

SWIM COURSE

Swim Cap

Buoy



Sprint: 1 Lap (.5 mi)



Intermediate: 1 Lap (1 mi)



Half: 1 Lap (1.2 mi)



Full: 2 Laps (2.4 mi)



FIRSTKNIGHT
— RACING —

**PENN
YAN**

**INDIAN
PINES PARK**

FINISH

START

54

54A

**KEUKA
LAKE**



Racing out of the Dark Ages™