

# BREWSTER SWIM ROUTE



*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)

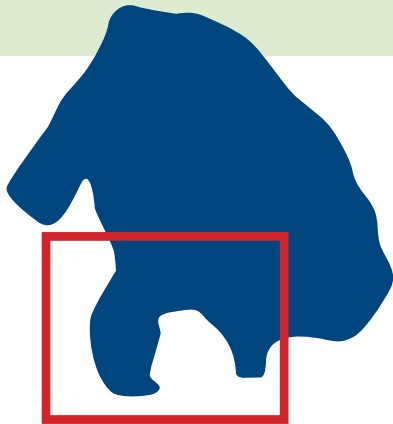
- USMS-Sanctioned 1-mile Swim

- 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



## Cliff Pond

Not to Scale

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

**1-mile Swimmers:** Proceed counterclockwise around the pond for one lap. Swimmers will swim between the buoys and the shore. The finish point is the same as the start.

