



Category and distances:

Competitive – Distance determined by age

8 & Under - Start, Tank 1, back to Finish = 600 meters

9-10 - Start, Tank 2, back to Finish = 1K

11-12 - Start, Tank 1, Tank 2, back to Finish = 1.3K

13-14 - Start, Tank 1, Tank 2, back to Finish x 3 = 3.9 K

15 & over - Start, Tank 1, Tank 2, back to Finish x 4 = 5.2 K

Recreational – course same as above, (no age restrictions, participant can choose any distance)

600 Meter

1 K

1.3 K

2.6 K

3.9 K

5.2 K

Safety personnel on boats and paddle boards will be present for safety. Swimmers should have experience using sighting techniques to navigate as accurately around the swim course as possible.