

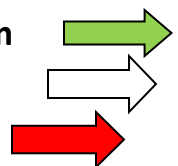
OPEN WATER SWIM – FLOW – 5000m SWIM

START & FIRST LAP = 750m

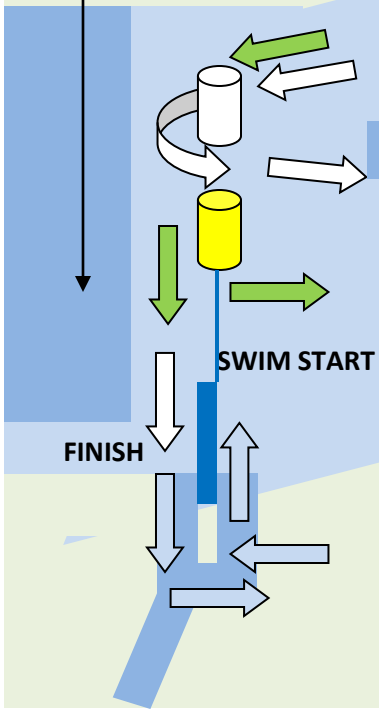
LAPS 1 - 6 = 4500m

LAP 7 = 500M

TOTAL x 7 laps = 5000m



Swim Warm-up Area



LAP THROUGH FOR LAPS

RELAY TURN

BONAQUA TENT-REGISTRATION for OWS

