



Olympic - Saturday  
Swim 2 loops of course  
1500 meters

Sprint - Sunday  
Swim 1 loop of course  
750 meters

**New for 2024!**

This race will use a mass start format whereas swimmers will start on land and run/walk into the water to begin the swim leg.

Keep buoys on right shoulder at all times.

Swimmers will exit the water in same area as start. Then run across beach, up stairs and across the grass to the transition area.

