HOPKINTON SWIM ROUTE

SWIMRUNWALK Against the Tide

EVENT SCHEDULE

7:00am Registration
7:25am Opening Remarks & Honors
7:35am Warm-ups
7:45am National Anthem
8:00am Swim Events (starting separately, one after another)
  • USMS-Sanctioned 1-mile Swim
  • Competitive 1-mile Swim
  • Recreational 1/2-mile and 1-mile Swims
9:00am USATF-Certified 5K/10K Runs
9:05am 3-mile Fitness Walk

• 1-mile Recreational and Competitive Swimmers:
  Keep the buoys on your right out the island, proceed clockwise around the island, and keep the buoys on your right as you return to the beach.

• 1/2-mile Swimmers:
  Proceed clockwise to the yellow buoy at the 1/4 mile mark, then turn around and return.