

Long (L) Course swims 4 lengths of the pool, ducking under lane lines to follow the course.

Medium (M) Course swims 2 lengths of the pool, ducking under lane lines to follow the course.

Intermediate (I) & Short (S) Courses swim 1 width of the pool and may use a pool noodle if needed.

****NOTE:** Swim start is staggered, with one athlete start about every 5 seconds. Feet-first start only (no diving). Two Medium routes will run at the same time.**

