

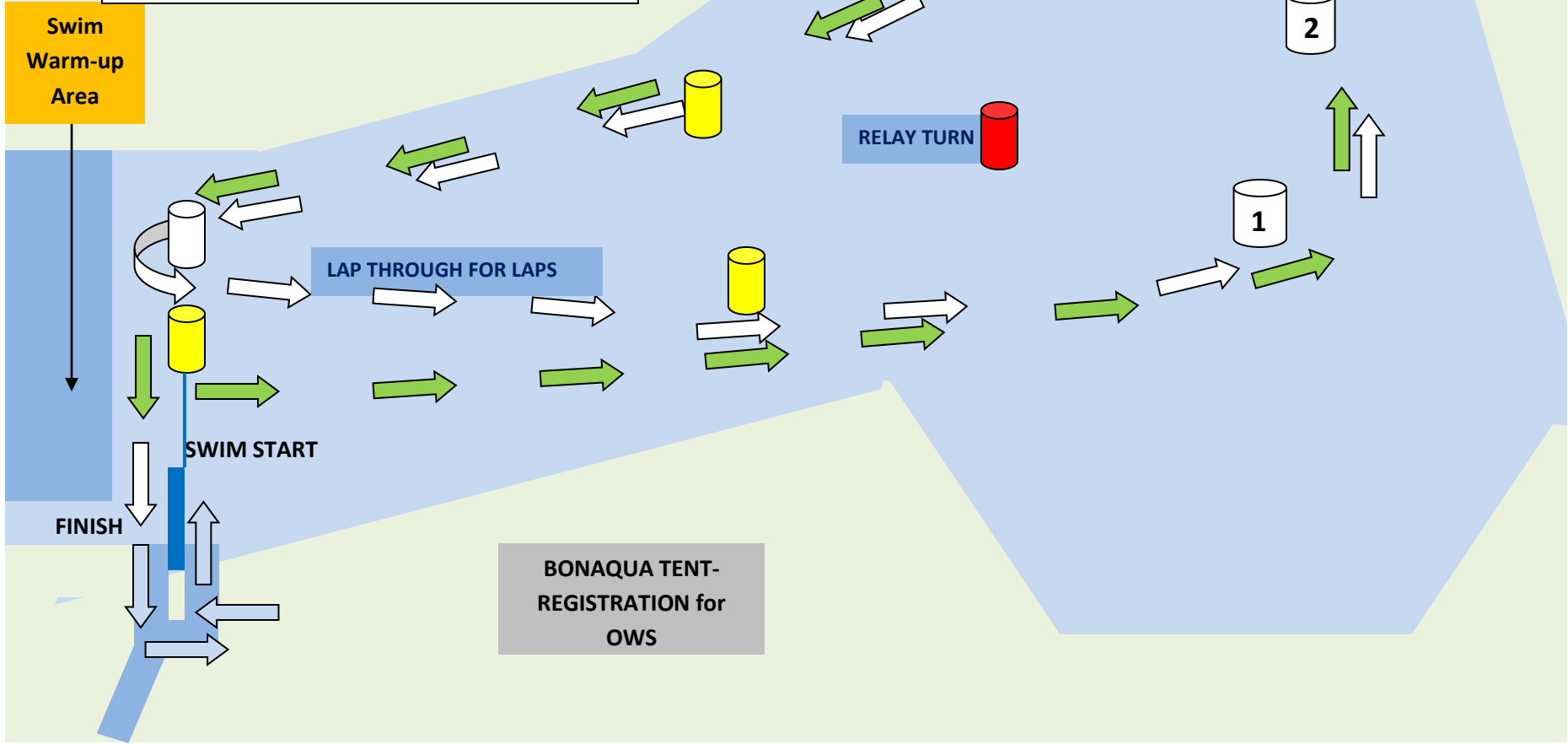
OPEN WATER SWIM – FLOW – 750m;1500m & 3000m

START & FIRST LAP = 750m 

LAP 2 plus = 1500m/3000m 

1500m = 2 laps x 750m

3000m = 4 laps x 750m



Swim Warm-up Area

LAP THROUGH FOR LAPS

RELAY TURN

SWIM START

FINISH

BONAQUA TENT-REGISTRATION for OWS