






Fire Island 1 Mile, 5K and 10k Ocean Swims, July 9, 2016

Atlantique Beach, Fire Island, NY



Course Map 2016

-  Lifeguards and Chairs
-  Marker Buoys
-  5K, 10K and 1 Mile Turnaround Buoys
-  Water Patrol
-  Water Stations



Course Instructions

1 Mile Race: Swim through two RED buoys right shoulder turn, swim to first YELLOW buoy, left shoulder turn, left shoulder between two RED buoys finish line on beach.

5K Race: Swim through two RED buoys right shoulder turn, swim to end of turn around, two YELLOW BOUYs, water raft, left shoulder between both Yellow buoys. Finish left shoulder turn through the two red buoys to finish line.

10K Race: Swim through two RED buoys right shoulder turn, swim to turn around, two YELLOW BOUYs, water raft, left shoulder between both Yellow buoys. Complete this course 2X's. Finish left shoulder turn through the two red buoys to finish line



openwaterswimli.com

Metro LMSC Sanction: #Pending