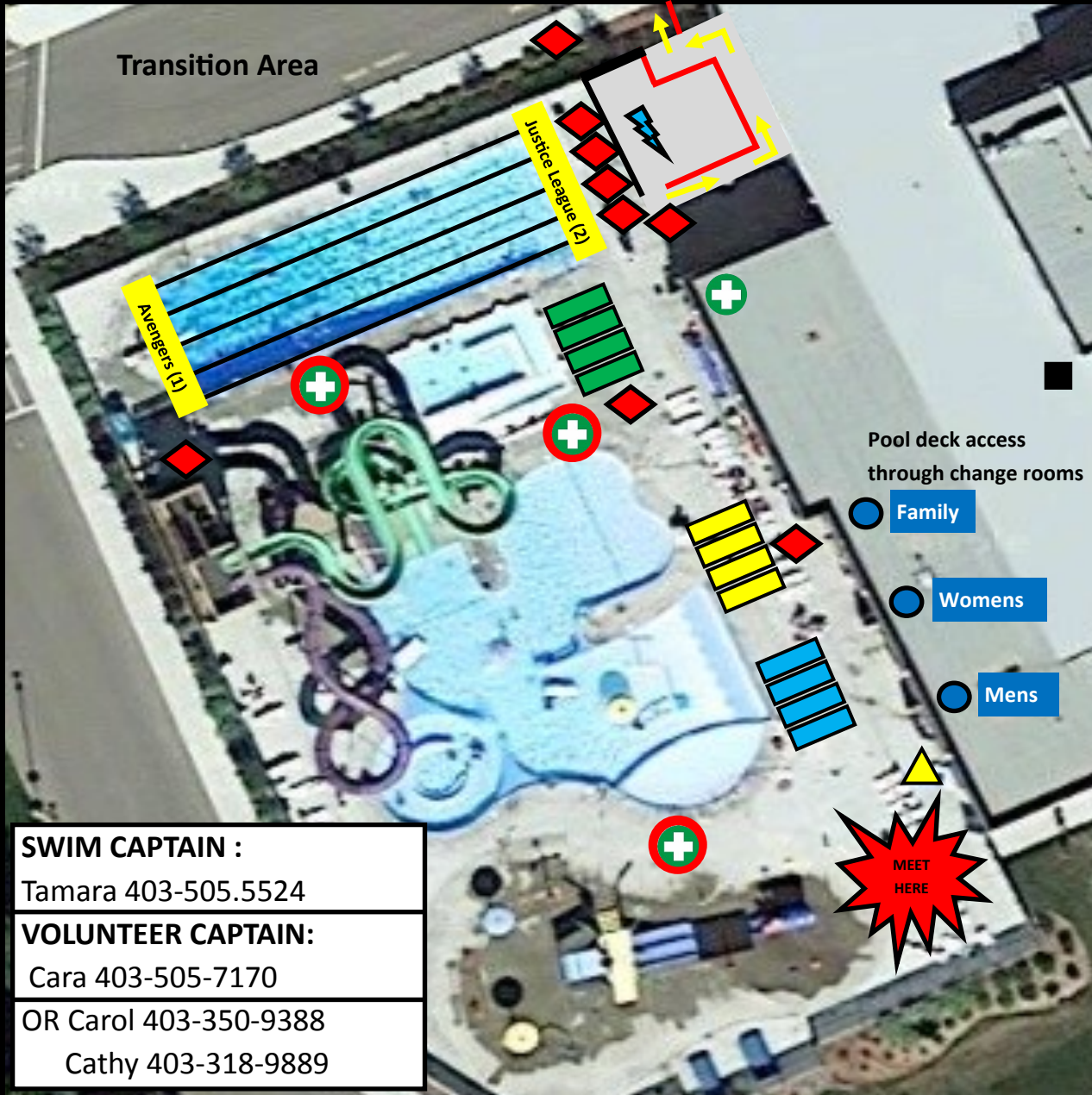


Swim Route



SWIM CAPTAIN :

Tamara 403-505.5524

VOLUNTEER CAPTAIN:

Cara 403-505-7170

OR Carol 403-350-9388

Cathy 403-318-9889




Avengers—1 lap (25m)

Justice League—2 laps (50m)

 MEETING LOCATION

 Volunteers

 Entrance to Transition
(Participants only)

 Staging Area Heats 1-4

 Staging Area Heats 5-8

 Staging Area Heats 9-12

 Life Guard

 Spectator Seating

 Change Rooms

(Lockers located in change rooms, they're free to use. You'll need your own lock)

 Lost & Found

 PFD Sizing & pick up