
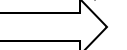
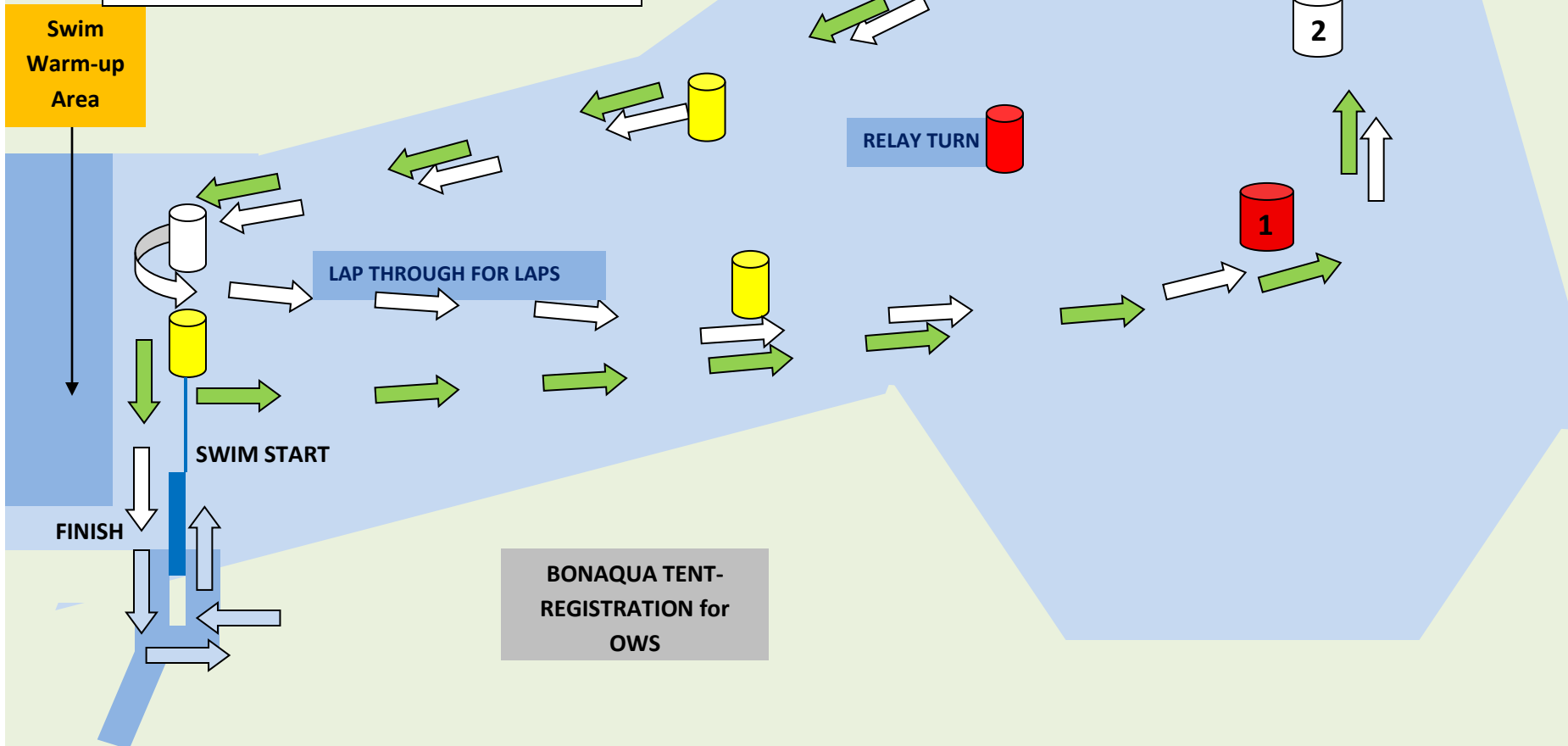


OPEN WATER SWIM – FLOW – 750m, 1500m & 3000m

START & FIRST LAP = 750m 
LAP 2 plus = 1500m/3000m 

1500m = 2 laps x 750m
3000m = 4 laps x 750m



BONAQUA TENT-
REGISTRATION for
OWS