

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

Run #1	1.5 miles on Nature Trail to Cabin Trail to Soggy Bottoms
Swim #1	440m from Soggy Bottoms across the lake to the Bryant Grove Trail
Run #2	3.5 mi down Bryant Grove Trail
Swim #2	575 m from Bryant Grove Trail to Ponderosa Island
Run #3	1.25 mi around Ponderosa Island
Swim #3	150m from Ponderosa North to Ponderosa South Island
Run #4	0.28 mi on Ponderosa South
Swim #4	80m from Ponderosa South to Hunter Island
Run #5	0.25mi on Hunter Island
Swim #6	800m swim from Hunter to Rock Island
Run #6	0.1 mi across Rock Island
Swim #5	720m from Rock to Canoe Cove at Camp YI
Run #6	0.45 mi from Canoe Cove to Finish
Total Run	7.3 miles
Total Swim	1.7 miles
Total Race	9 miles