



**COURSE**

THE SWIM COURSE IS ONE LAP FOR THE FLORIDA CHALLENGE, AND TWO LAPS FOR THE FULL GFT .  
KEEP ALL BUOYS ON YOUR LEFT!

**1.2 MILE SWIM COURSE**

FLORIDIAN SWIMMERS - SWIM 2 LAPS  
FL CHALLENGE SWIMMERS - SWIM 1 LAP



**WAVE STARTS**

- 1) 7:30am - FL GREEN - FULL GFT - All Men  
- PINK - FULL GFT - All Women
- 2) 7:40am - SILVER - FULL GFT Relay Teams
- 3) 8:30am - PURPLE - HALF - Age Group Women, Athena, Female Military
- 4) 8:40am - LT BLUE - HALF - Age Group Men Ages 45 & Over  
- HALF - All Clydesdales
- 5) 8:50am - GREEN - HALF - Age Group Men Ages 35 - 44
- 6) 9:00am - ORANGE - HALF - Age Group Men Ages 34 & Under  
- HALF - All Military Division - Male  
- HALF - All Relay Teams

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

**P  
E  
R**

**FINISH**

**START**

Start  
Lap 2

