

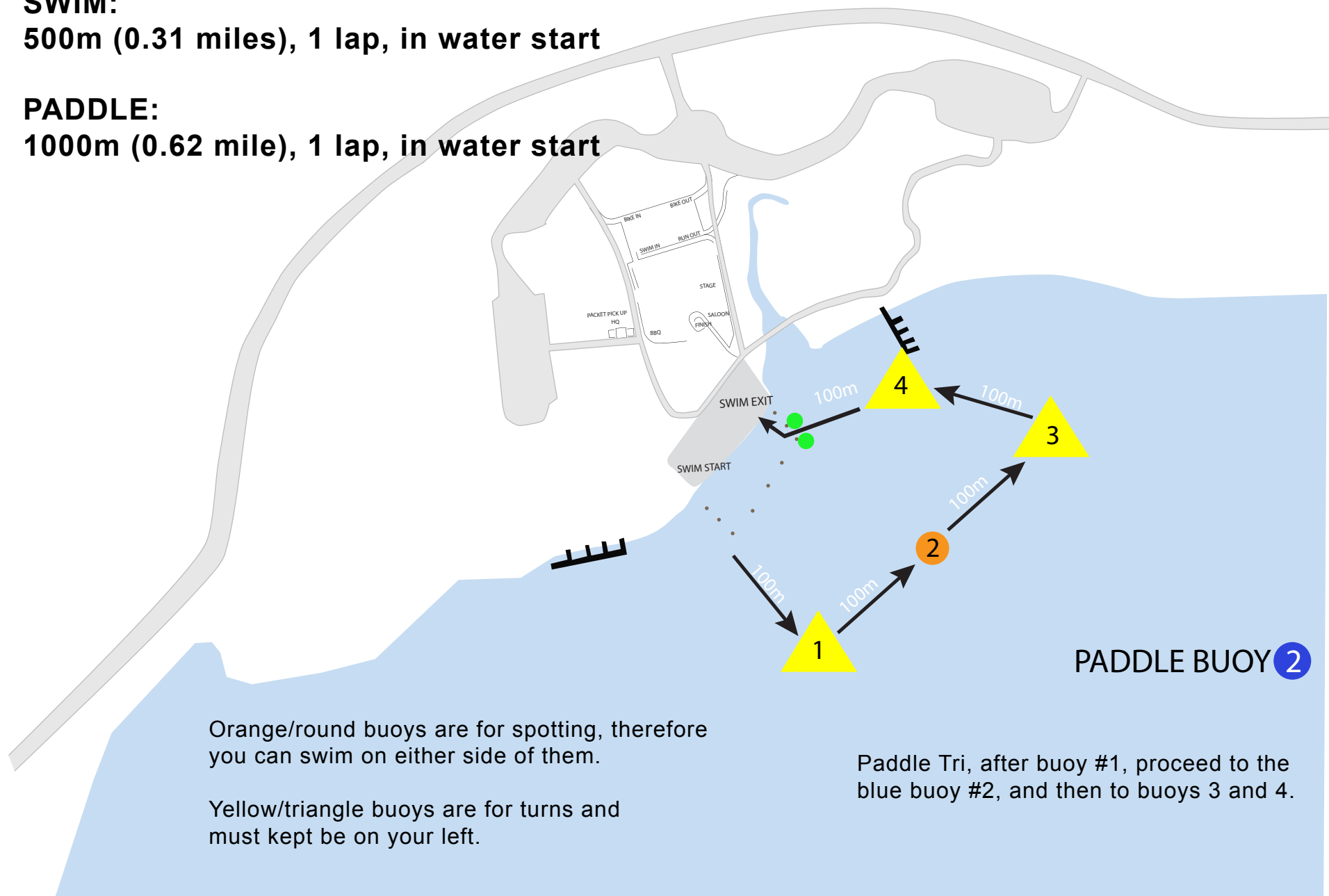
# SPRINT SWIM COURSE

## SWIM:

500m (0.31 miles), 1 lap, in water start

## PADDLE:

1000m (0.62 mile), 1 lap, in water start



Orange/round buoys are for spotting, therefore you can swim on either side of them.

Yellow/triangle buoys are for turns and must kept be on your left.

Paddle Tri, after buoy #1, proceed to the blue buoy #2, and then to buoys 3 and 4.