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

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

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