

# SWIM KAYAK WALK *or* RUN

*Against the Tide*



## EVENT SCHEDULE

### RECREATIONAL SCHEDULE

- 8:30am** Competitive 1 mi Swim, USATF certified 5K/10K Runs
- 8:50am** Recreational 3 mi Walk
- 9:45am** Recreational 1 mi Swim
- 10:45am** Recreational 2 mi Kayak

### AQUATHON SCHEDULE

- 8:30am** Aquathon with the 1 mi Swim, USATF certified 5K/10K Runs (*immediately following the competitive 1 mi swim, aquathon participants will transition to the 5K or 10K run component of the aquathon event*)