

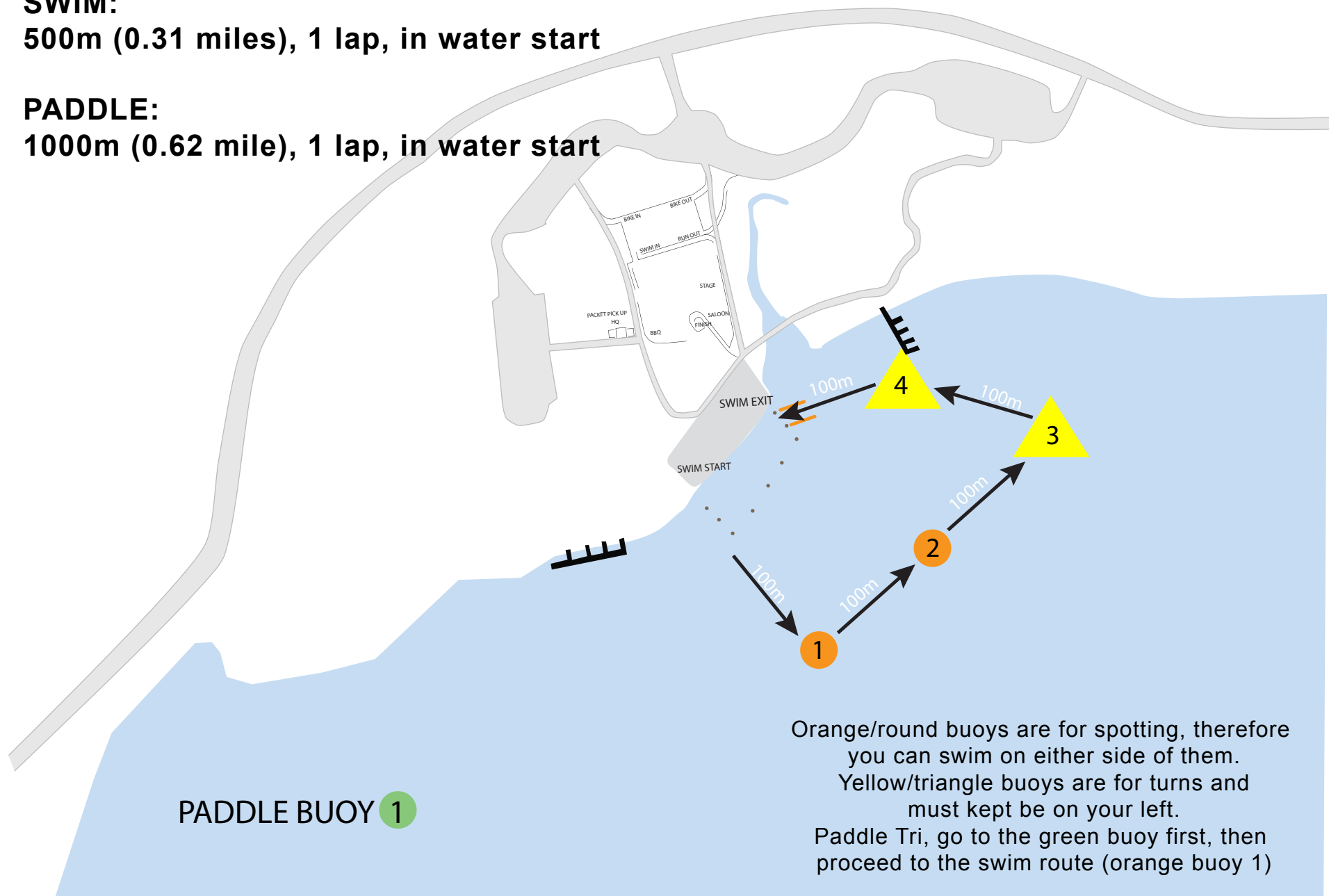
SPRINT SWIM COURSE

SWIM:

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

PADDLE:

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



PADDLE BUOY 1

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, go to the green buoy first, then proceed to the swim route (orange buoy 1)