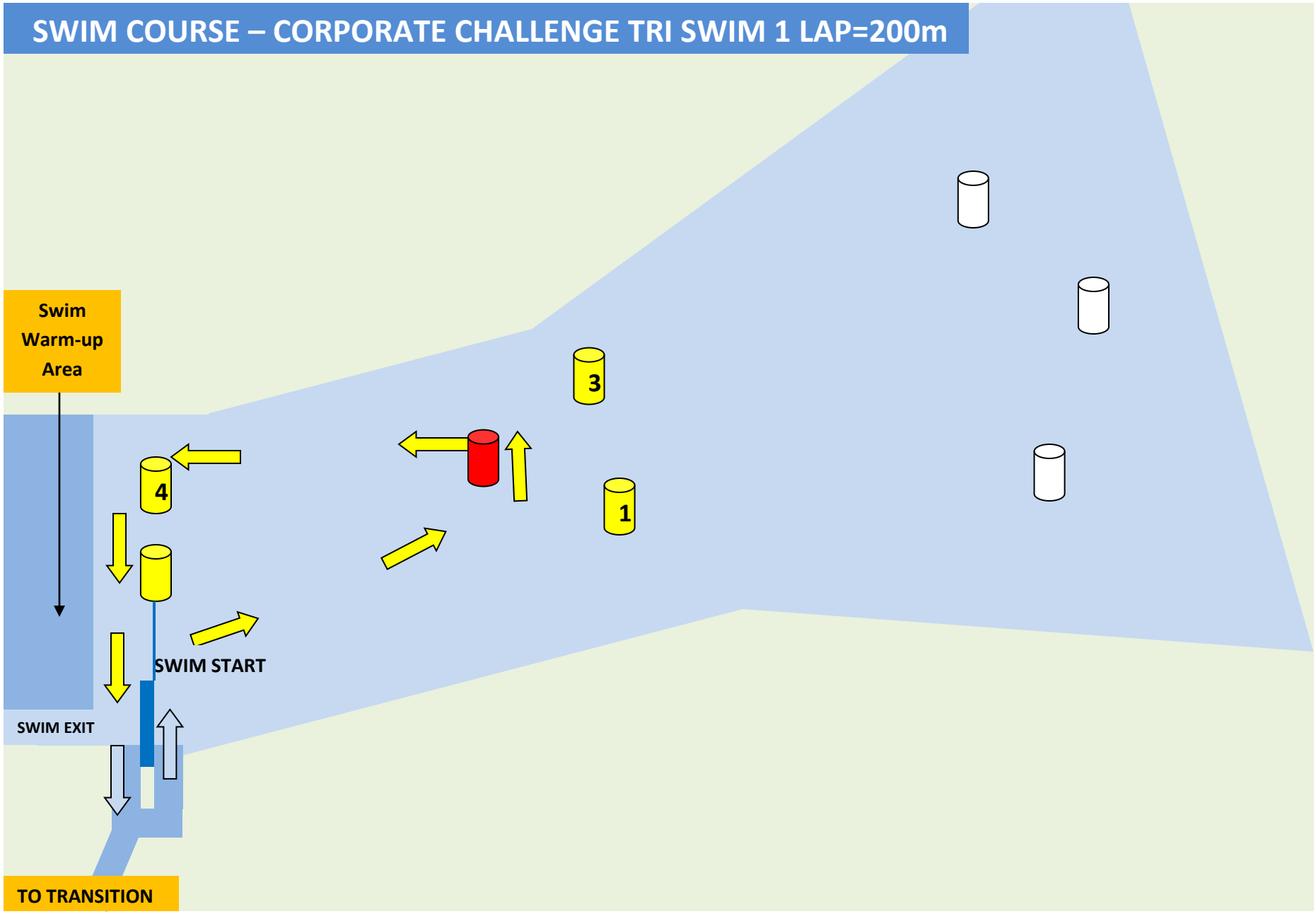SWIM COURSE – CORPORATE CHALLENGE TRI SWIM 1 LAP=200m