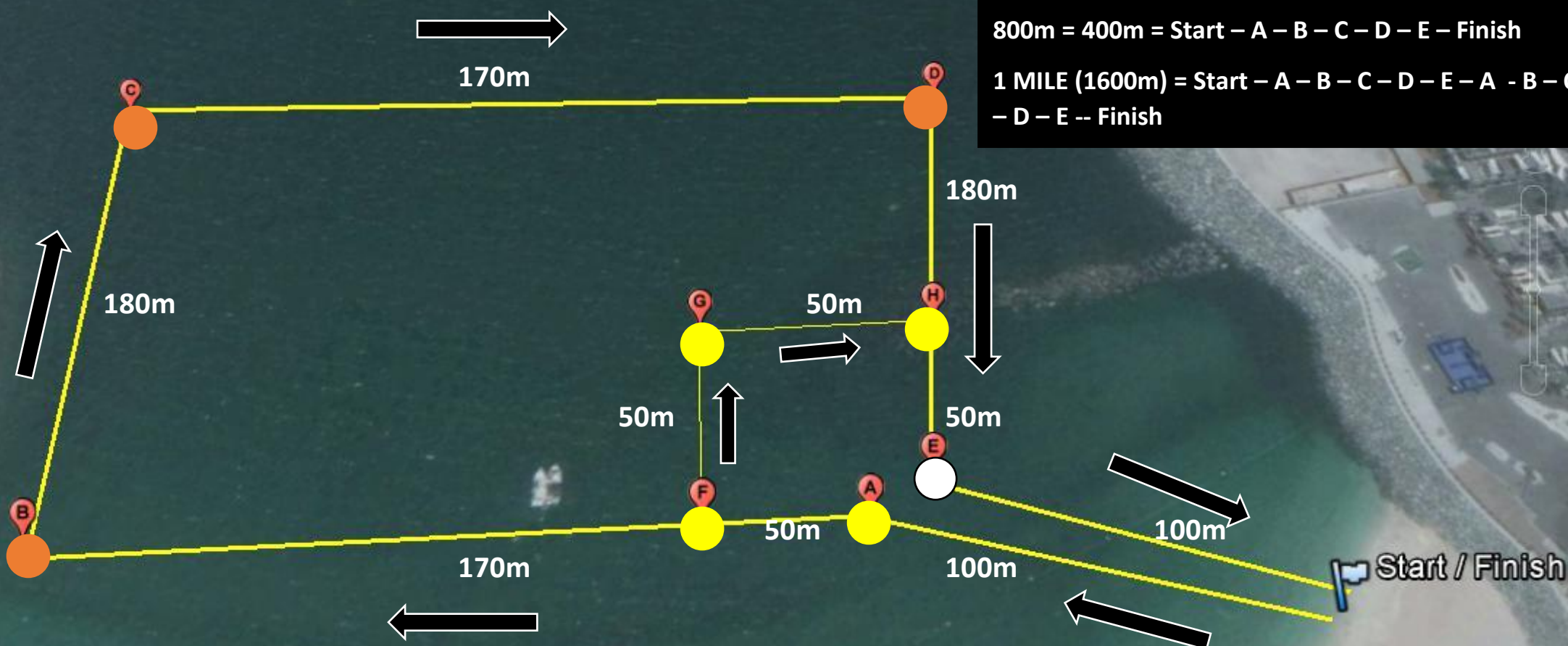


200m = Start – A – E – Finish
 400m = Start – A – F – G – H – E – Finish
 800m = 400m = Start – A – B – C – D – E – Finish
 1 MILE (1600m) = Start – A – B – C – D – E – A – B – C – D – E – Finish







LA MER OPEN WATER SWIM Venue Location

