



# SWIM COURSES

- SOLO SWIM**  SOLO SWIMMERS  
start to finish - 3.6 KM
- TEAM CIRCUIT**  2 PERSON & 4 PERSON TEAMS
- FINAL TEAM SWIMMER**  2 PERSON & 4 PERSON TEAMS  
FINAL SWIMMER
- ONE MILE SWIM TO SHORE**  ONE MILE SWIM TO SHORE  
start to finish - 1.6km
- KIDS SWIM**  KID'S SWIM  
start to finish - 222m
- SIMONS 500M SHORTCUT**  SIMON'S 500M SHORTCUT

