

SWIM COURSE DIRECTIONS

- 400 yard Clockwise Triangle Course
- Keep buoys on your right
- Swimmers start with interval / time trial start
- Swim start based on estimated swim time - race numbers are assigned by estimated swim time - racer #1 enters the water first
- Swimmers begin approximately every 3 seconds
- Individual race time begins when swimmer crosses timing mat entering the water



Oak Mountain
New Lake Dam

