

## Swim Course

The swim course will be an out and back loop in shallow water that runs parallel to shore. Safety team lifeguards will be in position to assist on the lake and on the bank. Safety rope will be tethered to the buoys on the course. Participants ages 7-10 will complete a 100 yard swim from the first buoy to the 50 yard buoy and back. Participants ages 11-14 will complete a 200 yard swim from the first buoy to 100 yard buoy and back.

