

SwimRun Tennessee - October 6, 2019	
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	0.5 miles around Rivers Bend Island
Swim #2	600m 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	6.5 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	1.2 mi around Ponderosa Island
Swim #5	150m from Ponderosa to Hunter Island
Run #6	0.5 mi around Hunter Island
Swim #6	550m from Hunter to Rock Island
Run #7	0.25mi around Rock Island
Swim #7	720m from Rock to Canoe Cove at Camp YI
Run #8	0.4 mi from Canoe Cove to Finish
Total Run	11.5 miles
Total Swim	2 miles
Total Race	13.5 miles