

Long (L) Course swims 4 lengths of the pool, ducking under lane lines to follow the course. Begins at 8:30am.

Medium (M) Course swims 2 lengths of the pool, ducking under lane lines to follow the course. Begins at 9:30am.

Intermediate (I) & Short (S) Courses swim 1 width of the pool and may use a pool noodle if needed. Intermediate begins at 10am; Short begins at 10:30am.

****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.**

Athletes will enter the pool in their staging group via the locker room, as directed by a volunteer, and will exit via door 21. Spectators will enter/exit the pool area via the main door (door 20).

DOOR 17

