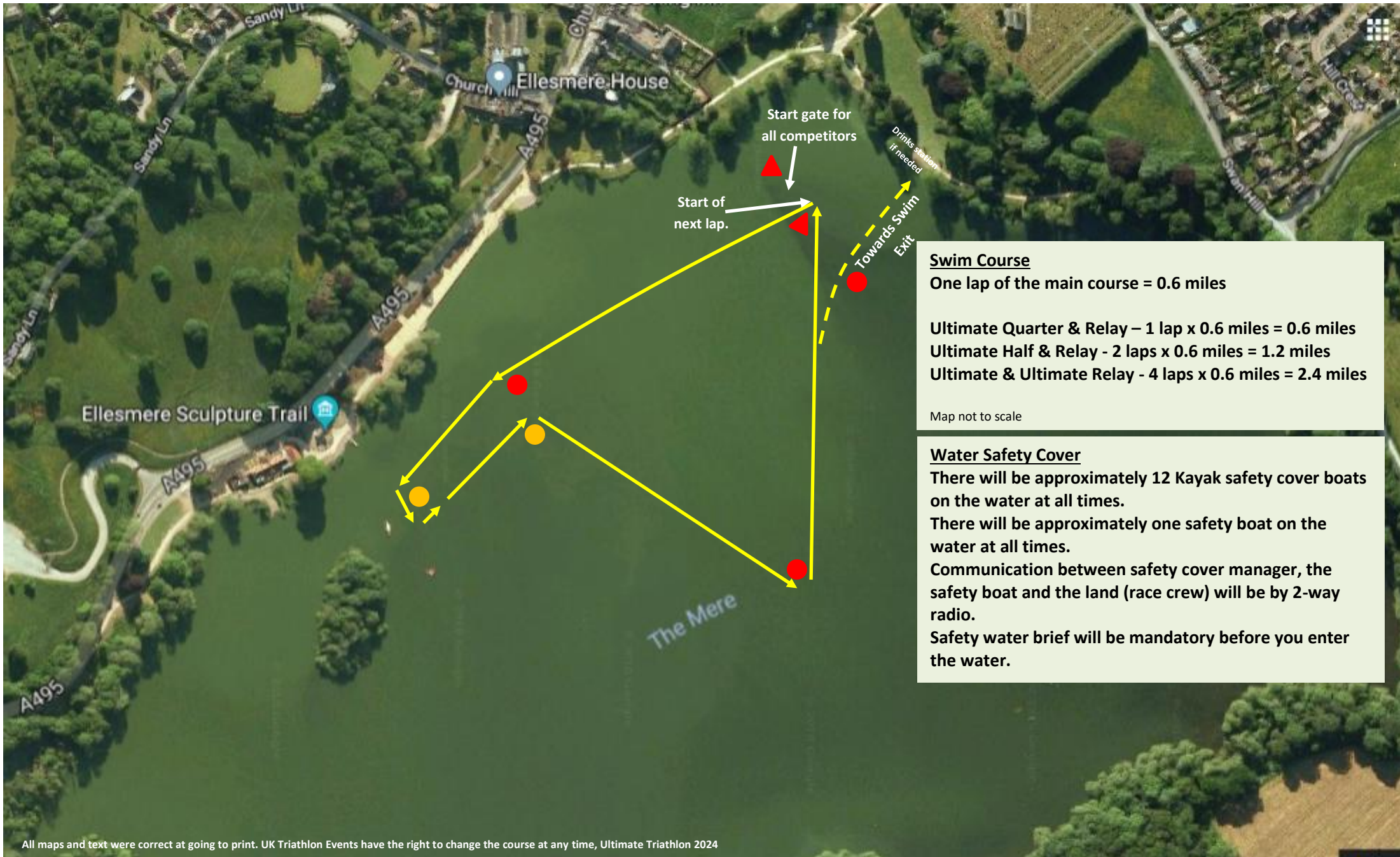


# Swim Course – Ultimate, Ultimate Half & Ultimate Quarter



## Swim Course

One lap of the main course = 0.6 miles

Ultimate Quarter & Relay – 1 lap x 0.6 miles = 0.6 miles

Ultimate Half & Relay - 2 laps x 0.6 miles = 1.2 miles

Ultimate & Ultimate Relay - 4 laps x 0.6 miles = 2.4 miles

Map not to scale

## Water Safety Cover

There will be approximately 12 Kayak safety cover boats on the water at all times.

There will be approximately one safety boat on the water at all times.

Communication between safety cover manager, the safety boat and the land (race crew) will be by 2-way radio.

Safety water brief will be mandatory before you enter the water.