

LONG BEACH - ALAMITOS BAY JETTY ENTRANCE

1. 15 - 20 mph

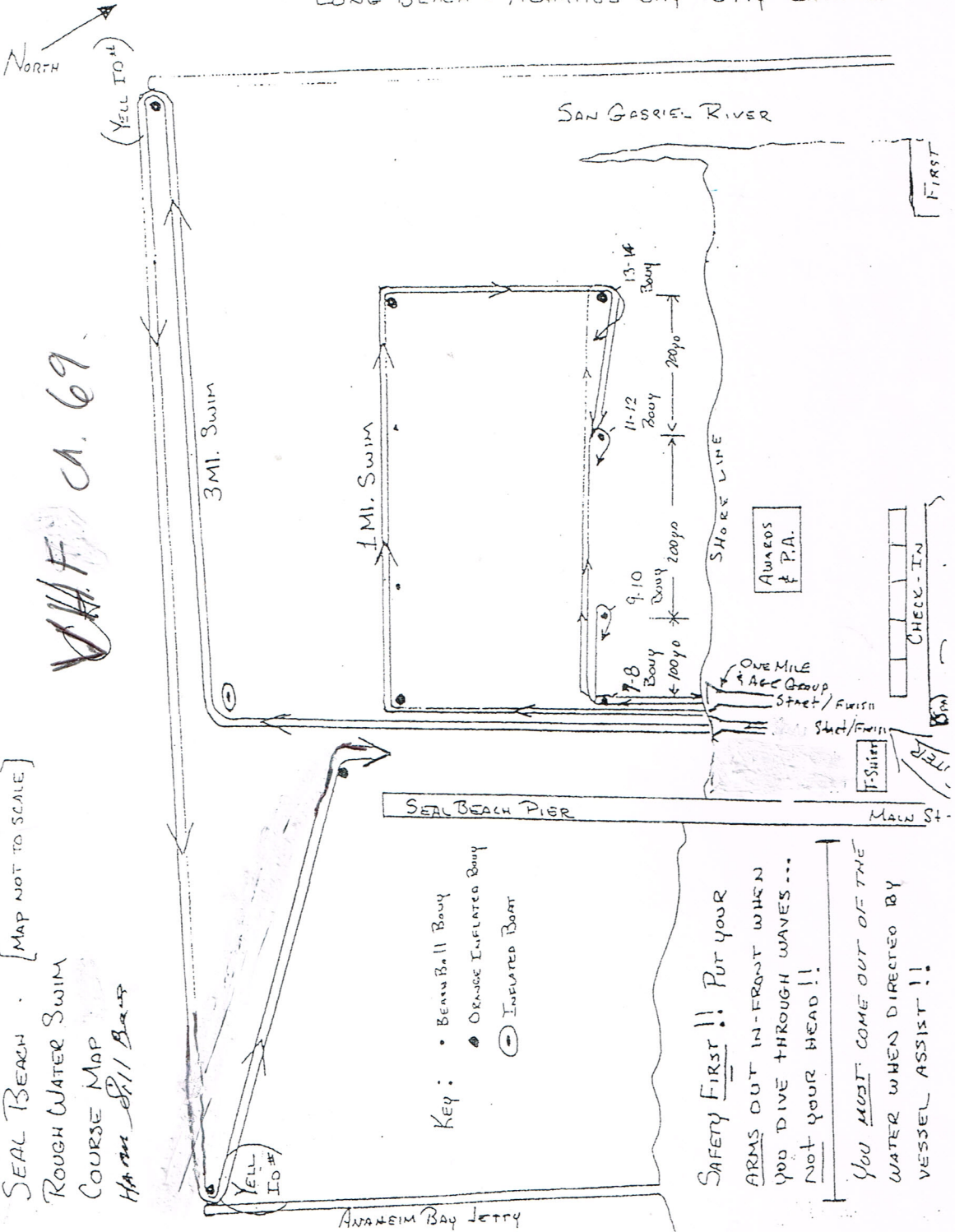
V.H.F. Ch. 69

SEAL BEACH [MAP NOT TO SCALE]

ROUGH WATER SWIM

COURSE MAP

Hamm Hill Beach



Safety First !! Put your

ARMS OUT IN-FRONT WHEN YOU DIVE THROUGH WAVES... NOT YOUR HEAD !!

YOU MUST COME OUT OF THE WATER WHEN DIRECTED BY VESSEL ASSIST !!