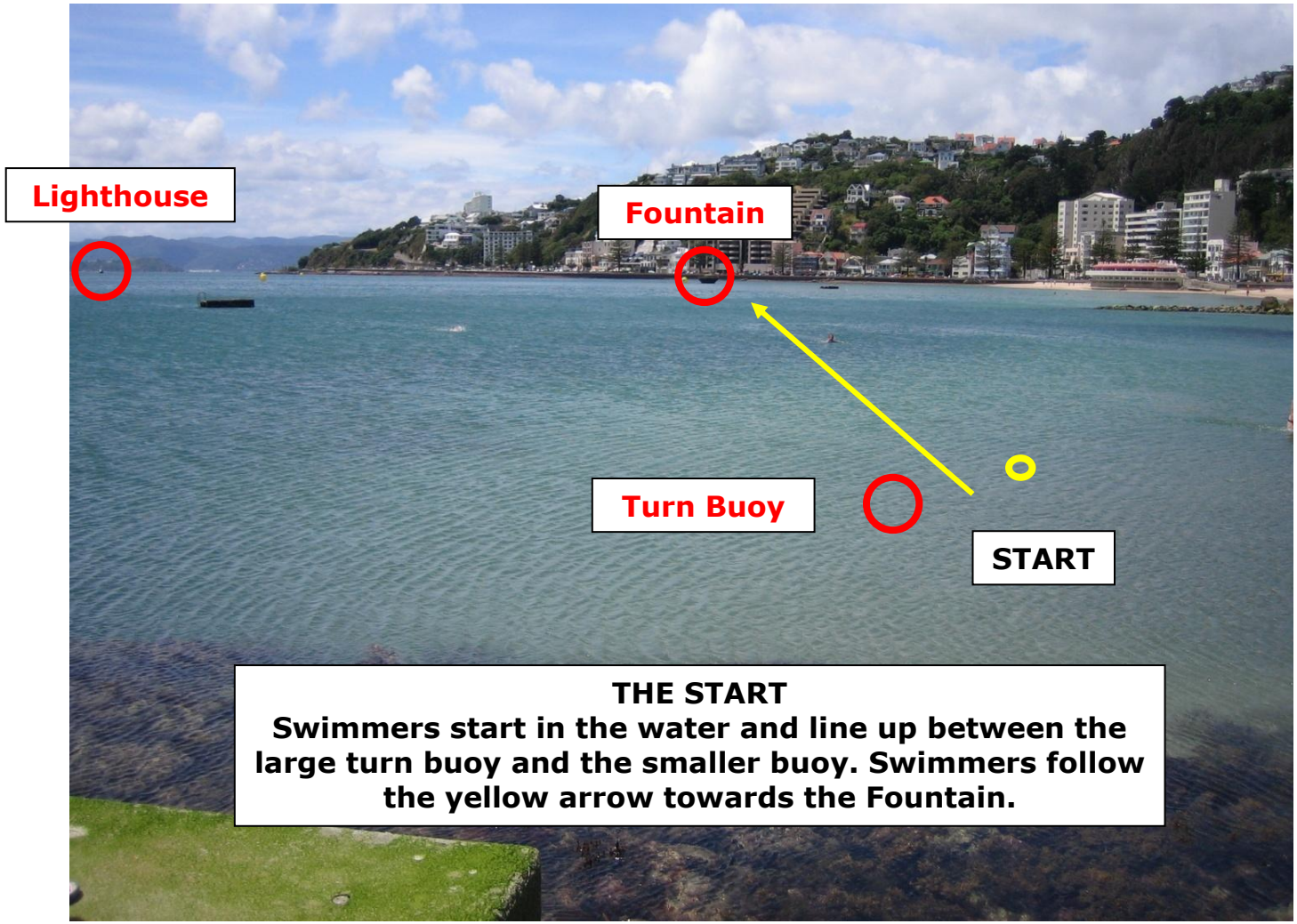
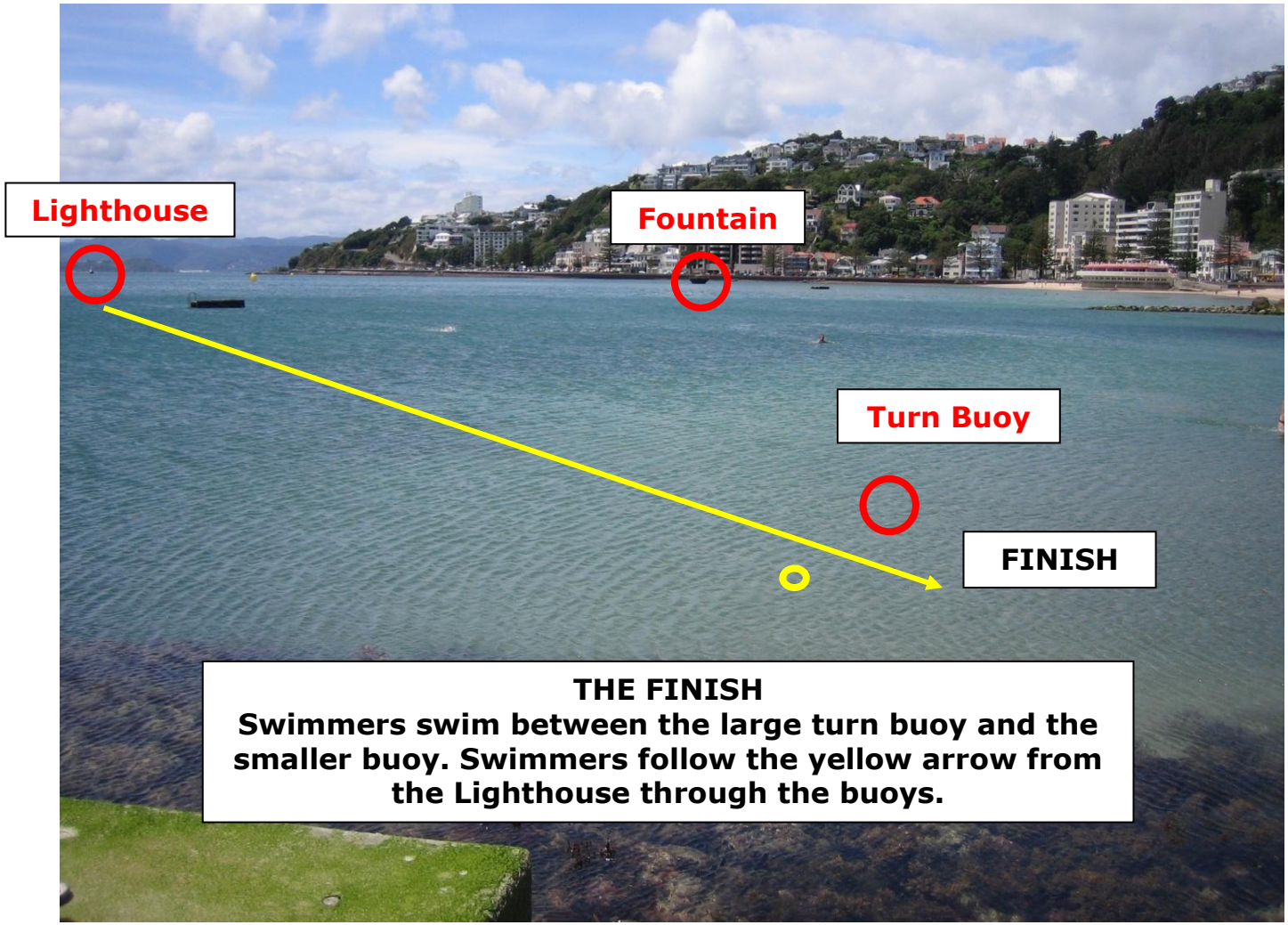
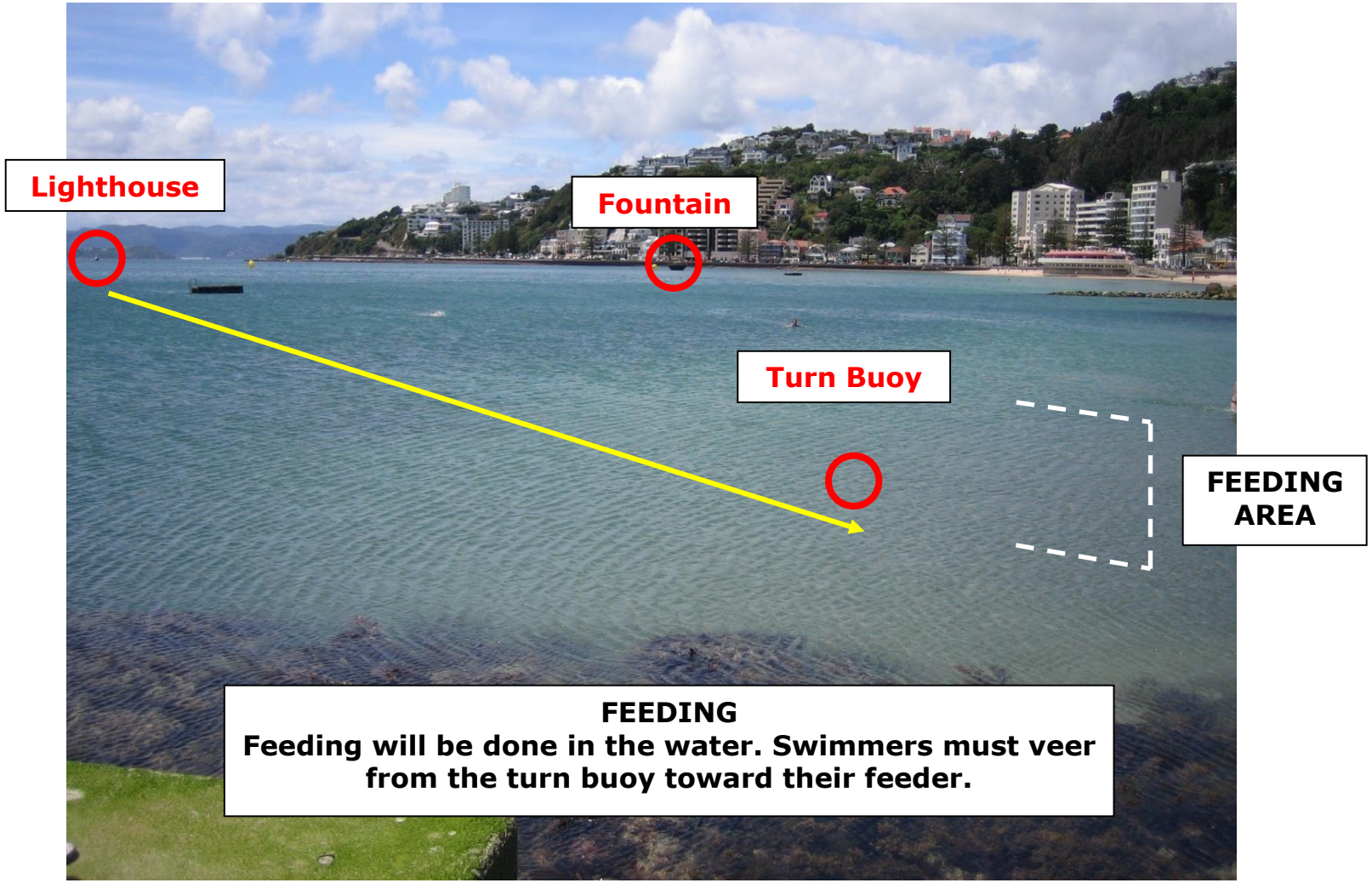


THE START

Swimmers start in the water and line up between the large turn buoy and the smaller buoy. Swimmers follow the yellow arrow towards the Fountain.



THE FINISH
Swimmers swim between the large turn buoy and the smaller buoy. Swimmers follow the yellow arrow from the Lighthouse through the buoys.



FEEDING

Feeding will be done in the water. Swimmers must veer from the turn buoy toward their feeder.