

SWIM COURSE DIRECTIONS

Olympic 1200 yards | Sprint 400 yards

- Keep buoys on your left
- Swimmers start with interval / time trial start
- Swim start based on estimated swim time
- Race numbers are assigned by estimated swim time-start in ascending order
- Individual time begins when swimmer crosses timing mat entering the water
- Olympic follow orange buoys to final turn at GREEN buoy
- Sprint follow yellow buoys to final GREEN turn buoy
- Head to boat ramp to exit



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