

SwimRun Georgia - April 8, 2018	
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	0.5 mi
Swim #3	330m to peninsula
Run #4	1.1 mi on Iron Hill to next peninula
Swim #4	1200m to island
Run #5	0.1 mi across island
Swim #5	300m to picnic area
Run #6	0.35 mi to Boat Ramp area / Stairs
Swim #6	320m to Beach
Run #7	0.25 mi to "Wedding Point"
Swim #7	325m to island by cottages
Run #8	0.1 mi on island
Swim #8	215m to cottage
Run #9	2.25mi up Cottage Dr to Homestead Trail
Swim #9	310m
Run #10	1.2 mi on Homestead Trail to White Tail Trail
Swim #10	600m in "Pete's Cove"
Final Run	0.1 mi to finish
Total Run	9.75 mi
Total Swim	4,815m or 3 miles