



.8 MILE SWIM COURSE

ULTRA - 3 LAPS
2/3 - 2 LAPS
1/3 - 1 LAP



Full Distance, 2.4 mile swimmers will complete 3 LAPS of this course, the 2/3 GFT swimmers will complete 2 LAPS, and the 1/3 GFT swimmers will complete 1 LAP. A water station will be located just prior to the start of laps 2 and 3.

KEEP ALL BUOYS ON YOUR LEFT!

PRELIMINARY WAVE STARTS

- 1) **7:30am** GFT ULTRA - GREEN - All Individual Men
 GFT ULTRA - YELLOW - All Individual Women
- 2) **7:45am** GFT ULTRA - SILVER - Relay Teams, Aqua Bike
 DK PINK - 2.4 Open Water Swimmers
- 3) **8:30am** 2/3 GFT COURSE - WHITE - All Participants including Swim, Aqua Bike & Teams
- 4) **9:00am** 1/3 GFT COURSE - RED - All Individual Women, Athenas, Female Military,
- 5) **9:04am** 1/3 GFT COURSE - ORANGE - All Individual Men 49 & Under & Male Military,
- 6) **9:08am** 1/3 GFT COURSE - PINK - All Individual Men 50 & Over and Clydesdales
 BLUE - All 1/3 GFT Aqua Bike Participants, 1/3 GFT Team
- 7) **9:30am** GFT SPRINT - GREEN - All Individual Men
- 8) **9:34am** GFT SPRINT - YELLOW - All Individual Women

Failure to start in the proper wave may result in disqualification!