

| SwimRun Georgia - October 10, 2021 | |
|-------------------------------------------|-----------------------------------------------|
| Long Course Leg by Leg Distances | |
| Run #1 | 0.7 miles (mi) |
| Swim #1 | 600 meters (m) in "Pete's Cove" |
| Run #2 | 3.1 mi |
| Swim #2 | 615 m to Boat Ramp |
| Run #3 | 1.5 mi on Iron Hill through Old Campground |
| Swim #3 | 360m to Haunted peninsula |
| Run #4 | 1.1 mi on Iron Hill to next peninsula |
| Swim #4 | 630m to shoreline by Campground |
| Run #5 | 0.15 mi across the shoreline |
| Swim #5 | 250m to peninsula |
| Run #6 | 0.1 mi across peninsula |
| Swim #6 | 65m to next peninsula |
| Run #7 | 0.15 mi across peninsula |
| Swim #7 | 60m to shore / Bethany's picnic area |
| Run #8 | 0.35 mi to boat ramp |
| Swim #8 | 320m to beach |
| Run #9 | 0.25 mi to "Wedding Point" / shelter |
| Swim #9 | 100m to shoreline |
| Run #10 | 0.15 mi across shoreline |
| Swim #10 | 215m to shore by cottages |
| Run #11 | 2.25mi up Cottage Dr to Homestead Trail |
| Swim #11 | 310m in cove |
| Run #12 | 1.2 mi on Homestead Trail to White Tail Trail |
| Swim #12 | 600m in "Pete's Cove" |
| Run #13 | 0.1 mi to finish |
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| Total Run | 11.11 miles |
| Total Swim | 4,650m or 2.89 miles |
| Total Race | 14 miles |