

1 Mile (1600 Meter) Race



1 Mile /1600 Meter Swim:

Swimmers will complete 2 LOOPS around buoys 1,2 &3 indicated on the diagram:

After entering the water at the start line make a right shoulder turn at Green buoy 1

Proceed to Orange Buoy 2, for a left shoulder turn.

Proceed to next Orange Buoy 3 for a left shoulder turn and head back toward Green Buoy 1.

Swimmers will proceed back to Green Buoy 1 for a left shoulder turn to complete SECOND LOOP.

Once swimmers have made 2nd and final turn around Buoy 3, swimmers may proceed toward Green Buoy 1 and head for the finish line on the shore.

1/2 Mile (800 Meter) Race



800 Meter Swim:

Swimmers will complete 1 LOOP indicated on the diagram:

After entering the water make a right shoulder turn at Green buoy 1

Proceed to Orange Buoy 2, for a left shoulder turn.

Proceed to next Orange Buoy 3 and

Once swimmers have made final turn around Buoy 3, swimmers may proceed toward Green Buoy 1 and head for the finish line on the shore.

Youth 400 Meter Race



Youth 400 Meter Swim:

Swimmers will complete 1 LOOP indicated on the diagram:

After entering the water make a right shoulder turn at Green buoy 1

Proceed to Orange Buoy 2, for a left shoulder turn.

Proceed to next Orange Buoy 3 for a left shoulder turn and head back toward Green Buoy 1.

Swimmers will proceed back towards Green Buoy 1.

Once swimmers have made final turn around Orange Buoy 3, swimmers may proceed toward Green Buoy 1 and head for the finish line on the shore.