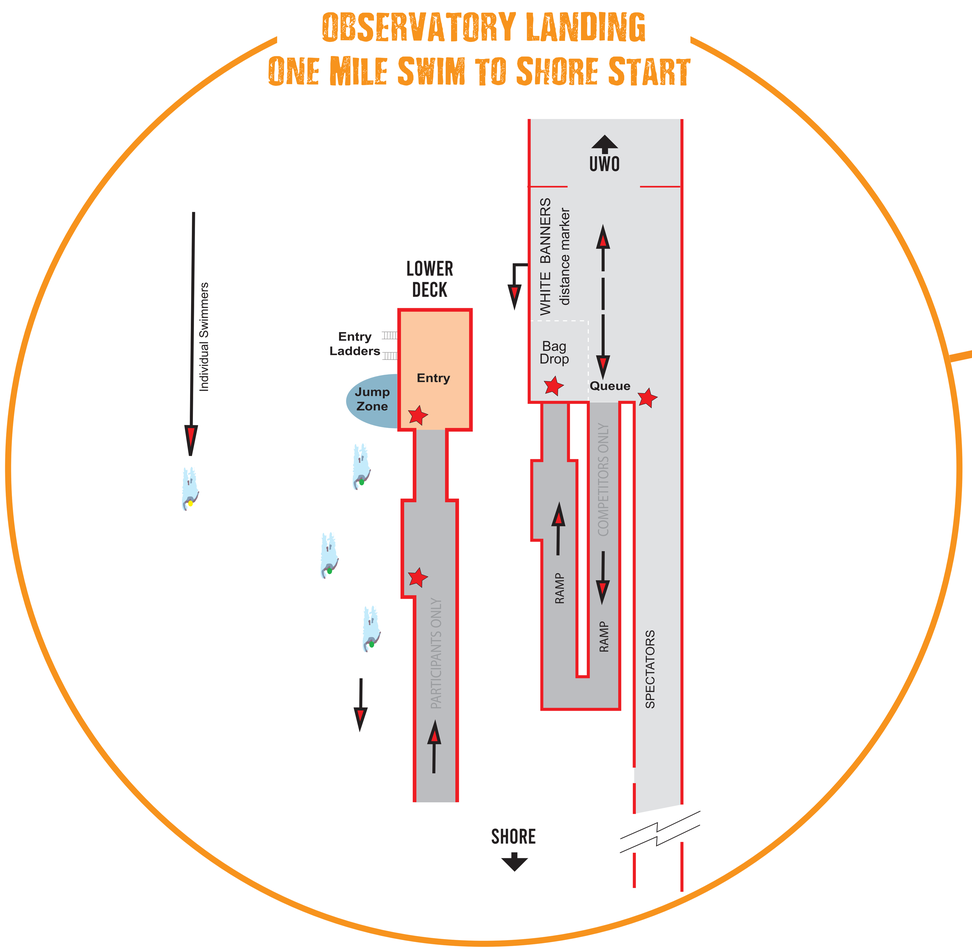
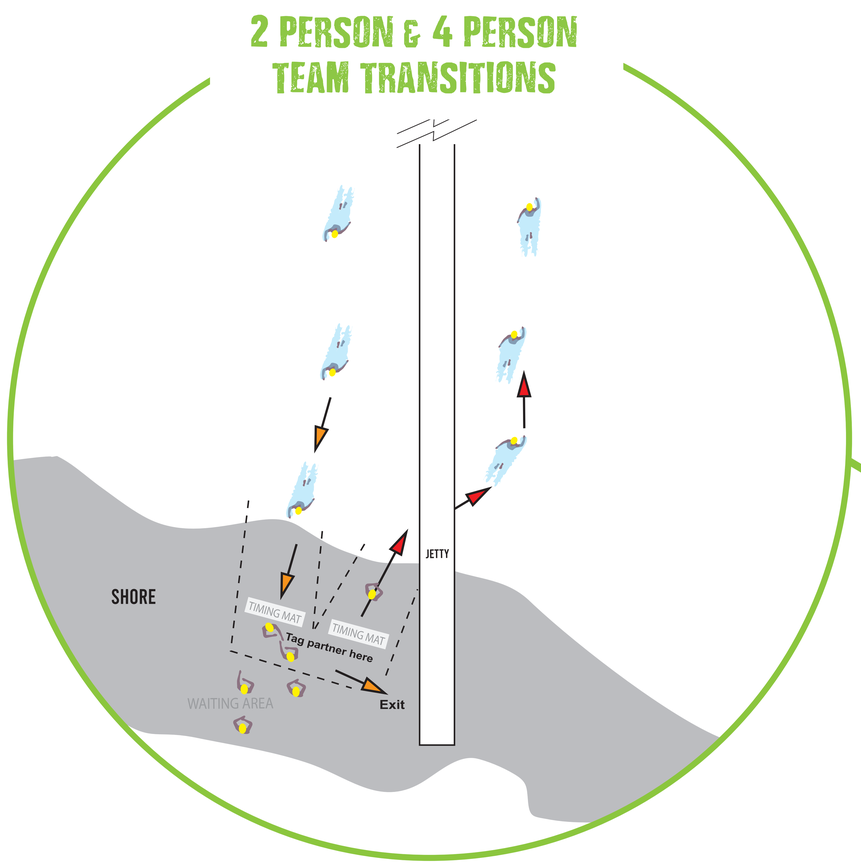
