

## CASCADE LAKES SWIM SERIES & FESTIVAL AT ELK LAKE COURSE FOR 500-METER TIME TRIAL

 $\times \times$ 

 $\times$ 

500: One time out-and-back, either clockwise or counterclockwise (always opposite direction to the 1500-meter).

LEGEND CABLE — START/FINISH — FURN BUOY GUIDE BUOY GUIDE BUOY SUCCES TURN JUDGE SPOTTER RESCUER SAFETY TENT

# CASCADE LAKES SWIM SERIES & FESTIVAL AT ELK LAKE COURSE FOR 1000-METER SWIM

000: One time around the course, always clockwise.

LEGEND	
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START	the second se
FINISH	Contract of the local division of the local
TURN BUOY	The first 🔶 the two is
GUIDE BUOY	
TURN JUDGE	×
SPOTTER	X
RESCUER	×
SAFETY TENT	$\square$

### CASCADE LAKES SWIM SERIES & FESTIVAL AT ELK LAKE COURSE FOR 1500-METER SWIM

1500: One time around the triangle, either clockwise or counterclockwise (always opposite direction to the 500-meter).

LEGEND	
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START	The second second
FINISH	N
TURN BUOY	and the Court
GUIDE BUOY	
TURN JUDGE	×
SPOTTER	X
RESCUER	×
SAFETY TENT	$\boxtimes$

### CASCADE LAKES SWIM SERIES & FESTIVAL AT ELK LAKE COURSE FOR 3000-METER SWIM

3000: One time around the triangle, eithe clockwise or counterclockwise (usually clockwise due to the sun).

LEGEND	
A CONTRACTOR	Contra Maria
START	
FINISH	A
TURN BUOY	100 Mile (1987)
GUIDE BUOY	
TURN JUDGE	×
SPOTTER	×
RESCUER	×
SAFETY TENT	$\square$

#### CASCADE LAKES SWIM SERIES & FESTIVAL AT ELK LAKE COURSE FOR 5000-METER SWIM

5000: "One diamond and two triangles". One time around the 2000-meter diamond and two times around the 1500-meter triangle (usually counterclockwise due to the sun).