

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)

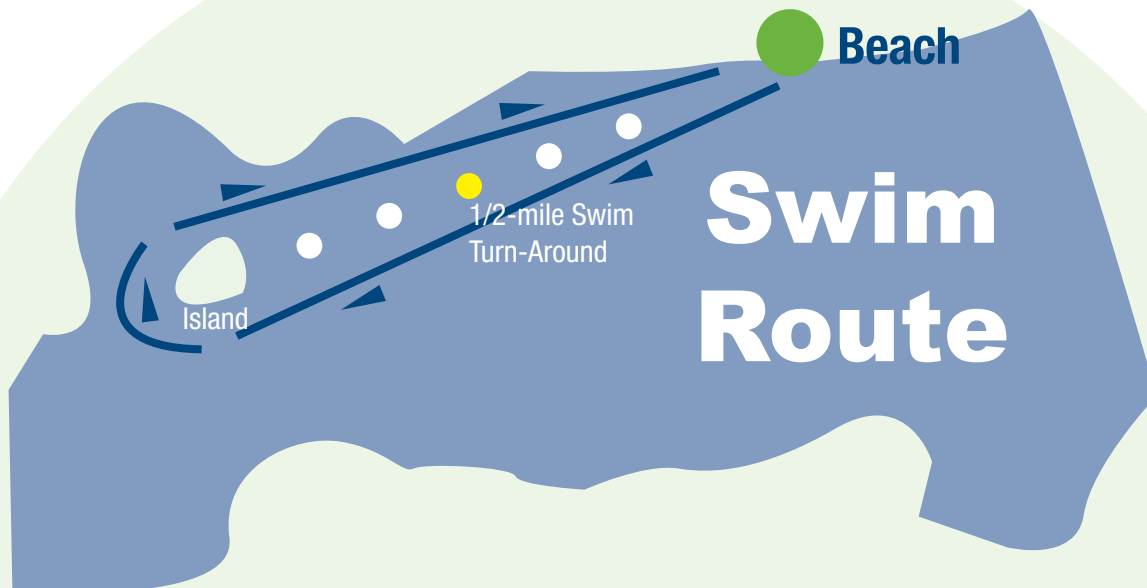
- USMS-Sanctioned 1-mile Swim

- 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.