



**.8 MILE SWIM COURSE**

**ULTRA - 3 LAPS**  
**2/3 - 2 LAPS**  
**1/3 - 1 LAP**



**COURSE**

Full Distance, 2.4 mile swimmers will complete 3 LAPS of this course, the 2/3 GFT swimmers will complete 2 LAPS, and the 1/3 GFT swimmers will complete 1 LAP. A water station will be located just prior to the start of laps 2 and 3.

**KEEP ALL BUOYS ON YOUR LEFT!**

**WAVE STARTS**

- 1) **7:30am** - GFT ULTRA - All Individual Men & Women
- 2) **7:45am** - GFT ULTRA -Relay Teams, Aqua Bike, and 2.4 Open Water Swimmers
- 3) **8:30am** - 2/3 GFT COURSE - All Participants including Swim, Aqua Bike & Teams
- 4) **9:00am** - 1/3 GFT COURSE - All Individual Women, Athenas, Female Military,
- 5) **9:04am** - 1/3 GFT COURSE - All Individual Men 49 & Under & Male Military,
- 6) **9:08am** - 1/3 GFT COURSE - All Individual Men 50 & Over and Clydesdales, All 1/3 GFT Aqua Bike Participants, 1/3 GFT Teams

**FINISH**

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**Start of Lap 2/3**

**START**