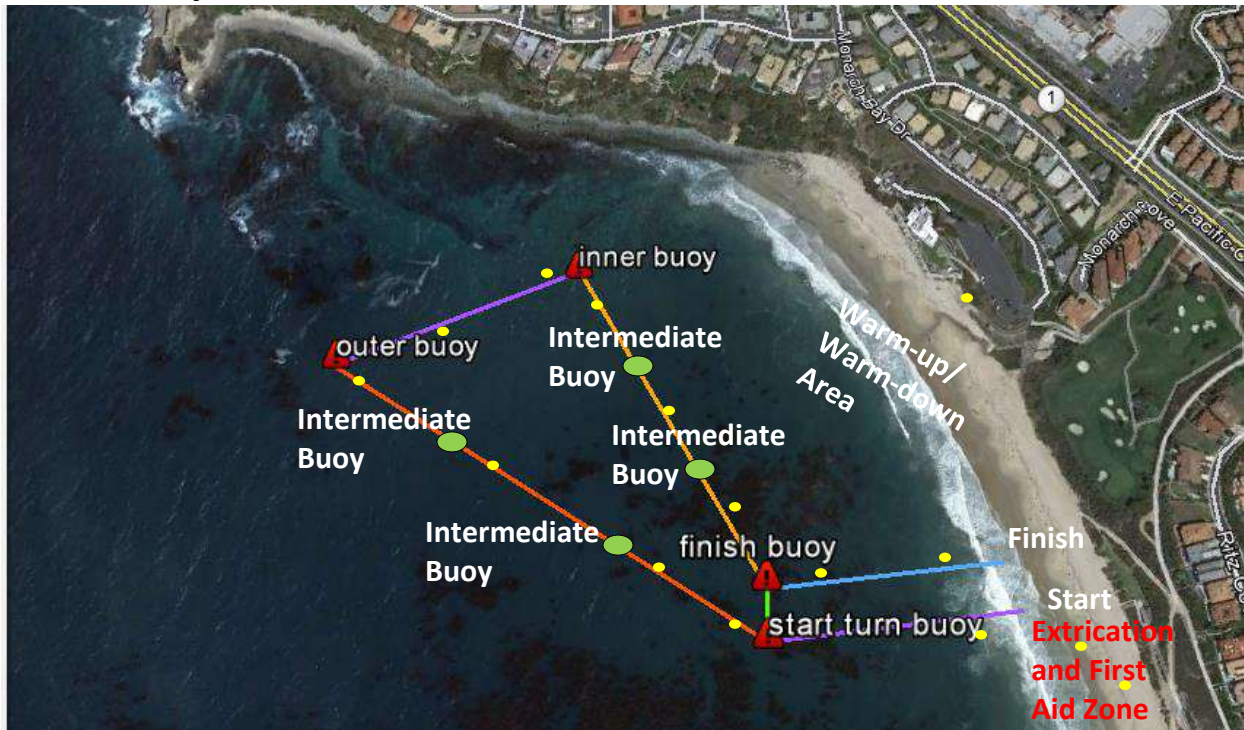


4th Annual Mission Viejo Nadadores Rough Water Swim

Salt Creek Beach, Dana Point, CA

Saturday, May 16, 2015

Course Map



2.4 Mile Race Course—Swimmers start at the start line on the beach about 20 feet from shore. Swimmers will complete three loops of the course. Make right –shoulder turns around the start turn buoy, outer buoy, inner buoy, and finish buoy for the first two loops. On the third loop, make a left-shoulder turn around the finish buoy and swim to the shore, Then run to the finish line about 20 feet from shore.

1 Mile Race Course—Swimmers start at the start line on the beach about 20 feet from shore. Swimmers will complete one loop of the course. Make right –shoulder turns around the start turn buoy, outer buoy, and inner buoy. Make a left-shoulder turn around the finish buoy and swim to the shore. Then run to the finish line about 20 feet from shore.

400 Yard Race Course—Swimmers start at the start line on the beach about 20 feet from shore. Swimmers will make a right –shoulder turn around the start turn buoy and around the finish buoy and swim to the shore. Then run to the finish line about 20 feet from shore.

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Shore Map

