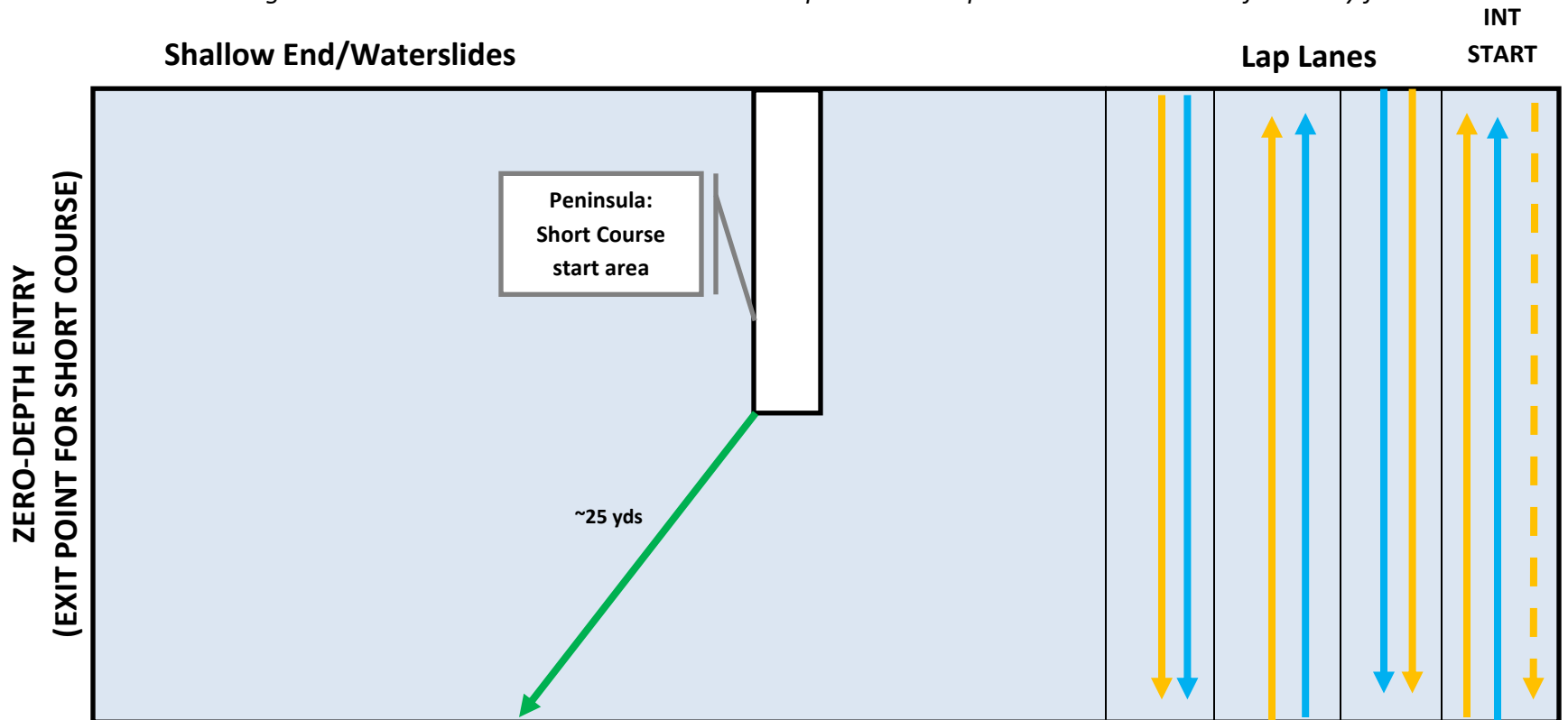




Middleton Swim Courses

Note: Long & Medium course athletes will duck under lap lines to complete their course. Feet-first entry for all athletes.



Long course in **BLUE** (starts at 8:30am): 4 lengths of lap pool

Medium course in **YELLOW** (starts at 9:30am): 2 lengths of lap pool; 2 courses running concurrently.

Intermediate course in **DASHED YELLOW** (starts at 10:00am): 1 length of lap pool

Short course in **GREEN** (starts at 10:30am): peninsula to zero-depth

LONG EXIT/ MED EXIT #2	MED START #2	MED EXIT #1	MED #1 & LONG COURSE START/ INT EXIT
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