
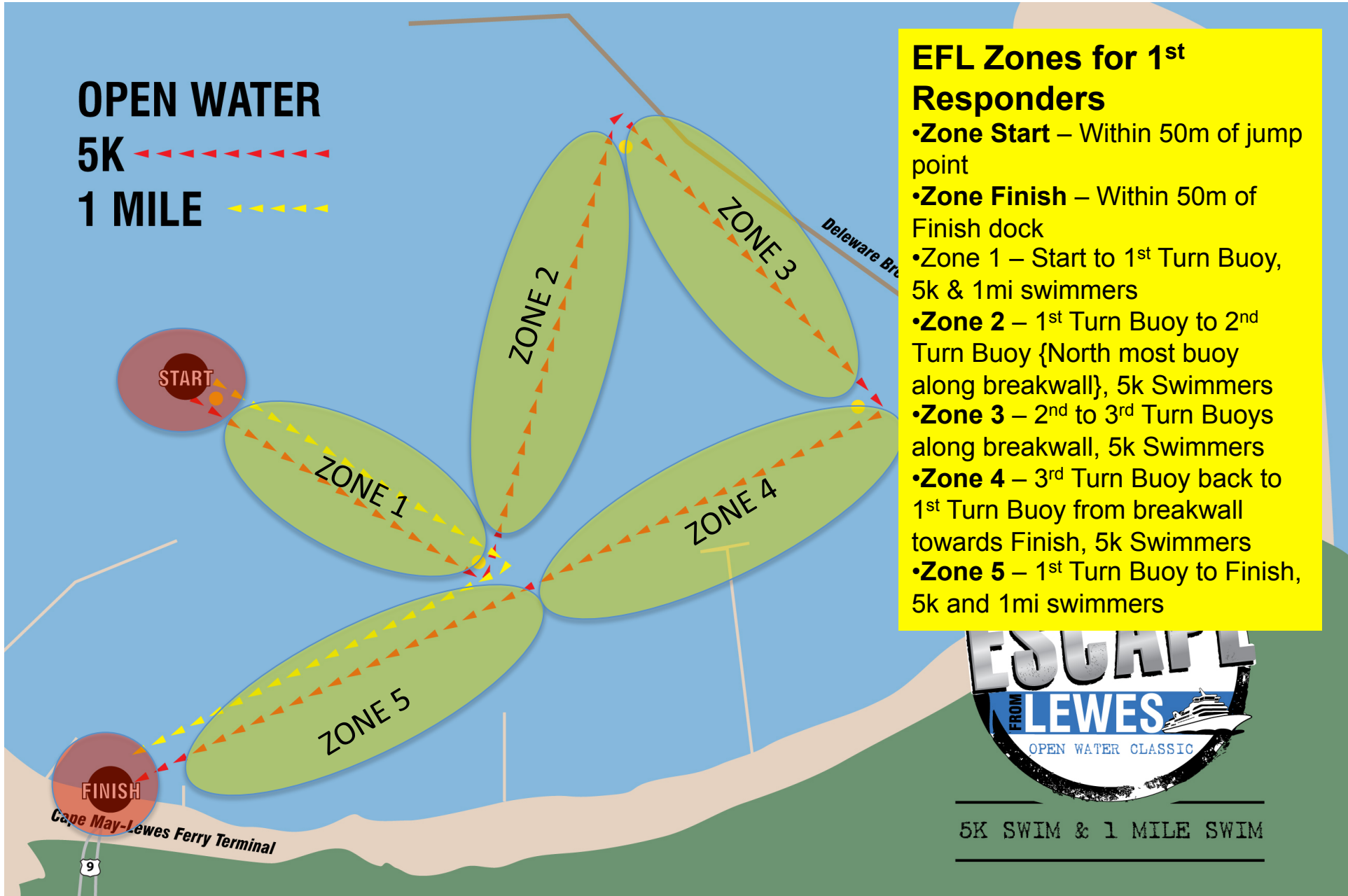


**OPEN WATER**

**5K** 

**1 MILE** 



## EFL Zones for 1<sup>st</sup> Responders

- **Zone Start** – Within 50m of jump point
- **Zone Finish** – Within 50m of Finish dock
- **Zone 1** – Start to 1<sup>st</sup> Turn Buoy, 5k & 1mi swimmers
- **Zone 2** – 1<sup>st</sup> Turn Buoy to 2<sup>nd</sup> Turn Buoy {North most buoy along breakwall}, 5k Swimmers
- **Zone 3** – 2<sup>nd</sup> to 3<sup>rd</sup> Turn Buoys along breakwall, 5k Swimmers
- **Zone 4** – 3<sup>rd</sup> Turn Buoy back to 1<sup>st</sup> Turn Buoy from breakwall towards Finish, 5k Swimmers
- **Zone 5** – 1<sup>st</sup> Turn Buoy to Finish, 5k and 1mi swimmers



5K SWIM & 1 MILE SWIM