

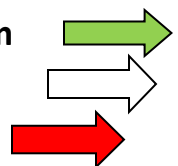
OPEN WATER SWIM – FLOW – 5000m SWIM

START & FIRST LAP = 750m

LAPS 1 - 6 = 4500m

LAP 7 = 500M

TOTAL x 7 laps = 5000m



Swim
Warm-up
Area

RELAY TURN

LAP THROUGH FOR LAPS

SWIM START

FINISH

BONAQUA TENT-
REGISTRATION for
OWS

