






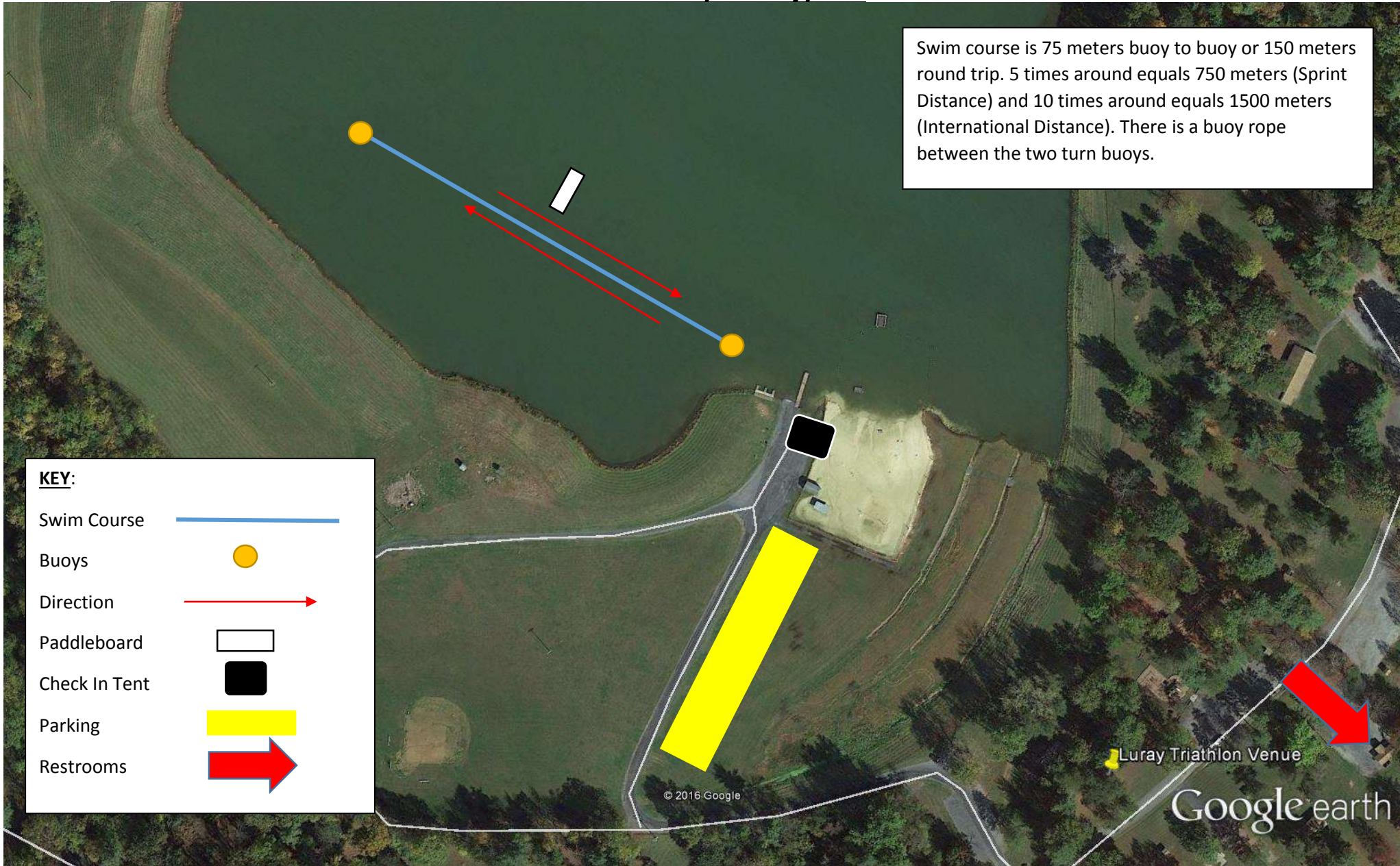


Practice Swim Course- Lake Arrowhead, Luray, VA

Swim course is 75 meters buoy to buoy or 150 meters round trip. 5 times around equals 750 meters (Sprint Distance) and 10 times around equals 1500 meters (International Distance). There is a buoy rope between the two turn buoys.

KEY:

Swim Course	
Buoys	
Direction	
Paddleboard	
Check In Tent	
Parking	
Restrooms	



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