

MUSIC CITY SWIM COURSE:

RED LINE DENOTES APPROXIMATE COURSE FOR 1500-meter course

LIGHT BLUE LINE DENOTES APPROXIMATE COURSE FOR 400-meter course

SWIM CAPS: All racers will be provided a swim cap; each race wears a different color cap

Course Description:

In the photo below, the river current flows north – the swim start finish is on the east bank METRO PARKS BOAT DOCK, so they start heading south toward the Korean Veterans Bridge/Blvd which is upstream against current, go about 350 meters **for 1500 meter course**, head downstream to beyond Riverfront Park area, cross the river then turn right upstream / against current to finish.

The 400 meter course goes out about 75 meters – a buoy of distinct color will be placed at this location – they swim across the river and to another turn buoy that will be a distinct color then proceed to another buoy that will be a distinct color to turn into the finish.

The finish steps/ladder is north of the swim start on the METRO PARKS BOAT DOCK.

Swim Start Info:

This will be a time trial start swim by assigned race numbers.

The sprint racers will start at 7:30 am, with a racer number 1 starting approximately every 3 seconds.

The intermediate distance race numbers will start at approximately 8:00 am with race number 601. The process will be the same as the above for the intermediate distance race. The first intermediate distance swimmer will enter the water approximately 5 minutes after the final sprint racer starts.

