

# Fire Island 400 Meter, 1 Mile, 5K Ocean Swim, July 8, 2017

Atlantique Beach, Fire Island, NY



## Course Map 2017

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



### Course Instructions

**400 Meter Race:** Left shoulder turn through two RED buoys. Left shoulder turn at RED buoy, go through RED buoys right shoulder to finish line.

**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 Buoys, water raft, left shoulder between both Yellow buoys. Finish left shoulder turn through the two red buoys to finish line.



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[USA Swimming Sanction #Pending Approval](#)