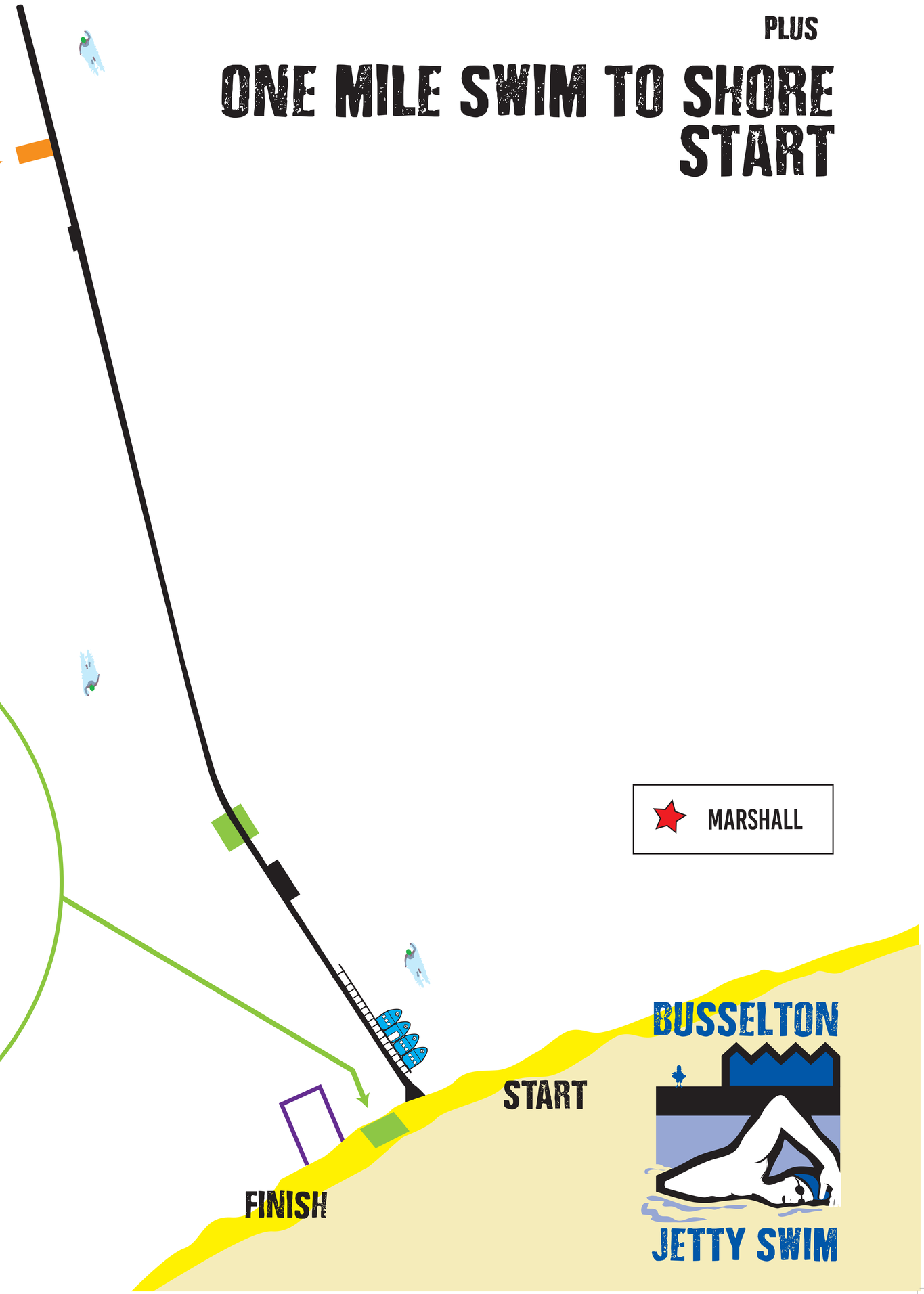
# TEAM TRANSITIONS

PLUS

# ONE MILE SWIM TO SHORE START