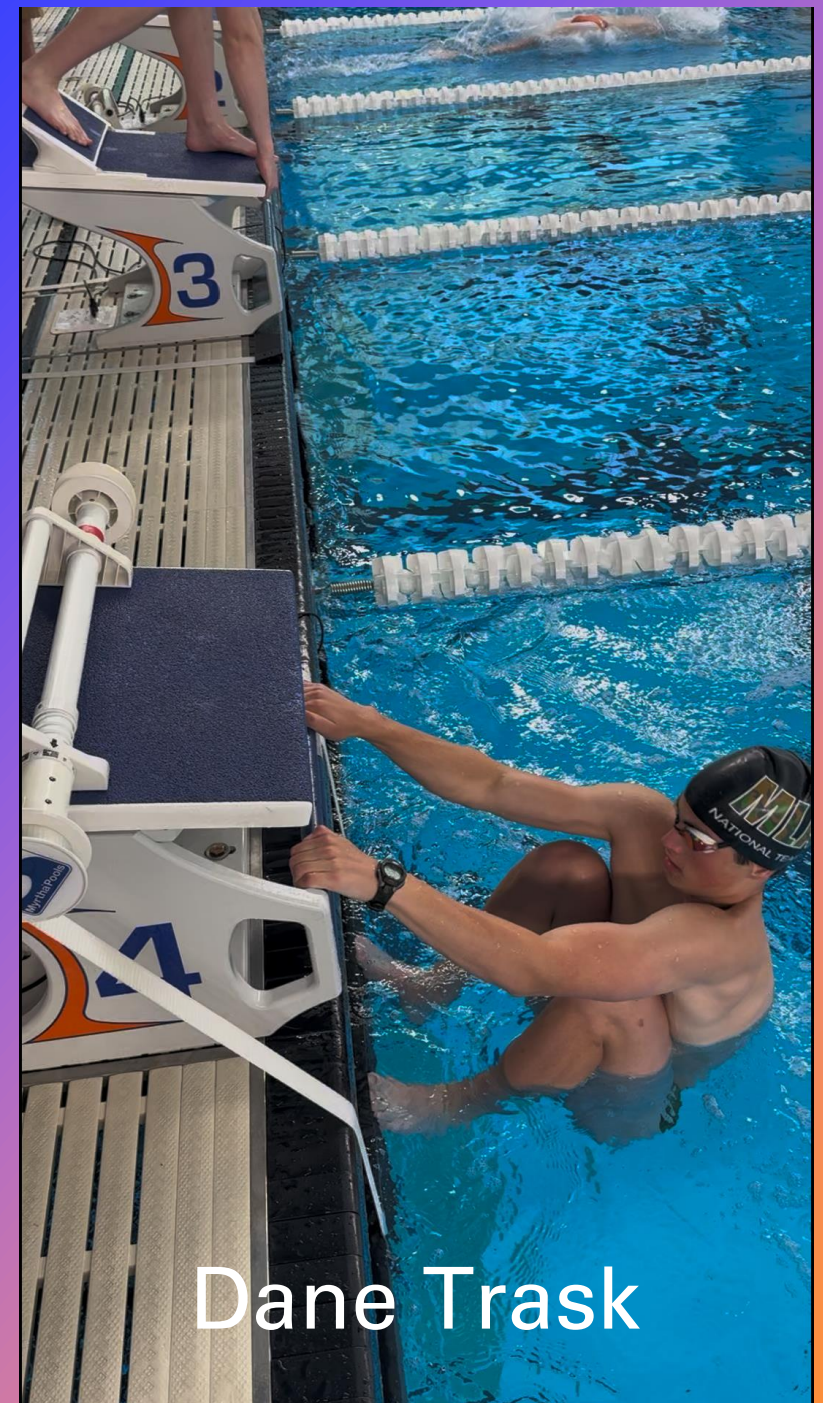
<https://www.youtube.com/shorts/mNM4HokVDr8>

Random @ Jrs w Timer example -

<https://www.youtube.com/shorts/RcMtSNcfKac>

Wedge Adjustment @ Elkhart -

<https://www.youtube.com/shorts/M5bh3vHjot0>



Dane Trask



# CONCLUSIONS



1. Finis is the cheapest option available by a lot
2. Finis may have issues with adjustments
3. Omega is the best option if cost is not a consideration
4. Omega requires big changes if you do not already use their hardware, constant care during meets
5. Colorado requires regular maintenance to keep them viable, costly repairs
6. Colorado is the best blend, in my opinion



A vertical bar on the left side of the slide, transitioning from orange at the top to blue at the bottom.

**QUESTIONS??**