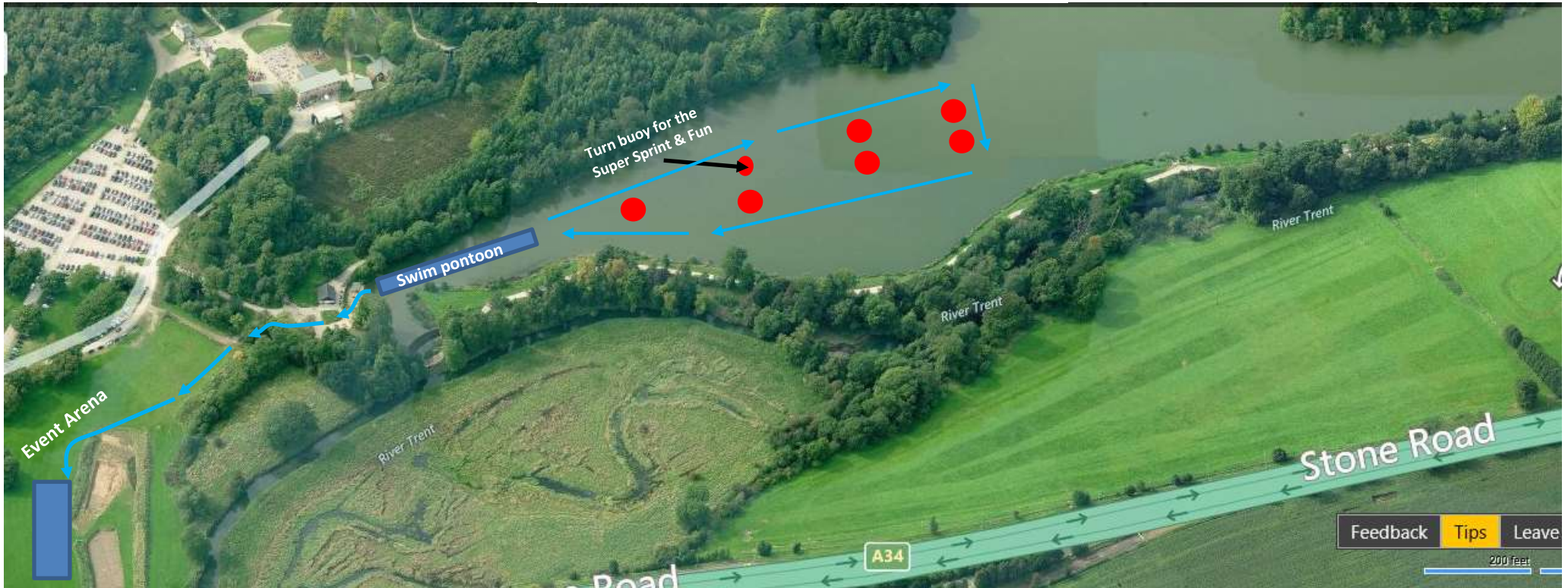


# Swim Course - Stoke



- Swim Course = 750m Sprint & Olympic **(Zone 3 Red Buoys)**
- 1 lap for Sprint & Sprint Relay = 750m
- 2 laps for Olympic & Olympic Relay = 1500m
- Swim Course = 200m Super Sprint & Fun **(small round red Zone 3 buoy will be the 100m turn point)**
- Swim Start: There will be a pontoon set up for all competitors to enter and exit the water
- Water depth: between 6 and 10 feet
- There will be approximately 12 safety crafts on the water, alongside 2 safety boats
- There will be a short run from the lake to the Cycle Transition area, you are advised to take a pair of trainers with you, near the swim exit a shoe transition will be set up