

SwimRun Tennessee - October 4, 2020**Long Course Leg by Leg Distances**

Run #1	0.75 miles (mi) through the field and then along the Camp Nature Trail
Swim #1	230 meters (m) to Rivers Bend Island
Run #2	0.3 miles on Rivers Bend Island
Swim #2	650m from Rivers Bend to Camp YI Boat Dock
Run #3	0.75 mi from Boat Dock to Soggy Bottoms
Swim #3	440m from Soggy Bottoms across the lake to the Bryant Grove Trail
Run #4	7 mi on Bryant Grove Trail, around Couchville Lake, back down to water on Bryant Grove
Swim #4	575 m from Bryant Grove Trail to Ponderosa Island
Run #5	1.25 mi around Ponderosa Island
Swim #6	150m from Ponderosa North to Ponderosa South Island
Run #6	0.28 mi on Ponderosa South
Swim #7	80m from Ponderosa South to Hunter Island
Run #7	0.25mi on Hunter Island
Swim #8	800m swim from Hunter to Rock Island
Run #8	0.1 mi across Rock Island
Swim #9	720m from Rock to Canoe Cove at Camp YI
Run #9	0.45 mi from Canoe Cove to Finish
Total Run	11.1 miles
Total Swim	2.3 miles
Total Race	13.4 miles