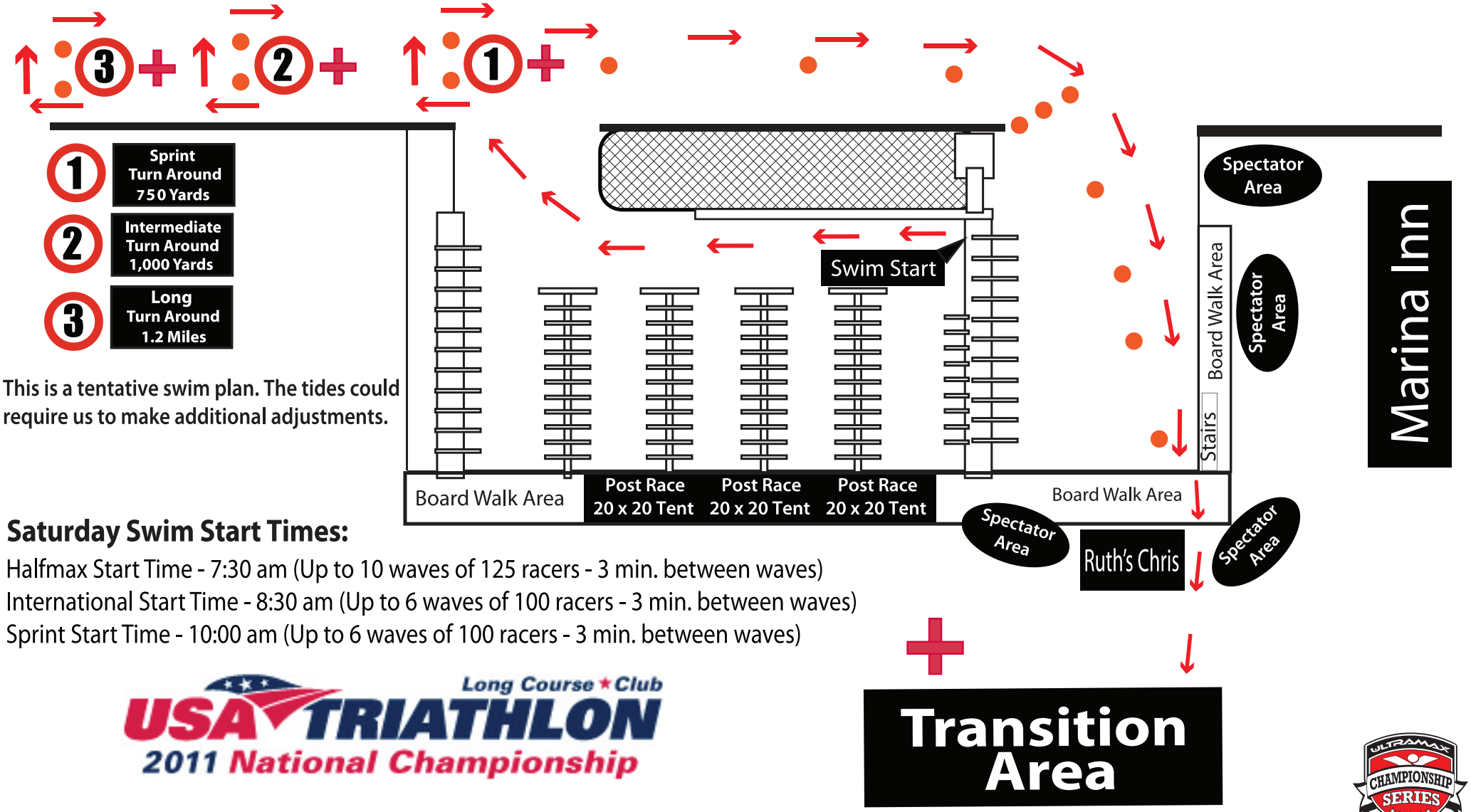
State Farm Myrtle Beach TRIATHLON

SWIM COURSE



1 Sprint Turn Around 750 Yards

2 Intermediate Turn Around 1,000 Yards

3 Long Turn Around 1.2 Miles

This is a tentative swim plan. The tides could require us to make additional adjustments.

Saturday Swim Start Times:

Halfmax Start Time - 7:30 am (Up to 10 waves of 125 racers - 3 min. between waves)
International Start Time - 8:30 am (Up to 6 waves of 100 racers - 3 min. between waves)
Sprint Start Time - 10:00 am (Up to 6 waves of 100 racers - 3 min. between waves)

Long Course Club USA TRIATHLON 2011 National Championship

ULTRAMAX CHAMPIONSHIP SERIES